



INSIDE THIS ISSUE:

~ March Luncheon	2
~ Go Green to Save \$	
<hr/>	
~ Membership Musings	3, 4
<hr/>	
~ We Need Your Help!	4
<hr/>	
~ Membership Roster Additions / Changes	5
~ Necrology / Sunshine Committee	
<hr/>	
~ Health / Insurance Report	6, 7
<hr/>	
~ Legislative Report	7
<hr/>	
~ Scholarship Fund	7
<hr/>	
~ Consumer, Health and Fitness Tips	8
<hr/>	
~ Designing the FCRSPA Logo	9
<hr/>	
~ Photos from Holiday Brunch on Dec. 9th	10
<hr/>	
~ Holiday Luncheon Concert Photos	11
~ Community Services	
~ Toys For Tots Photo	
<hr/>	
~ Honoring Jean Smith	12
<hr/>	
~ March Luncheon Reservation Form	13
<hr/>	
~ MRSPA Membership Application	13, 14
<hr/>	

President's Message by Ann F. Miller

Snowy Greetings!

As I watch the news reports I am so glad *not* to be in New England and so glad our snow was just enough to look pretty. My husband hates snow (because it needs to be shoveled!) But, I confess to enjoying watching it snow as it covers our world with an icing of glistening white! I hope you all are safe and warm, perhaps even traveling to warmer climates. By the time you read this I will probably be visiting in Arizona and enjoying the beauty of the west. My friend will be giving her annual Mardi Gras party and we will most likely have it set up outdoors!

In this newsletter Carroll Kehne will tell you about creating our new logo for FCRSPA. What a wonderful gift to our group to have someone so talented to create this for us! You can also read the letter written to invite Jean Smith into our group as an honorary member. We have been so blessed to have her working for our children and the system's educators for so many years.

At our January Board of Directors meeting we decided that all information shared via email must first go to the president. This was done so

that the Humphreys would not be put in the position of deciding what should or should not go out! If you have information you think should be shared, contact me at afm46@earthlink.net and I will respond to you.

Please put May 12 on your calendar for the spring meeting of MRSPA! The event will be held at Turf Valley Country Club. We are celebrating the 70th anniversary of the founding of our state association! We had a nice sized group at last year's meeting but it would be great to have even more members attend! We are allowed 21 members free and even more are allowed to attend, but we would need to pay for them. It would be a wonderful problem to have more than 21! We may need some volunteers to help put on the event. Let me know if you are interested!

We will be at Dutch's Daughter for the March 10th meeting. Our state president Max Muller and Executive Director Judith Zahren plan to be with us. Send in your reservation (ON TIME) and come enjoy the fellowship of old friends!

..... Ann
afm46@earthlink.net



FCRSPA MARCH LUNCHEON

Tuesday, March 10, 2015

Reply **NO** later than February 28, 2015

(Registration Form is on page 13 of this newsletter)



Dutch's Daughter Restaurant
581 Himes Avenue
Frederick, MD 21703
(2nd Floor, Elevator is available)

Cost: \$20.00 Member
\$22.00 Guest & Non-member
(prices include gratuity)

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

MENU

Choice of One Entree

- Fried Shrimp ~ or ~ Honey Glazed Atlantic Salmon ~ or ~ Dutch's Chicken

All Meals Include

- Tossed Garden Salad
- Twice-Baked Potato
- Fresh Vegetable
- Dinner Rolls
- Coffee, Tea or Soda

Choice of One Dessert

- Chocolate Mousse Pie ~ or ~ Cheesecake with Raspberry Sauce

Make your reservation today for this delicious meal and join in the Fun and Fellowship!

