



A MESSAGE FROM YOUR PRESIDENT IONE WILLIAMS

Officers 2010-2011

President

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(410) 647-3283

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(410) 693-7396

Immediate Past President

Alicia Hardisky
(410) 757-6762

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(410) 674-2484

Asst. Recording Secretary

Lonnie Kelly
(410) 647-9489

Treasurer

Mary Overholser
(410) 674-5455

Assistant Treasurer

Patricia Ericson
(410) 969-5610

Corresponding Secretary

Nancy Mann
(410) 760-6272

AARSPA - Riva Road

For Information
(410) 222-5000

AARSPA is off to a good start for its 70th year. Our first luncheon meeting was a happy occasion, with a mixture of business, greeting dedicated familiar members as well as new members (we lovingly call them *First Timers*), delicious lunch, and great entertainment!

In my first message for this year, you were asked to consider selecting one (or two) of our committees to be an **active** participant in - health permitting. You could even start out by joining us on one of our popular trips to the Meyerhoff for their annual spectacular holiday show.

Those of you who still have the "itch to teach" could volunteer to mentor children at one of our community centers. How about considering the role of a "School Marm" or "School Master" at our unique, historic Free School? - or join our AARSPA Chorus! Oh, there are so many interesting things you could set your sights on to fill out the

"Days of our lives" with AARSPA.

In the meantime, keep constant in your thoughts that our long-standing, well established pension funding process may be in jeopardy during the upcoming legislative session. You may want to be a part of our Legislative Committee to help keep an eye on this.

There are many AARSPA committee options from which to choose: *AARSPA Chorus, Community Service, Constitution, Consumer Education, Educator/Employee of the Month, Finance & Budget, Free School, Hospitality, Legislation, Membership, Newsletter, Pre-Retirement, Public Relations, Raffle, Scholarship, Sunshine/Necrology, Trips/Tours, (USM) United Seniors of MD.* If you want to become involved with one or even two of these committees, call (410) 222-5000 for contact information.

In the President's first message, we were invited

to "walk arm-in-arm and hand-in-hand" as we continue our travels down AARSPA lane. So, what are some of the things we want to be sure to do to round out our 70th year?

Increase membership: All retired personnel of the A. A. County School system are welcome! Invite retired **non**-members to join us - only \$10 each year for local membership - a bargain!

Encourage participation in the AARSPA trips, increase attendance at luncheon meetings and have joyful, as well as informative, luncheons.

Assist AARSPA's Legislative committee in monitoring our financial, medical, and other retired benefits, particularly during the Maryland state legislative session.

Continue financial support to our AARSPA Scholarship Fund.

Give volunteer service to youth, our retirees, and community.

Continue our active
(Continued on page 9)

CONSUMER UPDATE

Crack Down on Salt

Sodium is necessary for our bodies to function. It helps with fluid balance, the transmission of nerve impulses and muscle function. A report "Strategies to Reduce Sodium Intake in the United States" from the Institute of Medicine has launched to reduce the America's sodium intake. The study identified the problem – too much sodium in the American diet. The report feels that if the problem is solved it will prevent 100,000 death annually.

More and more we are hearing that we must cut down on our use of salt. Heinz and Kraft have voluntarily agreed to reduce salt in their products during the next two to four years.

To avoid getting too much sodium eat more fruits and vegetables and cut down on processed foods. Never add salt to your food before tasting. Read the labels as you shop, select products that are not loaded with salt. Some are suggesting that the amount of salt in foods be regulated by the Food and Drug Administration, but common sense can go a long way for a person to "Crack Down on Salt."

Are You an Overspender?

Do you buy clothing or treat people to meals that you really can't afford? Do you try to keep up with the Jones? Do you get gratification from shopping – even if you don't need a thing? Men and women both can fall into a pattern of overspending.

Olivia Mellian, a money psychotherapist has many clients with the problem. Her website is www.MoneyHarmony.com. A few of her suggestions:

- Avoid slippery slope places. You can be enticed into department stores through their ads on "Bargains," "One Day Sales," etc.
- Nurture your soul. Find things to do such as volunteering or creative pursuits. You won't be tempted to spend if you are busy.
- Set specific short and long term goals. Decide that you are going to cut down on your credit card debt. Decide to save for something that you really need, such as a new bedroom set. Be realistic, but stick to your goals.

