



I N F O R M E R

Anne Arundel Retired School Personnel Association
February 2023

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Co-Presidents Deb Ahalt and Charlie Gable



We hope that the New Year has gotten off to a good start for you. Happy Valentine's Day! The winter in Maryland has been pretty mild thus far, but if you still need a change in scenery, consider joining us for the AARSPA "Florida Get Together" on March 21 and 22. This year's gathering is being hosted by Bob and Lisa Wagner in Venice, Florida. Please see the flyer in this newsletter for further details.

We are excited to be trying a new venue for our February 9 General Membership Meeting/Luncheon. It will be held at the Yellowfin Steak and Fish House in Edgewater. Special guests for the meeting will include Ms. Joanna Tobin, President of the Board of Education of AACPS, and Ms. Wanda Twigg, Executive Director of MRSPA. Our guest speaker will be Ms. Chanel Compton, Director of the Banneker-Douglas Museum in Annapolis. She will be joined by Tony Spenser, also of the Banneker-Douglas Museum. Hope to see you there!

The Bylaws Committee will present possible changes, which have been approved by the AARSPA Executive Board, for your consideration. The proposed changes deal with Co-presidents and alternative procedures for conducting and participating in meetings. Final approval will be voted on at our annual Business Meeting in May.

With 48 new members having been elected to the General Assembly, the State

Legislature is now in session. The MRSPA Legislative Committee is busy monitoring proposed bills that are important to us. Several AARSPA members attended the MRSPA Legislative Workshop on January 31.

AARSPA and the AACPS Human Resources Office are in the process of planning a Pre-retirement seminar to be held this spring—the first in-person meeting of this type since the onset of COVID. A special thank you to our chairperson, Susan Baugher, for coordinating this effort.

A special event is being planned for AARSPA members who live on the Eastern Shore and in Delaware. We hope that you will join us for a luncheon to be held at Snappers Waterfront Café and Tiki Bar in Cambridge, Maryland on April 20. The registration form for this gathering is enclosed in this newsletter.

The Scholarship Committee, under the leadership of Tillie Barckley, is currently reviewing the applications of high school seniors aspiring to be teachers. We will be awarding four \$5000 scholarships through Scholarships for Scholars. Many thanks to our members who have made contributions and have supported our fundraising efforts.

The Free School is planning activities for Maryland Day Weekend and

(Continued on page 5)

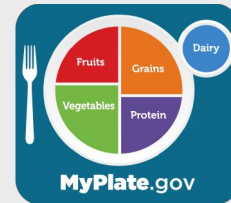


Did you make resolutions in 2023 to lose some extra weight?

A great resource is ChooseMyPlate.gov. The site, sponsored by the U.S. Department of Agriculture, is a great resource for tips to help put you on the right track! It will specifically address the needs of older adults and makes some great activity suggestions. Make small adjustments to help you enjoy the foods and beverages you eat and drink:

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetables to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.

- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink water instead of sugary drinks.
- Check with your doctor about adding fat-free or low-fat milk into your diet.
- Consume foods fortified with vitamin B-12, such as fortified cereals.



(MRSPA Consumer Connection, January - February 2023)

MRSPA Fund Raffle

The MRSPA Community Service and Scholarship Committees provide tremendous support to students and staff in schools across Maryland. Therefore, we are seeking **donations** to the *MRSPA Foundation Fund* so that we can continue our work. Again, this year, raffle tickets will be purchased through the MRSPA and local association newsletters. All donations are tax deductible and come with our thanks and appreciation!

Your name will be entered into a drawing upon receipt of your donation based on this criterion: Donations of \$10 will earn 1 raffle ticket, while donations of \$25 will earn 3 raffle tickets incrementally. MRSPA staff will write your name on the correct number of tickets when we receive your check. The drawing will take place at the May 2023 Annual Business Meeting, whether held in person or virtually. You can win the \$300 cash first prize, a Maryland themed basket valued at \$150 second prize, or one of 5 third place themed baskets valued at \$75: Cooking, Spa, Wine Lover, Movie Night, and Sports Lover. Out-of-state basket winners will receive gift cards in lieu of basket contents.