THE FOCUS OF THE MARCH LUNCHEON WILL BE DONATIONS FOR SCHOLARSHIPS



PLEASE CONSIDER GOING GREEN! St. Patrick's Day makes a person think of the color **GREEN**. This splendid color has, in recent years, become associated with living a life that is responsible with regard to our planet's natural resources and we frequently see the phrase: **Go Green**. YOU can help FCRSPA 'go green' by signing up to receive your association newsletter via email! Not only would this action help our planet, it would also help in another "green" way by saving money for our group. If every member would "go green" we'd save over \$1,800 in printing and mailing costs each year. The saving\$ could be put into the scholarship fund or used to buy school supplies for our county's neediest children. **Going Green = A Win for Earth, FCRSPA and Students! Please consider "going green"!**

Contact Bob & Lois Humphrey to make the switch! Thank you!
bobandloishumphrey@verizon.net



Membership Musings *by Judy I. Thompson*

Did You Know?

We added two states to our membership states: Rhode Island and Ohio, bringing the total number of states in which we have members to 17! Other states are Maryland, of course, Pennsylvania, West Virginia, Virginia, Delaware, New Hampshire, Georgia, Florida, South Carolina, North Carolina, Iowa, Kentucky, Washington, Michigan and Colorado!



Welcome to New Members!



A hearty welcome to our new members: Bill W. Abbs, Virginia M. Abel, Cheryl A. Crawford, Mary P. Hise, Carol P. Krajewski, Linda Krigbaum, John R. Law, Bernard D. Shapiro, Jean Smith (Honorary), Suzanne Todd, Patricia Warner, John J. Winterstine, Jr.

We Missed You!

We extend a warm 'welcome back' to Sandra L. Butler, Deborah P. Clark, and Dorothy A. Dayton!

Will You Be 90 by July 1, 2015?

If so, I need your birthdate as soon as possible so that you can be designated an *Emeritus* member. Once you are *Emeritus*, you no longer pay dues! If you want me to check our database for your birthdate, please call, 301-371-5729, or send an email, middletownlady@gmail.com. A lot of birthdates are missing from our member records.

Current Emeritus Members

Dorothy J. Cressler

Dorothy Fogle

Mildred C. Nichodemus

Ruth O. Richards

Carolyn B. Dorsey

Ruby H. Grossnickle

Beulah Pennington

Christine U. Sharpe

Kathryn R. Fagan

Sam Maples

James F. Reed

Edith L. Wars



"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 friend know, too!

A membership application is on page 13-14 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.

(continued on next page —>)

Membership Musings (continued)

Are You Billed Every Year for Your Dues? Want to Save \$10, Stamps & Checks?

Authorize dues deduction with MRSPA, and you will receive a one-time, \$10 reduction in your state dues! **This is a limited one-time offer, March 1—June 1, for the 2015-2016 membership year.** It's convenient, plus saves printing and mailing costs for you and MRSPA.



There are two requirements: (1) You have to be receiving a State of Maryland retirement check, and (2) Both your social security number and a signed authorization are required.

Questions? Give me a call, 301-371-5729, drop me an email, middletownlady@gmail.com, or call MRSPA, toll-free, 877-625-6782, or email at mrspa@mrspa.org.

Membership Report



We have 692 members, 631 who belong to both state and local as well as 62 local-only members. All local-only members renewed. Since March 1, 2014, we have welcomed 73 new members!

Thank you for spreading the good word about MRSPA and FCRSPA. Please remember our "Each One Reach One" initiative as you talk to your friends and family.

And Remember—\$50 Quarterly Drawing

When you recruit a new member, be sure MRSPA has your name! Just put your name on the membership application or let MRSPA know you recruited the person. Your name will go into a drawing for \$50. Last drawing for this year will be May 12, 2015.



Looking forward to seeing you soon!

. Judy I. Thompson
Membership Chair

FCRSPA Needs Your Help!

FCRSPA needs a volunteer to serve as our Representative to the Frederick County AARP. Could you help by serving on this committee? You would need to attend the AARP meetings and report back to the FCRSPA President about anything that is important for the members to know.

You would not need to attend FCRSPA Board meetings, though your presence would certainly be welcome at all meetings.



Please consider serving your organization in this capacity. This is an excellent way to gain knowledge about the news and issues that are important to seniors and retirees and to serve FCRSPA!

Call me to let me know that we can count on YOU!

