

February 2023

VOLUME 15, NO. 1

Editors: Jenny Powell

E-mail: myfcrspa@gmail.com

## President's Message *by Kathy Campagnoli*

Dear Fellow Members,

According to comedian Jim Gaffigan: "Without Valentine's Day February would be...well, January." However, in truth, despite its modest length, February is filled with lots of celebrations including Mardi Gras, Black History Month and American Heart Month. One of my personal favorite national days to celebrate, Random Acts of Kindness Day, falls on February 17 this year. I encourage you to send a thank you note to a teacher or any school employee who is still working in our school system to express gratitude for their service. It will do your heart good as research supports the idea that performing acts of kindness will make you happier too.

Happiness was certainly the feeling everyone embraced at our recent holiday breakfast held at Richland Golf Course in Middletown. The delightful voices of the 71 elementary choral students from Middletown Elementary School lifted our spirits in the most wonderful way possible. Special thanks to their music teacher, Dr. Autumn Avila, for sharing their talents with us, as well as to South Mountain Creamery for providing ice cream coupons gratis to the students. We also enjoyed a passionate presentation from our new superintendent of Frederick County Public Schools, Dr. Cheryl Dyson, who is dedicated to supporting public educators to create favorable outcomes for all students. Special appreciation is also extended to our members who contributed 112 unwrapped toys plus cash donations at the breakfast for our annual Toys for Tots drive with the Marine Corps. The generous giving of our members makes our hearts swell with pride.

We encourage you to join our fellowship for upcoming events and activities. Our next luncheon will be held on March 15 at Morningside Inn (see reservation details in this newsletter). We will be welcoming a speaker from Partners in Care, a local non-profit providing services to help older adults remain independent in their own homes and engaged in the community. Also mark your calendar for our spring luncheon on May 17 at Schroyer's Tavern at Maryland National Golf Course. We hope to see you at one of our luncheons or Happy Hour events (look for our e-mail announcements).

Continued on page 2

## INSIDE THIS ISSUE

FCRSPA Scholarship	2
How to save some money	
Holiday Breakfast Fun	3
COIPP Blankets	
Toys for Tots Success	4
Happy Hour Invitation	5
March Luncheon RSVP	6
Membership News	7
Switch and Save Form	9
MRSPA Application Form	
FCPS Burnalong Program	10
MRSPA Raffle Entry Form	11



## President's Message continued from Page 1

Finally, I have matters of the heart on my mind. How can we not take a moment of our lives to remember February as a month focused on love? I do not simply mean love for your family, significant others, and friends, which is at the heart of everything I hold true but also self-love. So as Valentine's Day draws near, I wish you all a healthy, safe, and loved-filled month. Do take some time to care for yourselves and recognize that you are cherished.

With kind regards,

*Kathy*



## Special Appreciation to Carroll Kehne

Board service is one of the most important volunteer roles of all and Carroll has performed his duty as the FCRSPA Webmaster with steadfast dedication and tenacity. He has distinguished himself as a judicious steward of our organization, using his skill and talents to maintain and update key communications to our members. As Carroll steps away from his leadership role we would be remiss if we did not extend our heartfelt appreciation for his many years of service.

## FCRSPA Scholarship Fund

Nancy Gordon, Scholarship Chairperson

FCRSPA continues in its practice to fund scholarships through the Community Foundation of Frederick County. Decisions on how many scholarships to award from the FCRSPA and FCRSPA/Richard and Pat Petre funds are dependent on the amount of money available from the investments of these accounts and the additional contributions made during the year. Four scholarships will be awarded in 2023, two from the Richard and Pat Petre funds and two from FCRSPA funds. (The return on the funds' investments provided for only four scholarships this year instead of the five we have awarded in the past few years.)



The FCRSPA Board of Directors has designated March as the time members are encouraged to contribute to the Scholarship Fund. If you plan on attending the March luncheon, feel free to bring your contribution to that event. These contributions have helped our scholarship funds to grow, so that there is ample monies for the award for each recipient. If you are unable to attend the March luncheon, please consider sending your contributions to: Shirley McDonald, 3677 Ridge Road, Ijamsville, MD 21754. Checks should be made payable to Community Foundation of Frederick County, FCRSPA Scholarship Fund in the memo. Of course, contributions can be made at any time throughout the year. The Board of Directors appreciates the continued support of association members through their contributions to the funds.