Reward yourself for progress. You can do something special and it does not have to be costly. Visit a museum or attend a free concert.

There is even Debtors Anonymous – [www.Debtors Anonymous.org](http://www.DebtorsAnonymous.org) if you feel that the problem is just too much for you to handle. This is a 12-step program that is free. It helps you develop spending plans and gives you help through experiences of others.

What to Do If the IRS Comes For You

IRS Audits have more than doubled in the past decade. It used to be that business owners, self-employed and high earners were targeted. But with the

federal government trying to boost its tax revenues to close its huge budget, you will have many more audits.

Prior to 2009 audit notification was sent through the mail. Now agents sometimes call to tell the taxpayer they are being audited. Getting such a call can shock the taxpayer into saying more than he/she should. If you receive such a call take down the information and say your representative will be in touch. (Get one if you don't have one.) You have a right to consult with a tax adviser before you respond to the IRS. Be aware also that the call can be a scam, so be careful not to give personal information.

The IRS requires taxpayers to respond to most notices within 15 or 30 days. These deadlines have become inflexible in recent years, so be sure to contact the agent within the timeline. If you don't respond within the time limit it can be costly.

It is worth the money to have a representative. They know how to work with the agents and will save you many headaches.

A Tip

Cinnamon can help you stay focused. Try chewing cinnamon gum before doing something that requires quick responses. To make it a regular part of your diet, sprinkle a teaspoon on your cereal at breakfast.

MEMBERS' CORNER

MEMBER RECEIVES HONOR

On October 3, 2010 AARSPA member Cynthia Caldwell was a recipient of the Fannie Hamer Award. Fannie Hamer was a civil rights activist and she is honored in Anne Arundel County each year.



MEET AARSPA'S TREASURER

Mary Overholser has served as Treasurer of AARSPA for the past four years. She began as a teaching assistant at Arundel High School until being appointed Financial Secretary. She retired in 2004. Her service to the association is much appreciated. An interesting fact about her is that she goes to Thurgood Marshall BWI to welcome troops returning from Iraq and Afghanistan.

FROM THE PAST

Ever wonder why our newsletter is called the *Informer*? It happened during the term of Mrs. Lena Clemmer McGoury, 1981-1982. She felt calling it the *Informer* would really inform members about the work of the association. Evidently, members liked it because no one has suggested a new name since.

Only in Education

From: Louise P. Johnson

After teaching vocal music at Edgewater Elementary School for 7 years, I took a year off to get my MA in Deaf and Special Education.

In 1968 fresh out of grad school, I was teaching at Kendall School, the elementary school on the campus of Gallaudett College (now University) in Washington, D.C. Our students came from D.C. and surrounding counties in MD and VA.

My first class consisted of six 6 year olds, 5 boys and Stephanie. Five of the students had been exposed to sign

language almost from birth. The sixth, Chris, an adorable tow head, lost his hearing from a spell of high fevers at about 3, his Danish mom and German dad had not understood the dangers of high fevers or the need for a doctor or an Emergency Room. When his deafness was confirmed, they began signing at home and he picked it up quickly.

Chris was a well-behaved boy at school and at home, but one night he refused to get in the bathtub. His mom tried everything she knew, to no avail. Suddenly, Chris signed

"Johnson bath yes?" Surprised, but quick to catch on, his mom signed "Yes," Chris got in the tub with no more objections that night or for years to come.

Of course, I had not discussed bathing with the children but apparently Chris seemed to think that if I "Johnson" approved of something, such as bathing, that it was ok with him!

Send your stories to Betty Ann White at bettypurple@verizon.net or P.O. Box 6573, Annapolis, MD 21401-0673

Sunshine/Necrology Committee

Nina Griffith, Dianne Rogers, Sandie Sweeney



Get Well/Thinking of You

Lou Kamm
Richard Berzinski
Sherry Tolson

Member Deaths

Alice Boyd
Mary Margaret Brady
Doris I. Brashears
Mary C. Brown
Grizelle Hill
Virginia Hoover (93)
Jane Hopkins
Joseph A. Papetti
Mary E. Swann
Mildred Ward (92)
Dorothy Westerman (99)

Family Members' Deaths

Alice Battle - brother
Karlle Everett - mother-in-law
Mary Papetti - husband
Jeanne Stewart - brother
Lonnie Kelly - nephew
Lorraise Brooks-Jennings - sister

Other Educators Death

Susan Baugher - husband
James "Buck" Gardner

Congratulations

Alfreda Adams - Featured in lengthy write-up, with photos in the September 2010 CAPITAL newspaper issue of *Style* magazine. Alfreda's principalship of Walter S. Mills-Parole Elementary School was characterized as a strong and positive role model and team building model.

