

SEPTEMBER 2015

VOLUME 8, No. 4

**INSIDE THIS ISSUE:**

**President's Message *by Sally Smith***

The beginning of a new school year means many different things to different people. As retirees we probably look back feeling a mixed bag of emotions, and memories of past school openings. Those of us who have been retired for a while may reminisce full of nostalgia. Our more recently retired friends, however, may be feeling that there is something they need to do or someplace they need to be. And then it hits them, "Oh yeah, I don't have to set the alarm for 5:00 AM. Summer isn't really over for me. I'm still on vacation. I'm retired!" Now you can do what you want to do and I hope one of the many things you want to do is spend quality time with many of your retired friends who share a common past with FCPS.

Our next opportunity to get together will be at noon for lunch on October 13th at the Lewistown Fire Hall.

Our guest speaker will be Brad Young, the President of the Board of Education. Brad will be speaking on the topic of health care insurance and changes that may be coming down the pike. This will be your opportunity to learn what the future may hold with regard to health insurance for retirees and to ask questions or share concerns. You will find a reservation form for the luncheon on page 13 of this newsletter. I hope that you will be able to attend, visit with old friends and take advantage of the chance to participate in what promises to be a very informative afternoon.

Your questions and concerns are always welcome. You may email me at [simplysally@comcast.net](mailto:simplysally@comcast.net) or call me at 301-694-7289.

Looking forward to seeing you,

..... Sally

[simplysally@comcast.net](mailto:simplysally@comcast.net)

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**FCRSPA Handbook**

The October 13th luncheon will be your last opportunity to pick up a handbook. If you are not able to attend the October luncheon, please ask someone who is planning to attend the luncheon to pick up a copy of the handbook for you.

It has become cost prohibitive to mail the handbooks to members. It is the goal of the organization to post the information that was available in the handbooks to the FCRSPA web site.



## FCRSPA Autumn Luncheon

Tuesday, October 13, 2015

Reservations MUST be received by Sept. 26, 2015  
(Reservation Form is on page 13 of this newsletter)

Lewistown District Volunteer Fire Department  
11101 Hessong Bridge Road  
Frederick, MD 21702 *(This is in Lewistown)*

**Doors Open** at 11:30 a.m.  
**Lunch Begins** at 12:00 Noon

**COST:** \$15.00 per person (members and guests)

### MENU

- |                      |                    |
|----------------------|--------------------|
| • Baked Ham          | • Fried Chicken    |
| • Scalloped Potatoes | • Cole Slaw        |
| • Green Beans        | • Rolls            |
| • Apple Pie          | • Coffee, Iced Tea |

Come join in the fun and fellowship!

There is plenty of parking at  
the Lewistown Fire Hall ...  
Easy accessibility to the building —  
no stairs to climb.

Reservation Form,  
Map and Directions on page 13  
of this newsletter



## Community Services by Irene Bailey

The Community Services Committee distributes school supplies to county schools for needy students. Sadly, every school has students in need. A very large amount of supplies was collected at the Jefferson Ruritan at the July 14th picnic. Monetary contributions amounted to \$64.00 and will be used as sales appear at local retailers. Supplies will be delivered (probably in October) when the surplus of community back-to-school donations has started to dwindle.

Please bring pencils, pens, erasers, rulers, loose-leaf paper, binders, folders, etc., or cash to the October 13th luncheon in Lewistown.

At the December Holiday Breakfast we'll again collect unwrapped toys to donate to the U.S. Marines' Toys for Tots campaign.

THANK YOU! To Claudia Harrington for lending a hand in July when neither Beryl nor myself could be present at the picnic.

Hoping to see you in October!