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

Membership Roster Additions/Changes

ADDRESS CHANGES/UPDATES

Katherine Barker
PO BOX 1936
Frederick MD 21702-0936

Teena L. Broadrup
2502 Hemingway Drive, #3D
Williamsport MD 21795-1321

James L. Kennedy
6720 Springhill Drive
Frederick MD 21702-2997

James H. Armey
94 Sefton Drive
Cranston RI 02905-3717

John L. Thompson
2447 Bear Den Road
Frederick MD 21701-9321

NEW MEMBERS

Bill W. Abbs
8827 Hawbottom Road
Middletown MD 21769-9312

Virginia M. Abel
6034 Douglas Avenue
New Market MD 21774-6264

Cheryl A. Crawford
375 Meadowlark Lane
Columbus OH 43214-1244

Mary P. Hise
PO BOX 84; 1 Kenneth Drive
Walkersville, MD 21793-8220

NEW MEMBERS (continued)

Carol P. Krajewski
201 Challedon Drive
Walkersville MD 21793-8129

Linda F. Krigbaum
9 Afton Court
Brunswick MD 21758-9003

John R. Law
204 Church Street, 1st Floor
Ardmore PA 19003-3302

Bernard D. Shapiro
20150 Wynnfield Drive
Germantown MD 20874-1029

Jean A. Smith, Honorary
411 Larson Lane
Mount Airy MD 21771-4511

Suzanne S. Todd
10431 Claiborne Road
Claiborne MD 21624-2005

Patricia A. Warner
400 Shannon Court
Frederick MD 21701-6383

John J. Winterstine
PO BOX 781
Harpers Ferry WV 25425-0781

WELCOME BACK!

Sandra L. Butler
194 W. All Saints Street
Frederick MD 21701-5520

Deborah P. Clark
8007 Broken Reed Court
Frederick MD 21701-3279

Dorothy A. Dayton
9376 Highlander Blvd.
Walkersville, MD 21793-9113



IN MEMORIAM

Marguerite L. "Weetie" Baker
1 Jun 1926 - 7 Jan 2015

Erma S. Grove
29 Sep 1923 - 29 Nov 2014

Charles W. Hayden
30 Jan 1929 - 12 Dec 2014

G. Larry Stup
13 Nov 1939 - 14 Nov 2014

Betty R. Zentz
27 Feb 1924 - 31 Dec 2014

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

Contact Information for Brenda Martz:

Phone: 301-662-9519

Email: brmartz@comcast.net

Insurance / Health Report *by Joe Polce*

SilverScript Recap

Medicare Eligible retirees were enrolled in a new SilverScript Medicare Part D prescription plan effective January 1, 2015.

- New prescription ID cards have been issued
- Medical, dental and drug coverage changed from fiscal year to calendar year
- All deductibles have been reset to January 1, 2015
- Use fcps.silverscript.com to review plan benefits
- Re-register with CVSCaremark using new ID number to view prescription claim history
- Retirees will remain in the UHC medical plan with group number 708094

Non-Medicare retirees were re-enrolled in the UHC medical plan with a new group number 903682 effective January 1, 2015. There were no changes with benefits.

- New UHC ID card issued
- Medical, dental and drug coverage changes from fiscal to calendar year
- Need to re-register with myuhc.com using new group number and ID number to view medical benefits and claim history
- All deductibles were reset as of January 1, 2015

Contact the FCPS benefits office if you have not received new cards as mentioned above (301-644-5052 or 301-644-5085). It is critical that the benefits office be notified with updated addresses and/or telephone numbers regarding current or future plan enrollments.

Pharmacy Changes

Prior to 2015, we could not get a 90 day supply of maintenance drugs at any retail pharmacy except CVS. Now we can. But if we do, we will not get the established copay. Instead, we will pay \$39 for the 90 day supply which is three times the 30 day supply copy (\$13). So, to get the \$21 copay for a generic drug for a 90 day supply, we must use the CVS Maintenance Choice program either by mail or direct pickup at a CVS pharmacy.