Entering the drawing is fun and easy!

1. Make your check payable to :
AEF FBO MRSPA Foundation Fund R22420
2. Write MRSPA Foundation Fund R22420 on the FOR line.
3. Date and **sign** your check
4. Mail check and completed form to:

MRSPA
8379 Piney Orchard Parkway, Suite A,
Odenton, MD 21113

Due by March 22, 2023

Will you send a donation today?

Receipts will be sent via email or US Mail.

MRSPA Fund Donation

Your Name: _____

Your Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

REMEMBRANCE

MEMBER DEATHS

Mabel A. Beneze
Harry Calendar
John S. Salwach

FAMILY MEMBERS DEATHS

Martin B. McNulty wife
Barbara Nixon husband

EMERITUS BIRTHDAYS

March

1	Joanne Corey	94
5	Lillian Jackson	98
17	Dillard Harris	91
17	Patricia White	91
31	Edna C. McClelland	100

April

10	James Levay	91
23	Mary Delores Handy	92
24	Gene Gilhooly	94
30	Lore Singerman	91

May

6	Mary Tereshinski	96
10	Olivia Thompson	98
11	Josephine Reeves	98
15	Marge Rashelf	97
21	Arnis Gills	91
24	Helen Cook	96
29	Jeanne Hawes	93

ANNIVERSARIES

March

23	Sharon & Coleman Jennings	49
26	Anne Marie & Chuck Dammeyer	51
29	Mary & William Schneider	54

April

9	Abigail & Bill Jackson	56
18	Kathy & Denis Schanberger	50

May

7	Joan & Rich DeTuccio	46
7	Carolyn & Tony Anzalone	57
11	Linda & Lee Watkins	49
11	Lorraine & David Foster	49
16	Susan Bowen & Ray Rankin	31
		52
22	Dale & Ron Smith	53
23	Karen & Dave Lanham	40
26	Peggy & Barry Fader	62

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

Anniversaries and Congratulations

Millie Gardner at milliegardner65@gmail.com or 443-784-2190

Deaths of AARSPA members and family members

Linda Poole at mlp2118@yahoo.com or 410-570-4020

Illnesses and Accidents, etc.

Dianne Rogers at wvdsrogers@verizon.net or 410-647-7585

Travel Committee News

The past year has been one of change for the AARSPA Travel Committee. After many years of leadership from Lucy Travers, she has decided to step down. The new co-chairpersons will be Kay Stawas and Gail Matthews.

As the new year is upon us, the committee will be planning trips for 2023. Our bus contractor, Gunther, is currently finalizing their itineraries for the current year, and they should be available by the end of January.

The committee will meet in February to discuss travel possibilities. More information will be forthcoming in future newsletters.

LAST CHANCE

2023 AARSPA in Florida Gathering

LAST CHANCE

A special thank you goes out to Dianne Myers who originally offered to host this year's AARSPA in Florida event, but because of Hurricane Ian could not host the gathering. Appreciation goes out to Bob and Lisa Wagner who graciously offered to take up the task and host us this year.

This year's event will be held in Venice, Florida on Tuesday, March 21, and Wednesday, March 22, 2023. Bob and Lisa graciously opened their house for the evening social on March 21 from 4:30 p.m. to 7:00 p.m. The general meeting and luncheon will be held in the Palm Club at Sarasota National Golf Club on Wednesday, March 22, 2023, from 11:00 a.m to 1:30 p.m. The choice of entrees and prices, including tax and gratuity are listed below, and there will be a cash bar available (credit card only accepted at the bar). Soft drinks or iced tea are included with the meal cost. Directions to both sites, along with additional lodging information, will be sent to you upon receipt of your reservation and payment.

Please return the reservation form and payment no later than Wednesday, March 8, 2023.