... Irene Bailey and Beryl Long  
Co-chairs, Community Service



## Membership Musings by Judy I. Thompson

### Welcome to Our 25 New Members!

Welcome to Lisa M. Bankert, Marj M. Bernstein, Karen Byrnes, Peggy S. Dahlen, Jacqueline "Jackie" DeWitt, Urith A. "Bonnie" Devilbiss, Kathleen M. Dollar, Nancy S. Ferguson, Joyce E. Harris, Teresa Harris, Larkin Hohnke, Karen M. Howser, Francis T. Julia, Jr., Edith Penny Jurchak, John Jurchak, Sharon Kalbarczyk, Dianne Keilholtz, Kathy Ann Luketich, Marvin L. Mitchell, Gail Padgett, Karen Denise Riggs, Brenda Paulette Shockey, Joyce H. Stambaugh, Patrick M. Stambaugh, and Diana M. Struntz!

**Your contact makes all the difference! Thanks again & please keep it up!**



### Membership Report: Total Membership = 732!

**Thank you! We've reached 732 members!** 670 state and local members and 62 local only members. Since the membership year began anew on March 1, 2015, we have gained 53 new members. *Emeritus* members from state memberships total 10. We have 1 local-only *Emeritus*.



**Local-Only Members:** We have 62 local members with 1 *Emeritus* and 1 *Honorary*.

If you are one of the 16 local-only members who have not yet paid your dues and can put your check in the mail to me, you can save us a few dollars for our contributions throughout the year. I appreciate your help! Please send your dues to Judy I. Thompson, 6730 Deer Spring Lane, Middletown, MD 21769. Thank you! Questions: [middletownlady@gmail.com](mailto:middletownlady@gmail.com) or 301-371-5729.



"EACH ONE REACH ONE"



You know why you belong to MRSPA and FCRSPA. Talk to a retired friend and invite him or her to join us. You know why you are a member. Let your friends know, too! A membership application is on page 11-12 of this newsletter for you to share with your friend, or let me know, and I will be happy to contact the person you recommend. You can reach me by calling 301-371-5729 or via email at [middletownlady@gmail.com](mailto:middletownlady@gmail.com).

### Do You Have A Good Eye and A Good Camera?

If so, would you volunteer to take photos of our speakers and candid pics of our members at our get-togethers? We need only a few good people! We can take turns so no one does all the events.

If you are interested, please let me know: [middletownlady@gmail.com](mailto:middletownlady@gmail.com) or 301-371-5729.