Please save this list to notify us of the deaths, get wells, birthdays, and anniversaries of our members.

Nina Griffith: Death Notices
home phone: 410-437-6549
email: Bear1134@aol.com.

Dianne Rogers: Get Well/
Thinking of You/Anniversaries
home phone: 410-647-7585
email: wwdsrogers@verizon.net.

Sandie Sweeney: Birthdays
home phone: 410-544-1359
email: shalimar428@aol.com

Luncheon and General Membership Meeting



On Thursday, November 11, 2010, we will have our luncheon at Snyder's Willow Grove in Linthicum.

Registration----- 9:45-10:30
Meeting ----- 10:30-12:00
Lunch----- 12:00-1:00
Guest Speakers: Dr. Kevin Maxwell,
Superintendent of Schools and
Judith Zahren, Executive Director of
MRSPA
Entertainment ---- 1:00-2:00

No Refunds After November 6

PLEASE NO WALK-INS

LUNCHEON RESERVATION DEADLINE NOVEMBER 5, 2010

Name of person(s) attending _____

Phone _____ No. of reservations _____

Cost is \$25 Amount Enclosed: _____

_____Crab cake _____Prime Rib _____Stuffed chicken

Meals come with house salad, baked potato, and warm apple pie.

MAKE CHECKS PAYABLE TO AARSPA AND MAIL TO Ms. Pat Ericson, 8223 Grainfield Road, Severn, Maryland 21144.

_____ Check here if this is your first AARSPA luncheon.

_____ Check here if an Emeritus Member. (age 90+)

Is your birth year 1920 or before? Congratulations! You qualify as an emeritus member. Please contact the Membership Committee to hear the good news.

VOICES IN MELODY (AARSPA CHORUS) WINTER PERFORMANCE SCHEDULE



The Voices in Melody Chorus of AARSPA will present a series of nine concerts during the 2010 Winter Concert Season. Music will be performed from standard winter repertoire of sacred and secular seasonal choral literature.

The Chorus is under the direction of G. Thomas Neuenschwander and looks forward to seeing and entertaining you at one of our concerts. Invite a friend and come for your seasonal listening pleasure. Rehearsals are held at Belvedere Elementary School. Contact Tom at

(410) 761-7422 if you are interested in joining the chorus. Before attending any scheduled concert, call Director Tom to confirm the date and time.

1. **Annapolis Senior Center**
S. Villa Ave. Annapolis
Wednesday, Dec. 1, 1 - 2 p.m.
2. **Pasadena Senior Center**
4103 Mountain Rd, Pasadena
Thursday, Dec. 2, 1 - 2 p.m.
3. **Bay Woods of Annapolis**
Retirement Community
7101 Bay Front Drive, Annapolis
Friday, Dec. 3, 1 - 2 p.m.
4. **Atria Manresa Asst. Living**
Manresa Lane, Annapolis

- Rte. 450 (towards Naval Academy)
Wednesday, Dec. 8, 2 - 3 p.m.
5. **O'Malley Senior Center**
Odenton Road, Odenton
Thursday, Dec. 9, 12:30 - 1:30
 6. **Pascal Senior Center**
Dorsey Road, Glen Burnie
Friday, Dec. 10, 12:30 - 1:30
 7. **Glen Burnie United Methodist Church**
2nd Ave & Crain Hwy (Soc. Hall - off Parking lot)
Monday, Dec. 13, 12:30 - 1:30
 8. **Arnold Senior Center**
Church Road, Arnold
Tuesday, Dec. 14, 1 - 2 p.m.
 9. **A. A. County Board of Education**
Riva Road, Annapolis
Tuesday, Dec. 21, 12-1 p.m.