If you have read the info sent out from SilverScript, you have noticed that there are preferred cost sharing pharmacies and retail pharmacies. Of course, all the preferred pharmacies are CVS pharmacies. We will get the best pricing from CVS, however, all pharmacies should follow our copay structure. If you find this is not happening, please contact me, Colette or Doris with specific information.

Prescription Benefits

If you read the explanation of benefits on the SilverScript web site you will see a section on coverage gaps. The Coverage Gap part does not pertain to us. Please read the one sentence under Section 5.1 on page 56 of the big book. It reads, "Your former employer, union or trust is providing additional coverage that is keeping your copays/coinsurance consistent through the Coverage Gap, therefore, you will see no change in copays until you qualify for the Catastrophic Coverage Stage."

SilverScript Web Site



When you sign into the SilverScript web site to reregister with your new ID number, you should use the same user name as you did with CVSCaremark. I just spent about one hour with the Caremark tech guy asking why I could not

Continued on next page —>

Insurance / Health Report *(continued)*

get my drug information. It was because I changed my user name when I reregistered. I also found it easier to go directly to caremark.com instead of fcps.silverscript.com. Anyway, good luck with your attempts. Let me know if you experience problems. It is also a good idea to update your profile.

Change is not fun. As we are finding out, the changes in our prescription coverage have not been seamless. I do feel that all problems will be resolved as Colette is doing her best to rectify situations as they occur.

. . . . Joe

Legislative Report *by Bill Price, Legislative Committee Member*

Nancy Gordon and I attended the MRSPA legislative committee meeting that was held on January 20th in Odenton, MD. Our organization is expecting many changes since the State Legislature has 59 new members and a new Governor.

Many bills will be presented during this session, but few will be passed and sent to the Governor for his signature. Currently there are 40 bills in the Senate and 54 in the House to be considered.

Tish Raff reported that four bills dealing with vulnerable adult abuse are already in committee.

A letter was received from Governor Hogan thanking Chairman Bill Brown for his correspondence regarding our position on retired school personnel. He stated that our opinions will be weighed carefully before any decisions are made.

The next meeting of this committee will be February 3rd.

. . . . Bill

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

FCRSPA will again award scholarships through the Community Foundation of Frederick County, a practice that began in 2000, fifteen years ago.

Five scholarships, \$1,500 each, will be awarded to deserving Frederick County students through the Frederick County Retired School Personnel Association Scholarship Fund (three scholarships) and the Dr. Richard and Patricia Petre Scholarship Fund (two scholarships). Several members of FCRSPA serve as reviewers of scholarships for the foundation and FCRSPA members Bonnie Strine and Shirley Stroup serve on the scholarship panel which selects the award recipients for our scholarships.

Additional funds have been added to both accounts through the generosity of members and through memorials dedicated to the funds. In addition, FCRSPA budgets an amount to be added to the scholarship funds to ensure there is growth in the account.

FCRSPA members are reminded that March has been designated as the time to contribute to the FCRSPA Scholarship Fund. Those attending the March luncheon at Dutch's Daughter may bring their contributions to that event; others may forward their contributions to the association: Martha Meadows, Box 1023, Frederick, MD 21702; checks made payable to the Community Foundation of Frederick County, FCRSPA Scholarship Fund in the memo line. Of course, contributions can be made at any time throughout the year. Member support is greatly appreciated as the association continues to help students through the scholarship program.

. . . . Nancy Gordon
FCRSPA Scholarship Chair



Consumer, Health and Fitness Tips by Dave Markoe

PROTEIN - Why is it important to us? I have noticed over the past years my muscle mass is decreasing. You might say, "So what?" As our muscles and strength begin to fade as early as age 35, we begin to lose about 1% of our muscle mass every year. If you are 65 or older, you have probably lost around 35% of your muscle mass. This is why it is more difficult to lift your grandchildren, grocery bags, or get up out of your chair. The protein we eat affects our muscles, strength, and our ability to perform everyday tasks.