## Membership Roster Additions/Changes

### ADDRESS CHANGES/UPDATES

**Mark A. Bowman**  
35 E. All Saints St., Unit 220  
Frederick, MD 21701-5953

**James L. Kennedy**  
214 E. Church Street  
Frederick, MD 21701-2978

**Dorothy S. Kline**  
250 St. Luke Circle, Ste. 516  
Westminster, MD 21158-4273

**John J. Rolph**  
9 Stine Court  
Middletown, MD 21769-7878

**Suzanne Todd**  
10431 Claiborne Road  
Claiborne, MD 21624-2005



### NEW MEMBERS

**Lisa M. Bankert**  
675 Basehoar School Road  
Littlestown, PA 17340-9521

**Marj M. Bernstein**  
2250 Bear Den Road #406  
Frederick, MD 21701-9424

**Karen Byrnes**  
9 Wyndale Court  
Walkersville, MD 21793-8105

**Peggy S. Dahlen**  
925 Highland Avenue  
Gettysburg, PA 17325-2910

**Jacquelyn "Jackie" DeWitt**  
8914 Mountainberry Circle  
Frederick, MD 21702-2340

### NEW MEMBERS (continued)

**Urith A. "Bonnie" Devilbiss**  
10 West 14th Street  
Frederick, MD 21701-4414

**Kathleen "Kathy" M. Dollar**  
1818 Lawnview Drive  
Frederick, MD 21702-3014

**Nancy S. Ferguson**  
12537 Brandenburg Hollow Rd.  
Myersville, MD 21773-9628

**Joyce E. Harris**  
18802 Briarwood Drive  
Hagerstown, MD 21742-2636

**Teresa Harris**  
2141 Wainwright Court, #1D  
Frederick, MD 21702-9427

**Larkin Hohnke**  
23 Kenneth Drive  
Walkersville, MD 21793-8220

**Karen M. Howser**  
PO Box 234  
Walkersville, MD 21793-0234

**Francis T. Julia, Jr.**  
20403 Sawgrass Drive  
Montgomery Village, MD 20886-4599

**Edith Penny Jurchak**  
402 Woodland Avenue  
Thurmont, MD 21788-1725

**John Jurchak**  
402 Woodland Avenue  
Thurmont, MD 21788-1725

**Sharon Kalbarczyk**  
6245 Harley Road  
Middletown, MD 21769-6516

**Dianne Keilholtz**  
2832 72nd Street Court W  
Bradenton, FL 34209-5304

### NEW MEMBERS (continued)

**Kathy Ann Luketich**  
9 Catoclin Highlands Circle  
Thurmont, MD 21788-11664

**Marvin L. Mitchell**  
6502 Sleet Court  
Frederick, MD 21703-5825

**Gail Padgett**  
1499 Dogwood Drive  
Frederick, MD 21701-4487

**Karen Denise Riggs**  
115 Cartway Lane  
Statesville, NC 28625-2354

**Brenda Paulette Shockey**  
6009 Sweetwater Court  
Frederick, MD 21701-5994

**Joyce H. Stambaugh**  
15634 Kelbaugh Road  
Thurmont, MD 21788-1031

**Patrick M. Stambaugh**  
133 South Duke Street  
Lancaster, PA 17602-3560

**Diana M. Struntz**  
4320 Ballenger Creek Pike  
Frederick, MD 21703



### IN MEMORIAM

**Rita M. Priest**  
31 Oct 1916 - 7 Nov 2014

**Jean Virginia Reese**  
18 Jul 1935 - 30 Apr 2015

**Jean B. Riffle**  
18 Sep 1929 - 11 Dec 2014

**Dr. Donald C. Staggers, Sr.**  
20 Jan 1933 - 29 May 2015

## Insurance / Health Report *by Joe Polce*

### **OCTOBER OPEN ENROLLMENT**

The open enrollment period for all retirees will be October 1 to October 30, 2015. This will be an opportunity to make changes in the medical and dental plans. This open enrollment will be handled the same as the open enrollments that were previously in May. There cannot be changes made to the life insurance plan in the October open enrollment period. Retirees will be able to make those changes, if any, during the May 2016 open enrollment period. Remember, the medical, dental and vision plans are based on a calendar year (January 1 to December 31). All deductibles for those plans will be reset on January 1, 2016. The life insurance plan is based on a fiscal year (July 1 to June 30.)

### **UNITED HEALTHCARE NURSE LINE**

UHS has a dedicated nurse telephone line that can be used to get answers about health concerns. There is a registered nurse that is assigned to this benefit. The telephone number is 1-800-846-4678.

... Joe

## **FCRSPA Needs You!**

FCRSPA needs someone to volunteer to fill the vacant position of President-Elect! This position is available immediately and continues through next year. At that time, the President-Elect becomes the President (in 2017) for a two year term. We need YOU!



Please consider serving your organization in this capacity! We'd need you to "come onboard" by May 2016 so you could serve one full year as President-Elect prior to becoming President in May 2017.

You couldn't ask for better teachers and mentors than current President Sally Smith and immediate Past President Ann Miller, to help you prepare for 2017. Please call me to let me know that we can count on YOU!

Thank you for your consideration!

... Judy Brandenburg, Nominating Committee Chair  
Phone: 301-371-4773

## **Necrology/Sunshine Committee**

Please notify Faye Buckingham or Brenda Martz if you know of illnesses, hospitalizations, deaths, etc. that affect our members and/or their families. Thank you.

..... Brenda Martz



### **Contact Information for Faye Buckingham:**

Phone: 301-473-5563

Email: [buck0107@comcast.net](mailto:buck0107@comcast.net)

### **Contact Information for Brenda Martz:**

Phone: 301-662-9519

Email: [brmartz@comcast.net](mailto:brmartz@comcast.net)

## FCRSPA Scholarship Fund *by Nancy Gordon, FCRSPA Scholarship Chair*

This year scholarships were awarded from the FCRSPA Fund to: Kirstesia Brown, Teresa Colella, and Shantara Poole and from the FCRSPA/Petre Fund to: Abigail Drechsler and Samira Konte. Each recipient shares information about herself and plans for her future education.