20TH ANNIVERSARY AARSPA FLORIDA GET-TOGETHER JANUARY 27 & 28, 2011

This year's event will be held in beautiful Venice! Come on down and join us! Bob Harrell, Chairman of this year's event, will host a reception at his home on January 27th from 5:00 - 7:00 p.m. For everyone staying in the area, the Best Western of Venice (near I-75) is recommended. Phone: 1-800-685-7375

The luncheon on the 28th will be at the Jacaranda West Country Club. Directions will be sent to you when your reservations are received. Happy Hour begins at 11:00 a.m.; Lunch will be served at 12:00 noon. The menu choices are listed on reservation form and includes salad, dessert and beverage. The cost is \$25.00 including gratuities.

We look forward to seeing you in January!

2011 20th ANNUAL FLORIDA GET-TOGETHER LUNCHEON JANUARY 27-28, 2011

Name of person(s) attending _____

Your Name _____

Your Address _____

Your Phone _____

Amount enclosed (\$25 per person) _____

Lunch Choices: _____ Chicken Cordon Blue

_____ Baked Salmon _____ Sliced Beef Top Round

Make checks payable to June Gurley, AARSPA
Florida, and mail by **January 15, 2011**, to Mrs.
June Gurley, 409 Bayview Parkway, Nokomis, FL
34275-3951

September 16 Luncheon at Annapolis Sheraton

New members attending for the first time: L to R (first row) Ida Mae Sims, Joan Soroka, Deanna Harding, Millie Zipay (back row) Ruth Shilkret, Wilamae Day, Yolanda Perry, David Foster, Charles Gable, Grace Ann Rau



Alicia Hardisky won the 50/50 raffle.

Entertainment for the afternoon was the Barber Shop Quartet, Sing Annapolis Quarter. Tenor, Jeff Supko; Lead, Paul Yannuzzi; Baritone, T. J. Barranger; and Bass, David Bankard



(L to R) Barbara Bragg and Edwanda Larkin were new members attending luncheon for the first time



(L to R) Matilda "Tillie" Barckley and Mattie McDowell



Mary Ruth Tereshinski, Jean Trott

New Members And Corrections

We **are** growing stronger; just count our new members. Feel free to call one or more of them and say WELCOME and thanks for joining. Please continue to encourage your colleagues to support this organization - now more than ever. *Remember, AARSPA is here for you, the valued member!* With your participation, this association will continue striving for the quality of your retirement.

Note:

Member address/phone updates may be obtained by calling Carol Kirby, Membership Committee at (410) 798-0748.

If you would like information on new members or corrections, please contact the Membership Committee.

AARSPA**“HOLIDAY SPECTACULAR” TRIP**

Meyerhoff Concert Hall, Maryland
FRIDAY, DECEMBER 10, 2010, 2:00 P.M.

Last December, a snow storm cancelled this holiday musical for our group and everyone received a refund. The Trip Committee has booked a matinee performance for this show on Friday, December 10, 2010 at 2:00 P.M. Maureen McGovern is the celebrity this year, along with another 100 singers, dancers, and entertainers including the popular Tap-Dancing Santas. The Baltimore Symphony provides the great songs of the holiday season.

Bus transportation will be arranged for this trip. The performance is on a work day and the Light Rail is often crowded. It is just too cold to stand and wait for the train.

The cost of an orchestra seat ticket and bus transportation is \$40. Departure bus locations will be in Annapolis and Glen Burnie. Fifty tickets are available.

Dates to Remember**Executive Board Meetings, Central Office –
Center 3, 10:00 a.m. Thursdays**

January 6, 2011	June 6, 2011
April 14, 2011	July 21, 2011

General Membership Meetings, Thursdays

November 11, 2010 – Snyder’s Willow Grove,
Linthicum
January 27 – 28, 2011 – Sarasota, Florida
March 17, 2011 – Michael’s Eighth Avenue, Glen
Burnie
May 19, 2011 – Renditions – Davidsonville

The AARSPA Chorus – Voices in Melody

Rehearsals take place at Belvedere Elementary
School, Tuesdays, 3:30 p.m. – 4:15 p.m. All are
welcome to join.

Holiday Spectacular

Meyerhoff Concert Hall, Baltimore, Maryland

Friday, December 10, 2010, 2:00 p.m.