Name: _____

Address: _____

Home Phone: _____ Cell _____

Phone: _____ Email _____

The luncheon entrée choices are: Fresh baked **filet of salmon** accompanied by a lemon dill yogurt sauce; **braised beef tips** with peppers, onions, and mushrooms in a savory brown sauce and served over buttered egg noodles; or fresh **grilled chicken breast** marinated with garlic and spices, finished with pineapple and black bean salsa served with yellow rice. All entrees are served with choice of either house or Caesar salad, one vegetable, one starch and rolls and butter. The cost per meal is \$35.00.

Guests' Names	Salad Choice			
	Salmon	Beef Tips	Chicken Breast	Caesar or House
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Number of meals ordered _____ x \$35 = _____

Make checks payable to AARSPA

Even if you are unable to attend the luncheon on March 22, you are welcome to join us at Bob and Lisa's house on Tuesday, March 21, 2023. We need to know who will be coming so that we have enough refreshments.

I/We plan to be at the social at Bob and Lisa's house on Tuesday, March 21 from 4:30 to 7:00 p.m. There will be _____ person/people attending this event.

Mail your Myreservation and payment to
Bob Kanach, 512 Augusta Drive, Arnold, MD 21012

From the Free School

Did You Know?

The last issue of the *AARSPA Informer* included an article with information on how lessons from the 1700s are taught to students on field trips at the Free School Museum. This article highlights some of the activities used to teach lessons from the 1800s.

When the lessons in the front room of the Free School Museum end, the students move to the middle room containing desks. A school marm begins by reviewing the three R's - Reading, Writing, Arithmetic. The school marm continues by showing writing implements through the years - sand table to quill pens to ink wells. Slates are passed out. Using graphite sticks, students are directed to write their names on the slates. Depending on the age group, other writing "assignments" are given which focus on penmanship, spelling, and math. Next, the school marm talks about the history of reading from Horn Books to Battledores to McGuffey readers. McGuffey readers are then distributed, and students participate in choral reading and "cold" reading. The discussion then focuses on kinds of stories that appear in these readers. Following these lessons, students go to the Keeping Room for an explanation of the artifacts in that room. Next, students play with some of the wooden toys on display. To complete the experience at the Free School Museum, students return to the middle room where a summary activity, usually in a game format, takes place.

Dates to Remember

April 2, 2023 - The Free School Museum will participate in the Maryland Day Weekend activities with a Open House from 1:00 - 4:00 p.m.



October 26, 2023 - The Free School Museum will celebrate its 300th anniversary with dignitaries and guests in attendance.

October 28, 2023 - The Free School Museum will celebrate its 300th anniversary with activities for children.



Free School Cleaning

Last year, AARSPA member John Hammond and his wife Margie joined grandson Tyler Portch and his parents Bryan and Courtney Portch in cleaning up the Free School as part of Tyler's Service Project. They had such a good time that they returned again recently to once again spruce up the Free School Museum. Many thanks to Tyler and his family!



Bryan Portch, Tyler Portch, and Courtney Portch

(Presidents, page 1)

and for its 300th Anniversary. The Maryland Day festivities are being planned by Karlie Everett for Sunday, April 2. The 300th Anniversary activities will be held during October, 2023. Special thanks to John Hammond and his family for the recent spring cleaning of the facility.

Kay Stawas and Gail Matthews have agreed to co-chair our Travel and Trips Committee. A special thanks to Lucy Travers who led this committee so well for the past several years. We now look forward to many more exciting travel adventures under the new leadership of Kay and Gail!

We want to thank all of our officers, chairpersons, and committee members for the time and effort that they give to keep our organization afloat. We are always looking for new ideas and an extra pair of hands to do the work of AARSPA. Please consider getting involved!

Legislative Update

The new legislative session is now underway, having started on January 11th. Senate bills and House bills pre-filed deal with topics including cannabis regulations, abortion rights, gun control, election laws, Alzheimer's and Dementia services, consumer protection, prescription drugs, energy conservation, etc. Our very own AARSPA member Virginia Crespo, is the state MRSPA Legislative Aide, and she is closely monitoring the bills throughout the session.