**Kirstesia Brown:** I graduated from Tuscarora High School in 2014. I am attending Frederick Community College, which will be my second year. I like to do a lot of volunteer work and have volunteered with Advocates for Homeless Families for about three years. I enjoy seeing the impact I make on the children and their parents.

I am studying to become a juvenile counselor/teacher in a juvenile detention center. I grew up knowing I wanted to help people and the world somehow. The older I got the more I noticed the youth needing more attention and help, especially the children coming into and out of detention centers and even jails. I would love to be the person, through, education, compassion, and counseling to help and make sure juveniles in detention centers don't come back and new ones don't come in.

I thank you very much for the generous scholarships for the next year because I am now able to fulfill my dream and passion to help and improve the lives of youth in detention centers.

**Teresa Colella:** I am currently dual majoring in early elementary and special education. This summer I will be volunteering at Frederick Therapeutic Riding Program which helps people of all ages with all special needs. This program helps students gain motor, linguistic, independent and social skills. I will also be volunteering at University Pals which is a program through Frostburg State University that helps Title 1 students learn to love literacy. We also provide students with a breakfast, lunch and support from the staff. I will be attending Frostburg State University at their Hagerstown Campus in the fall. There I will be completing my student internships and education. I plan to graduate in 2017 and work in a Frederick County Public School. I then hope to go back to

(continued in next column)

school and get my masters as a Reading Specialist. As a reading specialist I anticipate to nurture students love for reading and help build confidence in young readers who may be struggling.

Thank you so much for the opportunity!

**Abby Dreschler:** I graduated from Catoclin High School in 2012. I was president of our chapter of the National Art Honor Society, and team manager for the track and cross country teams. During my years in FCPS, I was influenced by all of my teachers, but I always felt a special connection with my art teachers, especially my high school art teacher, Ms. Day. Those connections fostered my love of art and directed me toward becoming a secondary visual arts teacher. Since graduating from Catoclin, I've been attending Towson University as an art education major, and will graduate with honors in 2017 with national K-12 certification. I've also added a second major in general fine arts, and a minor in film studies. At Towson, I am heavily involved with our campus' National Art Education Association's pre-service chapter, and I'm currently serving as the co-president for this and the coming academic year. I also serve as an Orientation leader to help new students with their transition to college. This past school year, I was lucky to be able to intern at the Walters Art Museum as a studio teacher instructing field trips and learning about museum education first hand. This summer I am working at Towson's Community Art Center's summer camp, and hope to intern with the organization this coming semester as well. While I love working at the museum, with NAEA, and at the community arts center, I have to say my favorite part of the week is going to on-campus trivia Thursday nights with my friends — it's a good way to let off pressure from the week, and we learn fun (and useless) facts at the same time!

I really did want to come to the picnic, but I'm taking a summer course to fulfill my second major and my printmaking final was at the exact same time! Thank you all so much for the help with my continued education; I hope to one day pass on the help to future students as an educator myself.

(continued on next page)

## FCRSPA Scholarship Fund (continued)

**Samira Konte:** As of June 1, 2015, I am officially a Frederick High School graduate and a Maryland Scholar, graduating with highest honors. In the fall of this year, I am fully committed and dedicated to enter the University of Maryland, College Park, majoring in secondary education and concentrating in social studies. Within the university's CIVICUS living and learning program, I plan to remain active within the community, volunteer, and complete internships within the area. After receiving my bachelor's degree, I plan to immediately start my career as a teacher. I am eager to begin my career as educating the youth is essential to a successful future, as our children are our future.

Education should never feel like a burden. Thanks to your generous offer, I am now able to enjoy my post-secondary education to its fullest. I greatly honor your charitable offer and definitely plan to assist others in their educational journey.