You might say, "I'm too old to do anything about it, so why should I worry?" I don't know about you, but I am convinced that by eating sensibly, along with moderate exercise, our quality of life will be better. Protein is a key player in this plan.

As we go into the winter months, here are some things for you to ponder: Adults need .36 grams of protein per every pound of weight. That's the Recommended Daily Dietary Allowance (RDA), which is set by the Institute of Medicine.* In my case, since I weigh 200 pounds, I should consume 72 grams of protein per day. It is easy to calculate how much protein you should be eating. Some of the researchers are questioning whether these RDA calculations are actually high enough for older people. I have upped my consumption of protein to just over 100 grams daily. It is relatively easy to track your protein intake by looking at the Nutrition Information labels on food packaging. You can also find restaurant information on their web sites; most restaurants are listing that information. If you own a smart phone, there are apps that will record all your food consumption and list protein, calories, and fat. On my iPhone, I use the "Lose It" program app. It not only tracks my eating habits, but I can also record how much exercise I get from various activities. This brings me to the second part of my article —

EXERCISE.

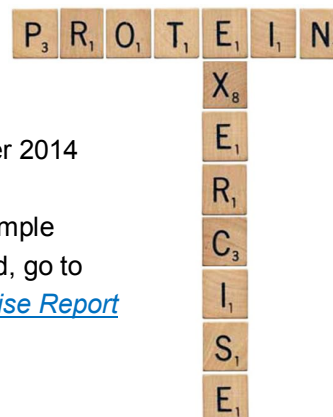
Exercise is extremely important to maintain or build muscle mass, especially in those muscles necessary to perform all our daily tasks without difficulty. All of the articles I read stress the importance of strength training. I don't mean going to the gym to lift heavy weights.

I am talking about lifting light weights, 5 to 10 lbs.; this is enough to begin a strength training program. I have discovered that "Five Below," a discount store, has all the weights you'll ever need for five dollars. I can give you some good tips if you are interested in beginning a light weight program. I'm not saying that you shouldn't go to the gym ... because most gyms have great equipment, all you'll ever need, along with good trainers. It is just important to select the program that meets your needs. Getting started is always the hard part.

The other part of the exercise equation is cardio exercise. I'm not talking about jogging miles and miles, but I am talking about walking. A lot of research is suggesting that as we age, walking is the best cardio exercise. I recently bought a pedometer to keep track of my steps; I am trying to get 10,000 steps per day. I don't always hit 10,000 steps, but it sets a benchmark for me. I realize that cold weather can prevent us from getting outside to walk as much as we do during warmer months. Walking inside a shopping mall is a good location for wintertime walking. When you go to the mall, park out in the middle of the parking lot. It is amazing how many more steps you can get if you just think about it.

Remember that getting started is the hard part! Once you're into it, you'll realize how much better you can feel! Stay healthy and get fit!

... Dave



**Nutrition Action*, November 2014

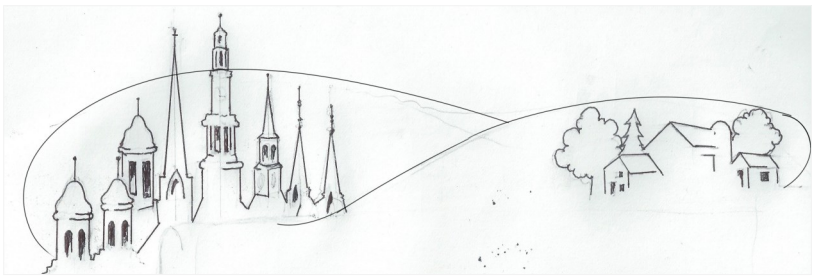
**For a free download of simple exercises to get you started, go to [NutritionAction.com/Exercise Report](http://NutritionAction.com/ExerciseReport)

Designing the FCRSPA Logo by Carroll Kehne, Jr.

At a luncheon about one year ago, our FCRSPA President, Mrs. Ann Miller, asked me to consider designing a letter-head logo. Of course, I was delighted to assist her as it was my way to donate my time to my retired organization. My art education from Maryland Institute College of Art, major in Graphic Design, has always been my interest.