Our pension system is doing very well as is our state's economy under our current tax rates. It is currently funded at 83% with full funding expected in 2039. We have top hospitals, biotech research facilities, defense contractors and the federal government in our backyard. As seniors, our first \$30,000 of income from pensions and 401(k) or 403(b) accounts, are excluded from state taxation.

Our state association, MRSPA, advocates for its almost 12,000 members and works to protect defined benefit pensions and a secure retirement for all Marylanders. The priorities for this year include Pension Protection, Safety, Consumer Protection, Health Care, Technology, Quality of Life, Long Term Care, Education and Civic Participation.



MRSPA recently held their Legislative Workshop virtually and many of our AARSPA members attended. Topics included:

- State Retirement and Pension System Update by Martin Noven, Executive Director, Maryland State Retirement and Pension System
- Maryland Budget Overview by Rebecca Ruff, Operating Budget Manager, Department of Legislative Services (Brief can be found at mgaleg.maryland.gov and click on Budget then Publications)
- NRTA Legislative Priorities and Other State Pension Attacks by Adam Goldberg, Senior Legislative Representative, National Retired Teachers Association/AARP
- AARP MD Legislative Priorities by Tammy Bresnahan, Associate state Director Advocacy, AARP
- MRSPA Legislative Priorities and Updates by Virginia Crespo, MRSPA Legislative Aide.

For more information on MRSPA priorities and legislative updates, visit the website at <https://www.mrspa.org/legislation> now and throughout the session. A recording of the workshop can also be found on this site.

I am also serving as a member of the MRSPA Legislative Committee and am Legislative Chairperson for AARSPA. Please know you are welcome to join our committee and feel free to contact me with any further questions. I can be reached via email Legislation@aarspa.org or check out our newest directory for additional contact information.

Sharyn Doyle, Legislative Chairperson

News You Can Use

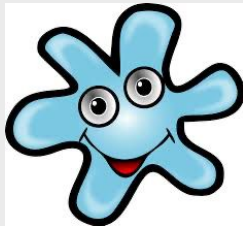
Check your Credit Score:

When was the last time you checked your credit score? A recent survey by *Consumer Report* found a third of the 6,000 people they surveyed found a mistake in their score. Your credit score can impact the interest rate on any car loans, credit cards or mortgages, just to name a few.

At least until the end of 2023, you can check all three sites (Equifax, Experian and TransUnion) once a week for free.

Sad News:

The 5-second rule really shouldn't apply to food dropped on your floor. Bacteria are transferred instantly from even a clean floor. (Bummer)



Low Cell Phone Charge

Running late and your cell phone charge is low. Try these tips.

1. Lower the brightness of the screen.
 - iPhones - the adjustment is under Settings
 - Androids - look under Display
2. Keep WIFI turned on.
3. Make home charging easier by establishing a routine of putting all your devices on charge when you go to bed. Having charging cords in the bedroom will help you remember. Consider a wireless charging pad on your nightstand.

Scholarship News

Thank you! Thank you! Your substantial donations have made a difference, for four exceptional high school seniors receiving \$5000.00 each, as we continue our tradition of striving for excellence!

In Honor of...

- Charles Gable, Jr. – birthday
- Bob Kanach – extraordinary volunteer service
- Shirley Brooks – birthday
- Dennis E. Schell – birthday (2/27)

In Memory of...

- Harry Calender
- Parents (Educators) of Jean Prigelmler
- Paul Rusko
- John Salwach
- Thelma Sparks
- Genevieve Way



The Community Service Committee is currently investigating the needs of residents in county assisted living and nursing homes. The facilities do not provide personal items such as toiletries, warm socks and extra blankets. Many residents do not have family members who provide these items. Other needs include puzzle books, coloring books and crayons. After we complete our research, we will provide a more complete list, but as you are out shopping, please consider picking up an item. When you are doing your spring-cleaning, there may be items that could be used at the bingo games. A complete list of requests will be in the next *AARSPA Informer*, and items will be collected at our May luncheon.