**Shantara Poole:** I am an Early Childhood Education major and I plan to pursue a career as a Kindergarten teacher in a Frederick County Public School. I graduated from Tuscarora High School in June 2015. After graduation, I will be attending Hood College. Thanks to your generous scholarship, I am now one step closer to achieving my goal. By awarding me this scholarship, you have lightened my financial burden which allows me to focus on school and becoming the best possible teacher I can be. I hope one day that I will also be able to help struggling students reach their goals in higher education by assisting them in the same way you have helped me.



## Reflecting on back to school by Sharon Rectanus

*The following was printed in the Frederick News-Post: Letters To The Editor, on Saturday, August 22, 2015.*

This is my second year to not go back to school. I have been retired from Frederick County Public Schools for the past two years and each year as school begins, I start to reflect. I spent 38 great years teaching elementary-age students in Frederick County. My friends now often ask if I miss it.

There is a lot that I don't miss. I don't miss spending weekends working on lesson plans. I don't miss planning and participating in staff development. I don't miss testing days. I don't miss bus duty (I gave away my rain boots). I don't miss lunch duty (especially on taco day). I don't miss faculty meetings, and I don't miss curriculum changes.

But what I do miss is the excitement of learning. I miss the faces of children when they arrived with the expectation to learn. I miss the joy of success or

struggle that the students experience with learning. I miss, as a teacher, that I was able to share in those learning experiences.

So, as I reflect, I hope and encourage parents, teachers and students that as they all begin the school year they will all embrace learning as a special and unique part of life that we all get to experience at some time.

Sharon Rectanus  
Frederick



Annual Summer Picnic *by Jan Cline*

Our annual summer picnic was held at the Jefferson Ruritan Club on July 14, 2015 with 107 in attendance. The Club provided a delicious and bountiful picnic dinner. Dottie Lowman created and donated adorable table centerpieces of plant-filled watering cans which were awarded as door prizes.

Pictured with Dottie are winners: (First Row) Rosa Rippeon, Marsha Wise, Margaret Lutman, Brenda Banko, Seneh Sanner, Patti Patterson, Margaret Guyton, Dottie Lowman, and Bob Guyton. (Second Row) Wyndy Brake, Judy Brandenburg, Margaret Perry, Peggy Trimmer, Rachael Mellow, Sylvia Taylor, and John Charity.



Bridges to Success Program *by Irene Bailey*

Have you brought small soaps, shampoo, lotions, etc. home from your travels and are now wondering who could use them? Please bring them to the October 13th luncheon at the Lewistown Fire Hall and the Bridges to Success program will get them to homeless Frederick County Students.

Your donation can make such a difference to a student in need.

Thank you!!



## The Great Frederick Fair will soon be here!



From Left to Right: Jim Ferrante, Sheila Thompson, Dr. John George and Ann Miller.

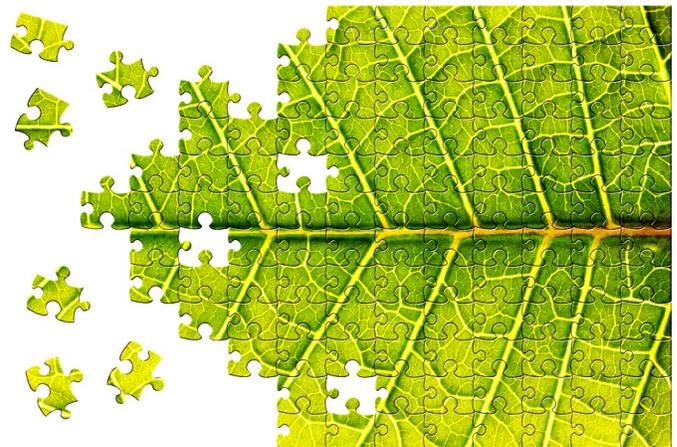
Jim is the Chair of the Ag-Education Committee and John serves as the Volunteer Recruiter and provides an in-service for all volunteers prior to the opening of the Fair.

Sheila and Ann have been volunteers who host student groups when they tour the Fair throughout the week. Last year the volunteers hosted over 5,000 students at the Great Frederick Fair!