## A WIN-WIN FOR ALL!



**Would you like to save time and money, find fewer bills in the mail, write and mail fewer checks?** Using Dues Deduction to renew your MRSPA membership does all of these, stretching your dues dollars and being environmentally aware by saving paper, printing costs and postage required for mailing bills and reminders!

If you normally pay by check, please consider using the Dues Deduction **Switch & Save** form (found in this newsletter on page 9). Print, complete, and sign. Then mail it to the address listed on the form. If you would prefer not to mail your social security number, you may call the MRSPA Office at 410-551-1517 to relay your number. You will still need to print and mail the **Switch & Save** authorization form with your signature. You can also access Switch & Save at <https://www.mrspa.org/switch-and-save>

As a **bonus**, when you switch to dues deduction prior to renewing your current year membership, you will save by receiving a one-time \$10 reduction in MRSPA dues for the membership year. You can do it now, and the \$10 savings will go into effect in July 2023.

## Holiday Festivities at Richland Golf Club December 7, 2022



### BLANKETS FOR COIPP



**C.O.I.P.P.**

Children Of Incarcerated Parents Partnership

We are getting together again to make no-sew blankets for the Children of Incarcerated Parents Partnership. Thanks to the Tech Center we will be meeting on **Monday, February 27 from 12:00-3:00 in the Spires Café**. If you are able to join in the fun and catch up with old friends, all you will need to bring with you is a pair of sharp scissors. Please contact Sally Smith by February 22 so that we can be sure to have enough kits. Hope to see you soon.

### Remembrance and Sunshine Committee

Please notify us if you know of any members who are ill, have passed away, or who have had an immediate family member pass away. We will send thinking of you, get well, and sympathy cards.

Brenda Martz

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

Faye Buckingham

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



## Community Services

Irene Bailey, Claudia Harrington, Charlie Perry

The Community Services Committee continues to send our well-received "Hello" notes to Emeritus members.

At the December 7 Holiday Breakfast we gathered 112 toys (much fewer than some years) and \$75.80 in cash and checks for the Marine Corps' Toys for Tots campaign. Thanks to Staff Sergeant Zach Riley and First Sergeant John Sypole for their assistance in counting and packing all the toys and thanks to all who contributed.

1Sgt Sypole shared some interesting facts about Toys for Tots: locally, the Marines have a goal of 15,000 toys, they serve about 2,500 children, they hope to give each child at least five gifts, and they do all this with only 13 staff members. It's a huge job every year.



A large bag of donated toiletries was taken to SHIP and a few school supplies were collected and will be saved until a greater accumulation will make a good donation to a school.

### We Need Volunteers!

**Nominating Committee:** we are looking for volunteers to present a slate of officers on a two-year basis. Current Chair Judy Brandenburg will train you!

**Website Committee:** we need volunteers to collect, edit and format items for the FCRSPA website. Former Chair Carroll Kehne will train you!

Contact Kathy Campagnoli today to let her know you're ready to help sustain our organization!

kathy2157@comcast.net or at 301-401-1637



### Thanks to all who joined us at our last Happy Hour on January 11 at Oscar's Ale House in Frederick!

Everyone who attended enjoyed the delicious food, drinks and, most of all, the company. We hope you'll join us for our next Happy Hour at La Paz. See all the information about our next Happy Hour on page 5 in this newsletter.



51 South Market Street, Frederick

## **La Paz HAPPY HOUR**

**MARCH 9 4:00 - 7:00**

**Upstairs with lots of room to mingle  
Elevator available**

**Special happy hour prices on drinks and appetizers**

**No cover and run your own tab**

**Go to their website [lapazmex.com](http://lapazmex.com) for a full menu**

**As a new FCRSPA/MRSPA member OR if you join MRSPA/FCRSPA during this event you will receive a coupon for a free drink (Make sure to bring your checkbook)**

**RSVP to Sally Smith by March 2**

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

**301-694-7289**

**Come join in the fun!**



## BRING A FRIEND AND JOIN US AT THE MARCH FCRSPA LUNCHEON



**Wednesday, March 15, 2023 Morningside Inn, 7477 McKaig Rd, Frederick, MD**

FROM FREDERICK: VIA I-70E to Exit 56 MD Rt 144 to left on Liganore Rd to a right on Gas House Pike to a left on McKaig Rd. Gates to property on the right. \* From downtown Frederick use Gas House Pike to McKaig Rd.