MEMBERSHIP NEWS

Newsletter Volunteers and Costs

Much thanks goes out to the AARSPA members who come to the Parham Building to prepare the *AARSPA Informer* for mailing. Each of the five mailings involve over 1,200 newsletters upon which address labels and closure "dots" must be attached. The more hands available to help, the faster the project is completed. If you are interested in helping, please contact me at lashchell@verizon.net, and I will add you to the list of volunteers.

The cost of mailing out 1200 newsletters is becoming pricy. Including the printing of the document and the postage at bulk rate, the cost is close to \$1.22 per copy, per mailing. This does not include the expense of purchasing the labels, closure dots and ink.

Comparatively, the cost to send out the newsletter to the 934 members who have signed up to receive it electronically is \$0.10 per copy, per mailing. We realize that not everyone has a computer/printer, but if more members would be willing to receive the *AARSPA Informer* electronically, we could save a significant amount of expense, and thus keep our dues reasonable.

You can help! Consider receiving the *AARSPA Informer* electronically. You will receive it faster, cut down on paper, and you can download only what you need. As a few members have recently done, just let us know your willingness to switch.



Made a Change? Let Us Know!

Has any of your AARSPA information changed... **address, email, home phone, cell phone?** If so, please contact Membership Chair **Leslie Schell, 706 Rosewood Road, Severn, Maryland 21144** or lahschell@verizon.net.



Chiquita L. Archer

Laurie A. Clark

Lisa A. Ferrer

Nancy Hack-Behringer

Tracy S. Prater

Philip T. Solloway

DATES TO REMEMBER

MEETING DATES

Executive Board Meetings -10:00 a.m.

April 4	Center 2A BOE
June 8	Free School
July 13	Center 2A BOE

General Membership Meeting - 10:30 a.m.

May 11	Two Rivers
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OTHER DATES

March 14	MRSPA Presidents' Meeting Virtual
March 21-22	Florida Get Together Venice/Sarasota
May 9	MRSPA Annual Business Meeting Valley Mansion, Cockeysville

**AARSPA in Cambridge
Snappers Waterfront Café and Tiki Bar
112 Commerce Street, Cambridge, MD**

Similar to our AARSPA in Florida event, we will be having a luncheon gathering at Snappers Waterfront Café and Tiki Bar on Thursday, April 20, 2023, beginning at 12:00 noon. We are hoping that AARSPA members who live on the Eastern Shore and Delaware will join us for this event. **We will be limited to 30 people so signup ASAP.** There are three choices for your entrée: Fried crab cake sandwich, chicken fajita salad, or build your own burger. Each entrée comes with one side dish of either French fries, potato salad or cole slaw and includes a non-alcoholic beverage. **The cost for the meal is \$27.00 which includes tax and gratuity. Make the check payable to AARSPA and send this reservation form and the check to Bob Kanach, 512 Augusta Drive, Arnold, MD 21012.**

Contact Person: _____ Phone Number: _____

Email Address: _____

Entrée

Choose one side dish

____ Fried crab cake sandwich and

____ Chicken fajita salad and

____ Build your own burger and

____ French fries or ____ Potato salad or ____ Cole slaw

Check the items to build your burger:

Choose one cheese

Choose two toppings

____ Provolone cheese

____ Swiss cheese

____ American cheese

____ Jack & cheddar blend cheese

____ Bleu cheese

____ pineapple

____ jalapeños

____ Jamaican seasoning

____ sautéed onions

____ red sweet peppers

____ bacon

____ blackened seasoning

____ mushrooms

Additional party member's name: _____

Entrée

Choose one side dish

____ Fried crab cake sandwich and

____ Chicken fajita salad and

____ Build your own burger and

____ French fries or ____ Potato salad or ____ Cole slaw

Check the items to build your burger:

Choose one cheese

Choose two toppings

____ Provolone cheese

____ Swiss cheese

____ American cheese

____ Jack & cheddar blend cheese

____ Bleu cheese

____ pineapple

____ jalapeños

____ Jamaican seasoning

____ sautéed onions

____ red sweep peppers

____ bacon

____ blackened seasoning

____ mushrooms





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 checks to:

Matilda Barckley
 8238 Great Bend Road
 Glen Burnie, MD 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: 410-222-53760). 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)*