Volunteers were recruited at the FCRSPA July Picnic.

## PLEASE CONSIDER GOING GREEN!

Where do you fit into the “Going Green Puzzle”? Have you already signed up to receive your copy of the FCRSPA Newsletter via email? If not, why not pick up your piece of the puzzle and fit it into the big picture of helping us attain the goal of 100% “green delivery” of our organization’s newsletter. It’s a good move for our planet’s resources and a good move for the financial health of our organization! Make a proactive choice to be part of the solution!



To sign up for electronic delivery of the newsletter, please contact Bob and Lois Humphrey at: [Bobandloishumphrey@verizon.net](mailto:Bobandloishumphrey@verizon.net) .

## Consumer, Health and Fitness Tips by Dave Markoe

**Lifestyle Changes** and how one of our members decided to make the leap:

Several months ago I was talking with one of our members about health, fitness, and our troubles with being overweight. When I told her that I have tried every diet published, she began laughing and said, "I have felt that way my entire life." She went on to describe how she has made a significant lifestyle change, not a diet, but a lifestyle change. I was so taken by what she told me that I asked her if she would be willing to share her story with us. She wrote her story and what she has been through, and sent it to me. The following is her account.

### ***FITBIT SAVED MY LIFE!***

*I have been dangerously overweight all my adult life. At the time I retired, I am ashamed to reveal that I weighted 394 pounds. I couldn't climb stairs because I didn't have the strength to life my massive body from one stair to the next. I became short of breath when walking a distance of just 20 feet. My blood pressure was dangerously high and I was taking diabetic medications. With any luck, I had about maybe 5 years left to live. I was depressed about my weight but didn't know how to escape the prison of my body size.*

*In April 2013 I received a Fitbit Flex activity tracker. I downloaded the tracker program to my iPhone and also downloaded a calorie counting and nutrition app called "My Fitness Pal." These two apps sync together and guided me through the beginning of a weight loss and activity increase odyssey! The program allowed me 2400 calories per day. Every bite of food that entered my mouth was logged into the daily diary and the activity tracker kept a record of my very minimal activity. Keeping a diary of foods allowed me to stay within the recommended daily limit and still lose weight. For the first time in my life I was conscious of the vitamins, protein, cholesterol, sugars, carbs, fats, potassium, calcium, iron that I consumed each day. Seeing this record helped me to make wise choices about the foods that I ate as I tried to consume the recommended amounts of nutrients while staying within the allowed calorie limit.*

*The activity tracker sends your exercise data (or lack thereof) to your smart phone, and it adjusts your allowed daily calories based on your activity.*

*I was very skeptical that this could work. I'd already tried every diet ... and failed at each attempt. But, THIS did work! The first 10 pounds dropped off quickly and the app adjusted my calorie allowance to 2350 calories per day. As the pounds came off, it became easier for me to move and my activity increased. As the pounds came off, the app adjusted my calories downward, and the activity tracker adjusted my movement goals upward.*

*This sounds so simple ... but, it does work! I love having the data on my phone and the fact that the tracker encourages me to get up and move! I probably could have done this diet on my own, but I lacked the motivation and knowledge of how to even get started! These two apps saved my life! Literally!*

*I've been on this diet for two years and I've lost 180 pounds. I can now climb stairs without any difficulty. I can walk on a treadmill for 30 minutes without feeling tired and without any shortness of breath. I no longer take any diabetes medication and my A1C level has been within normal range for over a year. My blood pressure medication dosage has been lowered several times ... the current dose is only 20% of what it was two years ago. My cholesterol level had been over 300 and is now in the mid 90's. I no longer need an inhaler to help me to breathe. It is no longer painful to simply stand! My legs and knees don't hurt! Two years ago I took 4-8 Anacin per day because my joints hurt so much. Today, I can't remember the last time I needed any type of pain medication! My sleep apnea has vanished! I feel as though I've been given a second chance at life and I thank God every day for this blessing! It took me 60 years to wake up and make changes in my diet ... to eat healthy foods and to monitor nutrition levels. But, it wasn't too late! No matter how old you may be ... no matter how many pounds you have to lose ... it is never too late to make a fresh start!*