Thus began my rather long journey in between my many other art projects with my Mac. As usual, my evening bed-time allows me to image visual ideas in my mind and get to sleep. These thoughts incorporated in the logo ideas that attract attention to our cause and membership. They brought forth symbols of where we worked, lived and for many, retired. It was Frederick County and City.

My initial pencil line sketches on paper were very close to the finished logo. I began by using a new artist program for painting, 'Sketchbook Pro', a useful design program. I scanned into my computer the pencil drawing. Once in my program, I began to layout a simplistic curved design knowing that logos do require these elements, because a viewer only needs a few seconds to relate to a logo that connects visually to our Association.

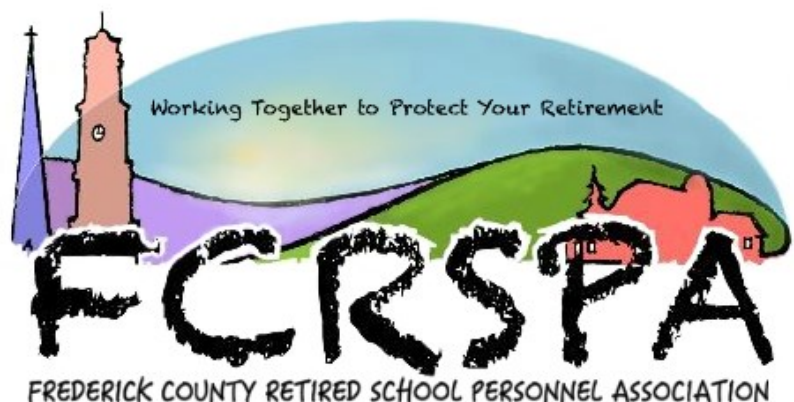


I researched all sites to get visuals and ended up deciding what most represents us today is where most retired teachers and staff reside. It's either Frederick City or our county environs. Thus the theme became focused on the city and the county. After much playing around with these images and shapes, I decided to enclose two symbolic images with smooth lines showing our lazy rolling hills and with the spires of Frederick on one side and a farm on the other. These are all connected by the hills and sky with a circular shape holding in both images within the final structure. Finally, I airbrushed into the sky a warm yellow sunset or sunrise. It's your pick.

Ann asked me to present this concept to our Board of Directors. They seemed pleased and helped me get the final message that promotes our cause, "Working Together to Protect Your Retirement." I applied this message within the sky and added our initials in "Chalkboard" type style as emphasis for education and remembrance of our past. I presume that I will change that next design thinking about 'Whiteboards.'

After applying all colors and text, the final design was approved by our BOD. I'm so pleased to have been asked to work on this project and hope the logo supports us as fellow members of the Frederick County Retired School Personnel Association.

. . . . Carroll Kehne, Jr.



Photos taken at the December 9th Holiday Brunch



This happy photo was taken following the presentation of the honorary FCRSPA life-time membership to Jean Smith.

Pictured to the left is (from left to right): Tish Raff, MRSPA/FCRSPA Legislative Aide; Sally Smith, FCRSPA President-Elect; Dave Markoe, FCRSPA Past President; Ms. Smith, new honorary member; and Ann F. Miller, FCRSPA President.

There were 182 in attendance at the annual Holiday Brunch at Dutch's Daughter.

Among those celebrating the season are former coworkers from Psychological Services. Pictured left to right: Doris Baker, Martha Specht, Mary Elkins, and Ruth Ann Engle.

Everyone wore their most festive holiday apparel, smiles were evident everywhere throughout the room, conversation was lively and animated, and a very good time was had by all in attendance!

Thank you, Jan Cline, for sending this great photo of such beautiful smiling friends.