VIA US 15N to exit 17 for MD-26 E toward MD-194/Libertytown/Walkersville, continue on MD 26 E/Liberty Rd. through Mt. Pleasant to a slight right onto Kelly Rd, then a right on McKaig Rd. Property will be on the left



**Doors open at 11:30 with luncheon served at Noon.**

**Buffet Menu: Tossed Salad, Stuffed Breast of Chicken with Apples and Raisins, Herb Roasted Potatoes, Green beans with Almond and Red Peppers, Fruits of the Forest Pie, coffee, tea, rolls and butter. Vegetarian option available on request.**

**\$28.00 per person (includes tax and gratuity)**

**Reservations are due to Ann Keyfauber, 205 Linden Blvd., Middletown, MD 21769 by March 1, 2023**

**Phone 301-371-5782 Checks or cash only**

Name \_\_\_\_\_ Guest(s) \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Total number attending \_\_\_\_\_

Have you become a new member in the past year? YES \_\_\_\_\_ NO \_\_\_\_\_

Emeritus (90 or older) \_\_\_\_\_

\_\_\_\_\_ Amount enclosed (\$28.00 per person Members and Guests)

**Please mail the bottom of this form and check to FCRSPA as soon as possible.  
The deadline for reservations is March 1, 2023**

# HELLO

As always, we appreciate your assistance in recruiting new members, sharing the names of those who have passed away, and informing us of contact information changes. It really is a team effort. **MRSFA continues to offer a \$10 gift card to ANY member who recruits a NEW member who signs up for DUES DEDUCTION as well as a \$10 dues savings for members who switch to DUES DEDUCTION.** See the end of the newsletter for forms.

Since our last newsletter, we have gained **11** new members, but sadly, we have lost **5** members to the Memorial Roster.

## Welcome New Members

Linda	Callahan	2211 W. Greenleaf Dr. Frederick, MD 21702	301-662-6352 240-674-0949	lcallahan2211@gmail.com
Sharon	Cheek	17927 Herr Ln Boonsboro, MD 21713-2409	301-661-3874	sharon@cheekfamily.us
Arnie	Coleman	4967 Flossie Ave Frederick, MD 21703	240-490-5932 240-344-5692	1-acoleman@comcast.net
Denise	Goodson	3369 Eclipse Ct Jefferson, MD 21755	301-875-5806	esinednosdoog@gmail.com
Valerie	Grim	135 W. Hammaker St. Thurmont, MD 21788	301-401-2646	vgrim513@aol.com
Cynthia	Herrell	6591 Waters Edge Ct. New Market, MD 21774	240-409-3766	cyndyherrell@gmail.com
Laurie	Jenkins	5602 Woodlyn Rd. Braddock Heights, MD 21703	240-855-9653	laurie.c.jenkins678@gmail.com
Tim	Leber	822 Rocky Fountain Dr. Myersville, MD 21773	301-293-3171	timleber10@gmail.com
Sharon	Marconi	4311 Moxley Valley Dr. Mt. Airy, MD 21771	301-788-3545	sharonmarconi@aol.com
Ann	Wellborn	102 Laurel Ave Thurmont, MD 21788	240-315-6114	well0592@comcast.net
Lois	Winklepleck	5616 Scott Ridge Pl Frederick, MD 21704	301-639-0906	winklepleckd@comcast.net



We were pleased to recognize seven new members during the Annual Holiday Breakfast at Richland Country Club on December 7.

**Paula Larson  
Debra Anthony  
Basil Eavey  
Denise Achey Berry  
Jackie Peyton  
Sue Rudy  
Sharon Cheek**

# Member Changes




Please add the following changes noted in **bold font** to your records (online or hard copy) as well as saving the New Member list so that you have an updated, accurate roster.

We hope to have a revised roster ready in the next few months.

