

JUNE 2016

VOLUME 9, No. 3

INSIDE THIS ISSUE:

President's Message by Sally Smith

I hope everyone had a happy Memorial Day weekend and that you took some time to remember our military who made the ultimate sacrifice while serving their country.

It looks like the monsoon season is over and summer weather is here. So much for spring this year!

In preparation for our May 50th anniversary meeting, Cindy Stull, our Archivist, and I had the opportunity to do some research at the Historical Society of Frederick County, where many years of FCRSPA history is stored. We found some real gems including a scrap book composed by four sisters; Hazel, Ruth, Helen and Mary Holter. The Holter sisters' story covered teaching in Frederick County from 1917 to 1973. It not only includes a written history of their teaching experiences, but also contains many amazing photographs. It made us think that there are many wonderful stories out there about your varied career experiences with FCPS.

It would be wonderful if our members were to write about their careers. We could then possibly share these offerings and especially include them at the Historical Society for future generations to experience and appreciate.

If you are interested in viewing our history for yourself, as a member you are welcome to do so. You only need to call to make an appointment with the librarian and ask to see the records from the Frederick County Re-

The librarian and ask to see the records from the Frederick County Retired Teachers' Association. That was our original name and that is what the information is filed under. It is truly a rewarding experience.

On May 18 Linda King and I had the opportunity to represent FCRSPA at the annual FCPS Retirement celebration. We saw many friends and encouraged them to join us. The more members we have the more influence we will have. Please take the opportunity to encourage fellow retirees to join our organization whenever you can.

Our next meeting will be our picnic on July 12 at the Jefferson Ruritan Center. We have invited Dr. Theresa Alban, Superintendent of Schools, to join us as well as our scholarship recipients. Please remember to complete your reservation, included in this newsletter, and mail it in as soon as possible so you don't miss this opportunity to see old friends. Hope to see you there.

As always, if you have any questions or concerns, please feel free to contact me: pres@fcrspa.org.

..... Sally

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IN MEMORY OF OUR DEPARTED COLLEAGUES AND FRIENDS
MARCH 1, 2015 – FEBRUARY 29, 2016

Requiem

by

Robert Louis Stevenson

Under the wide and starry sky
Dig the grave and let me lie:
Glad did I live and gladly die,
And I laid me down with a will.

This be the verse you 'grave for me:
Here he lies where he long'd to be;
Home is the sailor, home from the sea,
And the hunter home from the hill.

Margaret "Peg" Bourland
19 Dec 1927 - 7 Dec 2015

Mary R. Marcum
17 Nov 1924 - 26 Mar 2015

Janet S. Schmidt
27 Nov 1933 - 4 Jan 2016

Roy L. Comer
24 Aug 1930 - 4 Nov 2015

Richard E. Miller
19 Nov 1933 - 11 Nov 2015

Christine U. Sharpe
16 Nov 1912 - 20 Apr 2015

Barbara L. Ford
28 Jun 1928 - 7 Nov 2015

Ronald M. Neff
27 Aug 1935 - 14 Feb 2016

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

Ruby H. Grossnickle
28 Aug 1919 - 2 Mar 2015

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

Patricia A. Stambaugh
2 Mar 1947 - 10 Dec 2015

Sarah "Sally" Hisim
18 Jun 1957 - 30 Mar 2015

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

Helen "Robbie" Zeigler
28 Feb 1925 - 13 Mar 2015

Paul J. Hummer, Jr.
12 Aug 1932 - 23 Dec 2015

Ruth O. Richards
13 Jul 1917 - 3 Jan 2016

Linda L. Lucas
23 Jul 1948 - 13 Nov 2015

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

** We were notified outside the
2015-2016 reporting window*



Membership Musings by Judy I. Thompson



Welcome to Our 4 New Members!

Welcome to Robert E. Barnhouse, Jr., Deborah Carroll, Susan Guissing and Anthony Ramienski.

Membership Report:

Total Membership = 735

We're now at 735 members, 680 state and local members and 55 local-only members. Since the membership year began anew March 1, 2016, we have gained 14 new members. ***Emeritus*** members from state memberships total 12. We have 1 local-only ***Emeritus*** and 1 ***Honorary*** local-only member.

Emeritus Membership

The proposal before the delegates to the state meeting in May to require new Emeritus members to pay dues effective July 1, 2017 failed. MRSPA/FCRSPA members who reach 90 years of age and notify MRSPA of their birthdate prior to June 1 will continue to receive membership without payment of dues. Local-only members will need to notify the FCRSPA membership chair prior to June 1 of each year.

Our Newest *Emeritus* Members

Betty W. Clem ◆ Herbert L. Doggett ◆ Nancy N. Franck ◆ Charlotte S. Holter

Current *Emeritus* Members

Dorothy J. Cressler

Carolyn B. Dorsey

Kathryn R. Fagan

Dorothy Fogle

Mildred C. Nicodemus

Beulah Pennington

Kenyon R. Parker, Sr.

James F. Reed

Edith L. Wars

MRSPA Membership Awards

Also at the state meeting in May, Frederick County received two awards!

- 1) A 1st place certificate for gaining the most members (82) of a local with 1000 members or less, and
- 2) An honorable mention certificate for a membership increase of 6.8%.