Holiday Concert by Sally Smith

Everyone who attended the December 9th Holiday Brunch was treated to a special selection of traditional Christmas Carols presented by the vocal and instrumental music students from the Advanced Music Studies Program from Thomas Johnson High School's Visual and Performing Arts Program. The students, under the direction of Dr. Randy Rumpf, provided renditions of several traditional favorites as well as some new and innovative original scores composed by the students. This festive program certainly helped to set the tone for the Holiday Season. The photo to the right and the two below show the students performing on December 9th.



Community Services Committee



Shown at the breakfast from the left to right: Beryl Long, SSgt Porrata, HM1 (FMF) Bambach, and Irene Bailey.

The Community Services Committee collected several bags of school supplies and \$105 in cash at the October luncheon in Lewistown. That, plus earlier cash contributions, enabled substantial donations to be made to needy students at Thurmont Primary, Elementary, Middle, and High Schools.

In December, at the Holiday Breakfast at Dutch's Daughter, FCRSPA members were greeted by Marine SSgt. Ezequiel Porrata and Navy HM1 (FMF) Bryan Bambach who accepted cash and 190 toys and games on behalf of the U.S. Marines' Toys for Tots campaign. That quantity qualifies FCRSPA to display its new logo to the public on the Toys for Tots website.

The focus at the March luncheon will be collecting donations for scholarships.

. . . Irene Bailey and Beryl Long
Co Chairs, Community Services

Honoring Jean Smith: Longtime Friend of Education

At the December 9th Holiday Brunch, long-time friend of Education, Jean Smith, was honored by FCRSPA. Below is a copy of the letter read by FCRSPA President Ann Miller.



December 9, 2014

Dear Jean,

The Frederick County Retired School Personnel Association wishes to extend to you a lifetime membership in our association. We have chosen to do this in recognition of your many ears working for the students of Frederick County Public Schools. You began as a parent who wished to stand up for her children and stayed on to stand up for the students and teachers of our entire community.

You chose to work as a member of the local PTA and moved on to serve the county and state PTA. Then you decided to give even more of your time and effort as a member of the Frederick County Board of Education. You worked to use resources prudently and support the students and teachers as they pursued excellence in education.

We recognize you as being one of us. You started out to make a difference in the lives of your children and stayed to make a difference in the lives of thousands of children. You have been a light in our education system. FCPS is one of the top education systems in our nation and you are one of the top reasons.

We thank you for your service to our children through more than 20 years of decision-making. Welcome to our world of retired yet active citizenship!

Frederick County Retired School Personnel Association
Ann F. Miller



March Luncheon — Tuesday, March 10, 2015

RESERVATION FORM



Reservations must be received **NO LATER** than February 28, 2015.

Location: Dutch's Daughter Restaurant
581 Himes Avenue
Frederick, MD 21703

Time: Doors Open at 11:30 a.m.
Luncheon Begins at 12:00 noon

Cost: \$20.00 Members
\$22.00 Non-Members & Guests

Name: _____

Name of Guest: _____

Street: _____

City: _____ State: ____ ZIP: _____

Phone: _____

Email: _____

Total Number Attending: _____

\$ _____ Amount Enclosed

(\$20.00 member / \$22.00 non-member)

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

Mrs. Jan Cline
5701 Lakeview Drive
Frederick, MD 21702-3680

*Jan must have your reservation no
later than February 28, 2015.*



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.

Signature _____ Date _____

Local Association _____ FREDERICK COUNTY

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

FREDERICK COUNTY RETIRED SCHOOL
PERSONNEL ASSOCIATION

8809 Ridge Road
Frederick, Maryland 21702-3530

MARK YOUR CALENDAR!

Group Gatherings

March 10, 2015 (Tuesday)
Dutch's Daughter at Noon

May 6, 2015 (Wednesday)
Morningside Inn at Noon

July 14, 2015 (Tuesday)
Location TBA at 6:00 pm

~ ~ ~ ~ ~

May 12, 2015 (Tuesday)
MRSPA Annual Spring Meeting
Turf Valley Country Club

~ ~ ~ ~ ~

FCRSPA Board of Directors Mtg.
1:30 pm at Career Tech Center

March 17, 2015

May 26, 2015

August 4, 2015

**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