Deadline October 29, 2010

Make check out to AARSPA Theatre Trip Committee and mail to Howard Hall, 704 Ballast Way, Annapolis, Maryland 21401.

Tickets will be mailed approximately two weeks before the show date.

Please reserve _____ ticket(s) at \$40 each for Holiday Spectacular. My check made payable to AARTA Theatre Committee for \$_____ is enclosed. Tickets and the departure times for the bus will be mailed to you after the above deadline date.

Name: _____

Address: _____

Phone: _____

I/We will meet the bus at:

_____ Board of Education Office, Annapolis _____ Corkran Middle, Glen Burnie

Information From the Newsletter Committee

* Please email your articles to AARSPA informer@yahoo.com or you may send your articles to Pat Ericson, 8223 Grainfield Road, Severn, Maryland 21144 or Betty Ann White, PO Box 6573, Annapolis, MD 21401.

Next Deadline December 16, 2010.

(Continued from page 1)

affiliation with MRSPA (formerly MRTA).

Consider attending the "Florida Luncheon."

In the words of one of our dear departed AARSPA Presidents, Micki Griffith, ***"Be as active as your health allows and as involved as your schedule permits."*** Let's make it a GREAT 70th year! See you at Snyder's for our luncheon meeting on November 11.

VOLUNTEER OPPORTUNITY

Retired Teachers: We Need You at Lothian Elementary

Would you like to take a pleasant drive through the country and meet some great students who need a boost? Please consider lending your well-honed expertise by volunteering at Lothian Elementary. Our students need help with reading fluency, sight word practice, handwriting, editing, math reinforcement, math re-teaching, practicing math skills with games, and math facts, just for starters. Our class sizes have increased, while we have lost funding for extra help for our struggling students. Your help will be greatly appreciated by all of us. And just think—you won't have to plan lessons or take lunch or recess duty!! If you would like to make lots of new friends and touch the future, contact Karen Patterson at 410-222-1697 or kpatterson@aacps.org, and together we can have an impact.

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.

<p>Donation is: _____</p> <p>In memory of: _____</p> <p>In honor of: _____</p> <p>for:</p> <p>____ birthday ____ an anniversary</p> <p>____ other (please indicate) _____</p> <p>_____</p> <p>Please make checks payable to: Anne Arundel Retired School Personnel Association or / for Tax Deductible Donations, make check payable to: 21st Century Education Foundation, Inc.</p> <p>Mail all checks to: Karlie Everett 725 Warren Drive Annapolis, Maryland 21403</p>	<p>Name and address of the honoree. <i>We will inform the honoree(s) and/or the family of the deceased that a gift has been made to the scholarship fund.</i></p> <p>Send notice of my donation to:</p> <p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>Donor's Name _____</p> <p>Address _____</p> <p>_____</p>
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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 188 Green Street, Annapolis, Maryland 21401 (telephone: 410-222-2909). 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/CH 1395/28a (Rev. Oct. 10)*



47th Annual Holly Ball Gala

♪ The Severn Town Club's 47th Annual Holly Ball Gala will be held at the Annapolis Sheraton Hotel on Friday, **December 3, 2010**. Proceeds will primarily support Anne Arundel County Food and Resource Bank, Inc., as well as other non-profit (501c3) organizations in the Annapolis area. Your participation will assist in the club's continuing efforts to benefit these valuable community resources. We are a 100% volunteer group and earn no monies from your contribution. Visit our Website: SevernTownClubHollyBall.com for further information and forms or call (410) 757-7305 with your questions.

AARSPA - **Going Green** – What's next?

It worked! The September Issue of *The Informer* was sent by e-mail to the members of the Executive Board. Only two had problems opening it and some said they really liked seeing it in color. One said that they were glad we had entered the 21st century. There was no problem with people signing up for the luncheon; they just printed the page with the reservation form or put their meal choice on the check. We are ready to expand with the October issue. It will be sent to all those that have sent e-mail addresses, as well as the executive board.

Thank you to those who have sent their e-mail addresses. They have been added to the list. This list is kept by the membership chair and is updated regularly. If you have not done so already send your name, e-mail address, and phone number to the membership chair at aarspinformer@yahoo.com. Also, if you should change your server or address, you will need to notify the Membership Chair.



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