*I still have a way to go, but I know that it can be done so long as I continue to maintain this new healthier lifestyle.*

(continued on next page —>)

**Consumer, Health and Fitness Tips** *(continued)*

*Following this lifestyle change has allowed me to lose weight while eating healthier than I've ever eaten before. There were no special (expensive) diet foods to buy, no meetings to attend, no monthly fees or charges. Everything I needed was right there on my smart phone and on my wrist. I eat the same meals that I cook for my family ... and we are ALL eating healthier now!*

*Of course, there are times I indulge in cake at a birthday party or an ice cream cone. But, I try to remind myself that no food tastes as good as being healthy feels!*

*If you have been thinking about getting an activity tracker, I highly recommend that you do it! The "My Fitness Pal" app is a free download to your smart phone.*

*What do you have to lose? Hopefully, you'll lose the weight you desire to lose.*

*What do you have to gain? Better health, lower medical costs, a feeling of well-being, and hopefully, a few extra years of life to spend with cherished grandchildren and loved ones! In other words, you have EVERYTHING TO GAIN!*

*Just do it!*

*... Linda Brown*

It's Dave writing again now. Linda Brown, the person who told us her story, is the editor of our newsletter and has been a member of FCRSPA for 10 years. It took a lot of courage to put her life out there for us to read, but she feels that if her story encourages even one person to begin following a healthier lifestyle, that it is worth any discomfort she feels. I find her story to be very inspiring, and I hope that if you are in a similar situation, you will become motivated to make a lifestyle change, too!

In January, I purchased a Fitbit and followed the "Lose It" app; as of today I have dropped 25 pounds!

... Dave



**Application for Membership in MRSPA**  
**(Please print)**

Your personal information will not be shared.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_



Detach from newsletter and return to:  
**MRSPA**  
8379 Piney Orchard Parkway, Suite A  
Odenton, MD 21113

(complete reverse side of form)

### Politically Speaking *by Tish Raff*

- The Governor has appointed a commission to study the way that Maryland establishes congressional and legislative districts and then to recommend changes. Have you looked at the current Congressional districts to see why?
- The Maryland Primary Election is April 5, 2016, with early voting dates in advance of that. Which Presidential candidates are you following closely?
- The next general election is more than a year away on November 3, 2016, but many candidates have already announced that they are running for the United States Senate and House of Representatives in Maryland. Do you know who they are?
- Tolls were recently reduced on many Maryland roadways. This benefits Maryland citizens and also travelers from out of state. Where will funds come from to make up for these lost revenues?
- Frederick County lost GCEI (Geographic Cost of Education Index) funding last year because the Governor decided not to distribute all that the legislature had allocated. What state funding issues lie ahead during the 2016 session?
- FCPS changed the benefits for both active employees and retirees this year to help address challenging funding decisions. With teachers leaving for other jurisdictions, construction costs growing, and a commitment to providing more than maintenance of effort for school funding, what changes might next year bring?
- Frederick County has a growing senior population that is expected to double by 2030. What impact will this have on planning for the future?
- Like many other Maryland counties, Frederick County now has a county executive and a county council. How is this change to charter government impacting the county?
- Politically speaking, what is your role? How are you a participant, rather than an observer or an abstainer, from government — local, federal, and state?



**PLEASE COMPLETE:**

MRSPA Dues \$35.00 + Local Dues (reference chart) \$ 10.00 = TOTAL \$ 45.00

Please check appropriate box:



- I hereby authorize annual dues deduction from my retirement check. (Social Security Number Required \_\_\_\_\_)
- Enclosed is a check payable to MRSPA.

You may also join using a credit card at [www.mrspa.org](http://www.mrspa.org).