Donna	Bowman	7823 Chestnut Grove Rd Frederick, MD 21701	301-676-3522	<b>bofolks@gmail.com</b>
Jacquelyn	DeWitt	8914 Mountainberry Circle Frederick, MD 21702	301-663-1409	<b>dewittjhd@gmail.com</b>
Linda	Jenkins	4403 Teen Barnes Rd Jefferson, MD 21755	301-473-9344	<b>linda-jenkins@comcast.net</b>
Nancy Thorpe	Kelley	<b>221 Nuttall Dr Griffin, GA 30223</b>	607-588-9498 301-788-9424	nancythorpekelley2@gmail.com
Linda Janeen Travis	<b>Littrell</b>	<b>5209 Reels Mill Rd Frederick, MD 21704-7320</b>	301-712-8697	jtravis50@comcast.net
David	Schrodell	9834 Steiner Smith Rd Woodsboro, MD 21798	301-845-8466	<b>DRSchrodell@gmail.com</b>
Margo	Trexler	<b>7407 Ridge Rd Frederick, MD 21702-3517</b>	301-371-6010	<b>margotrexler@comcast.net</b>

## In Memoriam

  
**Dr. Fred Brown\*\***  
 8/28/1927 ~ 1/25/2023

**JoAnn Keyser**  
 2/6/1936 ~ 1/6/2023

**Joan Cox**  
 12/5/1934 ~ 12/21/2022



  
**Robert Dacey**  
 10/3/1952 ~ 1/8/2023

**William Luzier**  
 11/21/1929 ~ 1/21/2023

**\*\*Fred joined FCRSPA on January 1, 1978, as a unified member, thus making him a member for 45 years. No other current unified member has been with FCRSPA as long as Fred had been.**

**1** **"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! We have learned from new members that personal contact is the most effective approach to recruit new members.

Our FB page provides up-to-date, FCRSPA-related news and reminders. If you are a FB member, you should be able to find our page by going to FaceBook, then Groups, then typing FCRSPA in the search bar. All requests will be vetted against our membership roster.

Currently we have **224** members who have joined our page.

*Please join us!*







**MRSPA Membership Application (Please Print)**  
**(New Members Only)**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Your Position at Retirement:

- Administrator/Supervisor  Non-Certificated/Support Staff  
 Teacher/Other-Certificated  Other

Retired from \_\_\_\_\_ Date of Retirement \_\_\_\_\_  
 (County/Local)

**Payment Options:**

- Dues Deduction from pension authorization. I hereby authorize annual dues deduction from my retirement check or deposit. This authorization shall remain in effect until I revoke it. By authorizing dues deduction, I will receive a one-time \$10 reduction in my state dues. (see chart on the back)

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (Social Security Number Required) \_\_\_\_\_

Forms with Social Security #'s are destroyed when MRSPA is notified of dues deduction.

- Enclosed is a check made payable to MRSPA.  
 I prefer to pay by credit card. Please go to [www.mrspa.org](http://www.mrspa.org)

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

- Do not share my information with member benefits providers.

- I prefer to receive the MRSPA Newsletter electronically.

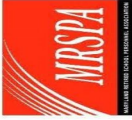
Referred or Recruited by \_\_\_\_\_

Return completed form to:  
 MRSPA  
 8379 Piney Orchard Pkwy Suite A  
 Odenton, MD 21113

*Local and MRSPA Dues*

	Local MRSPA Dues	Total MRSPA Dues	Total for Dues Deduction Only
Frederick Co.	\$10	\$45	\$55
			\$45

*The MRSPA Membership year is July 1 through June 30*



**MARYLAND RETIRED SCHOOL PERSONNEL ASSOCIATION**  
 8379 Piney Orchard Parkway, Suite A  
 Odenton, MD 21113-1508

**SWITCH AND SAVE!**  
**AUTHORIZATION FOR ANNUAL DUES DEDUCTION**

I hereby authorize the Maryland State Retirement Agency to deduct state and local annual membership dues for the Maryland Retired School Personnel Association from one of my retirement checks each membership year. This authorization will remain in effect until cancelled by written notice by me. I understand that my full social security number is required, if I wish to become a dues deduction member.

Print Name \_\_\_\_\_ SSN: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please mail this form to the Odenton, MD address above.**

Local Association Dues  
 Frederick County ~ \$10

**MRSPA dues \$35\* + Local Association dues \$10 = Total Membership Dues \$45**

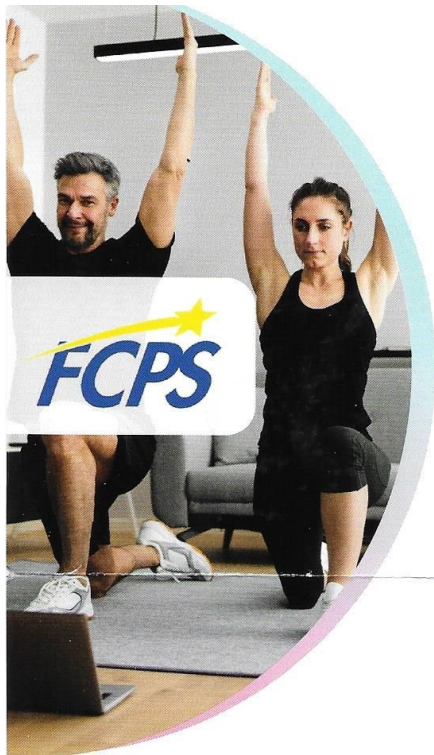
\*Switch and Save dues deduction members will receive a one-time \$10 reduction in state dues.  
 MRSPA dues is \$35 the first year and \$45 per year thereafter.

(Recurring Dues deduction is made once/year from the July 31 pension check.)

**If you would prefer not to mail your social security number, you may call the MRSPA Office at 410-551-1517 or toll-free at 877-625-6782 to relay your number.**

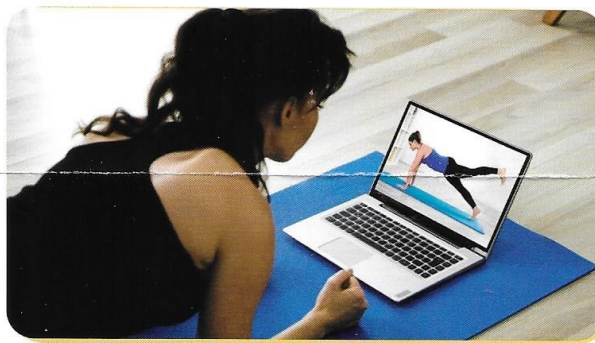
**You will still need to print and mail the authorization form with your signature.**

## Have you heard about FCPS' Burnalong program?



THRIVE TOGETHER

# WELCOME TO BURNALONG



### ABOUT BURNALONG

Burnalong features 1000s of online classes for all ages, interests, and levels plus the social motivation needed to achieve health and wellness goals. Classes are from 1000s of local, credentialed instructors across 45+ wellness categories.

### THE BURNALONG SOLUTION

- 1 Choice and diversity**  
 Discover new wellness classes and instructors, plus personalized wellness programs, across 45+ categories.
- 2 Social connection**  
 Get motivation from friends and family members you invite to join in live private group classes.
- 3 Personalization**  
 Receive AI-powered guidance plus access anytime, anywhere – via phones, tablets, computers, & smart TVs.

### 45+ CATEGORIES

*Spanning physical, mental, and financial wellness*



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



Mindfulness



Nutrition



Seniors



Sleep



Parkinsons

📄 Activate your free account by visiting [join.burnalong.com/fcps](https://join.burnalong.com/fcps)

burnalong

## MRSPA Foundation Fund

The MRSPA Community Service and Scholarship Committees provide tremendous support to students and staff in our 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 solely through the MRSPA newsletter using the form below and through local association newsletters using the same form. 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 winners will receive gift cards in lieu of basket con-

**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 **before March 22, 2023** to:  
 MRSPA  
 8379 Piney Orchard Parkway; Suite A  
 Odenton, MD 21113



**Will you send a donation today?  
Receipts will be sent via US Mail.**



### MRSPA Foundation Fund

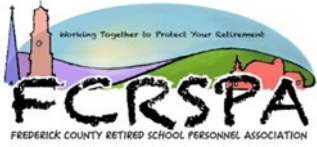
Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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





FREDERICK COUNTY RETIRED  
SCHOOL PERSONNEL ASSOCIATION

8101 Claiborne Ct.  
Frederick, MD 21702

**Look inside to find...**



**No Sew Blankets February 27**

**Volunteer Opportunitites**

**Burn Along Info**

**FCRSPA Scholarship Info**



**MRSPA Raffle**

**Happy Hour March 9**



**Luncheon March 15**