Signature \_\_\_\_\_ Date \_\_\_\_\_

Local Association FREDERICK COUNTY

**The MRSPA membership year runs from July 1 through June 30. (complete back of form →)**

# FCRSPA October Luncheon Reservation Form — Tuesday, October 13, 2015



Reservations must be received **NO LATER** than September 26, 2015



Location: Lewistown Fire Hall  
1101 Hessong Bridge Road  
Frederick, MD 21702

Time: Doors Open at 11:30 a.m.  
Lunch Begins at Noon



Directions: From Frederick, take Rt. 15 North. Turn right onto Fish Hatchery Road. At stop sign, go straight ahead, crossing over Hessong Bridge Road. *This is in Lewistown*

Cost Per Person: \$15.00 (Members & Guests)

Name: \_\_\_\_\_

Name of Guest: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Total Number Attending: \_\_\_\_\_

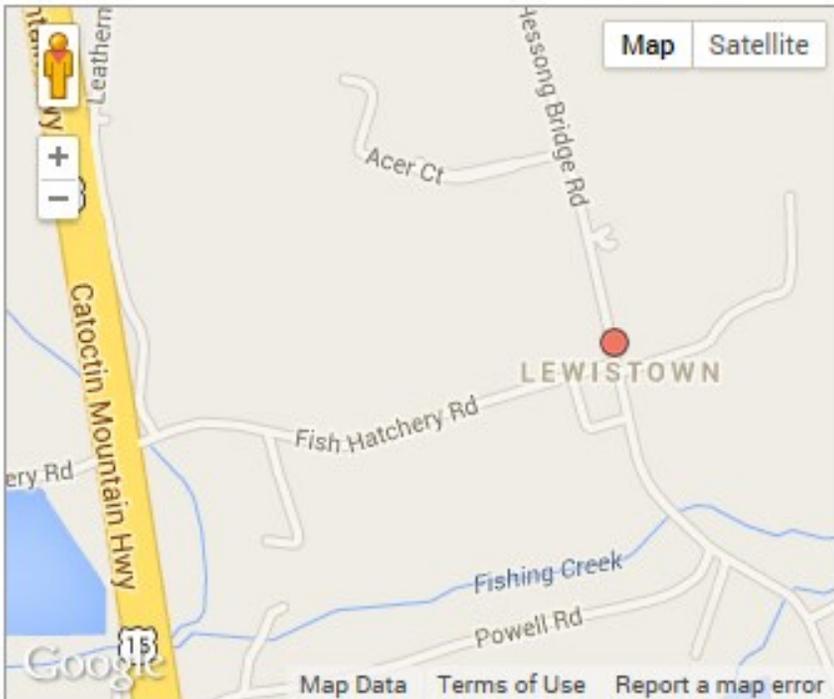
\$ \_\_\_\_\_ Amount Enclosed

(\$15.00 per person — Members & Guests)

Mail reservation form and check (payable to FCRSPA) to:

Jan Cline  
5701 Lakeview Drive  
Frederick, MD 21702

*Jan must have your reservation no later than September 26, 2015.*



Parking is plentiful and accessibility to the building is very easy. There are no steps/stairs!



FREDERICK COUNTY RETIRED SCHOOL  
PERSONNEL ASSOCIATION

8809 Ridge Road  
Frederick, Maryland 21702-3530



MARK YOUR CALENDAR!

Group Gatherings

Tuesday, October 13, 2015  
Autumn Luncheon  
Lewistown Fire Hall at 12:00 noon

Tuesday, December 8, 2015  
Annual Holiday Breakfast  
Dutch's Daughter at 8:30 am

Tuesday, March 8, 2016  
Spring Luncheon  
Dutch's Daughter at 12:00 noon

Tuesday, May 3, 2016  
Morningside Inn at Noon

Tuesday, July 12, 2016  
Annual Picnic  
Jefferson Fire Hall at 6:00 pm

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FCRSPA Board of Directors Mtg.  
Meetings are held on Tuesdays at  
1:30 pm at Career Tech Center  
October 27, 2015  
January 5, 2016  
March 22, 2016  
May 24, 2016  
August 2, 2016  
October 18, 2016