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



continued on the next page —>

Membership Musings *(continued)*

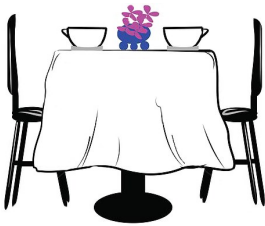
Membership Committee Opportunities

We continue to expand! If you would like to help with photography or welcoming new members, please let me know at membership@fcrspa.org. We have other opportunities as well, so call or email to discuss your interests. Thanks!

Do You Have A Good Eye and A Good Camera?

Thanks to **Jennings Glenn** for taking these photographs of our May 50th Anniversary celebration luncheon at Morningside Inn! Can you help us out for the July 12 picnic, 6:30 PM at the Jefferson Ruritan Center?

If you are interested, please let me know: membership@fcrspa.org.



Welcome Table

The Welcome Table is a well-received addition to our get-togethers! New Members, those who have been with FCRSPA for 12 months or less, are invited to join us at a specially designated table to sit together and meet other new members as well as several longer term members. If you would like to help welcome new members at the Welcome Table, please let me know.

In May, we had six new members sit at the Welcome Table with **Carroll Kehne** and **Ann Miller** serving as host and hostess. **John Jurchak** took home the Welcome Table balloon, and it was his birthday!

Volunteer Corner

In this newsletter, opportunities for contributing include:

- Photographer for the July 12th picnic
- School Supplies & Bridges to Success Donations: pages 8 & 9
- * Great Frederick Fair Volunteer Host for student tour groups



New Membership Co-Chairs

This is my last column as Membership Chair. Ann F. Miller, Marsha Wise and I transition through July. You are in the best of hands with Ann and Marsha! My FCRSPA membership work has been a pleasure, and I have met many new friends. I know you will give Ann and Marsha the kind of support you have given me and help them gather new members!

Feel free to contact me if I can be of help to you with state membership questions or if you have suggestions for us.

Judy I. Thompson
membership@fcrspa.org

CALL TO ACTION!**"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 15-16 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 at: membership@fcrspa.org.

Check out our new FCRSPA Website *by Carroll Kehne, Jr.*

Our organization website is now available online. It contains: FCPS Insurance, Legislature Updates, History, Recent News, FCRSPA Constitution, Calendar, Membership, Committee Descriptions, Meeting Minutes, Scholarships, Past Presidents, Links and Volunteer Opportunities.

I encourage you to use this site often, as it may be your best resource for immediate use. You can find us at FCRSPA.org or log onto your www.mrspa.org website. You then log into your member section. At the very top, select "Locals." On the dropdown menu, select Frederick within the "MRSPA Local Associations." Both sites contain the same information.

I look forward to any suggestions or potential additions you may offer. All members and non-members should be working together to protect our retirement. Join in now!

..... Carroll Kehne, Jr.
Webmaster

Insurance / Health Report *by Joe Polce*

FY 17 Medical Premiums

The premium increase for the FY 17 medical plan has been reduced from 3% to 2.5%. This will involve in a very minimal reduction with premiums. There should be a new rate explanation chart mailed to all members in the near future.

Open Enrollment

The open enrollment time for all retirees is the month of October. Changes may be made with the dental buy-up plan or with adding or removing a dependent. No changes may be made with the life insurance plan. Changes made will be effective January 1, 2017.

FHM Emergency Room Problem

The problem that I wrote about in the April newsletter has taken a new turn. The emergency room doctors have added an additional \$100.00 fee on any charge for services. UHC is investigating this matter at this time. If a pre-Medicare retiree has this happen, a complaint should be made to the facility (hospital) that was used. It is not known how this additional charge will appear on any invoice, so one should be alert. This practice does not affect post-Medicare retirees.

... Joe

Necrology & Sunshine Committee *(Remembrance & 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:

Email: necrology@fcrspa.org

Contact Information for Brenda Martz:

Email: necrology2@fcrspa.org

Archives Committee Update *by Cindy Stull*

While exploring the archived scrapbooks in preparation for the 50th Anniversary scrapbook, we found an original creation of the 3 Holter sisters. They shared their teaching experiences which covered the years from 1917 to 1973. With this inspiration, this would be a good time for you to reflect on your teaching years and share it with others. We will be collecting these stories and include them in future newsletters. Send your story to ccstull@gmail.com or give it to Cindy Stull or Sally Smith at a group gathering. Please consider participating! Certainly all of you have interesting stories to tell. The Anniversary scrapbook and the Holter sisters' story will be shared again at the October 11 luncheon at the Lewistown Fire Hall.

.... Cindy Stull
Archives Committee Chair

FCRSPA Annual Summer Picnic

Tuesday, July 12, 2016

Jefferson Ruritan Center
4603B Lander Road
Jefferson, MD 21755

(Take Rt. 340W to Lander Rd. Exit. Bear right coming off exit. Ruritan Center is an immediate right turn, located with Jefferson VFD)

Doors open at 5:30 p.m. • Picnic served at 6:00 p.m.

Price: \$12.00 per person (Members & Guests)

MENU

- * Fried Chicken
- * Potato Salad
- * Cole Slaw
- * Baked Beans
- * Potato Chips
- * Rolls & Butter
- * Iced Tea, Coffee

Reservations **MUST** be received
by June 24, 2016

Travel size soaps, shampoos, lotions, etc. by Irene Bailey

Do you bring small soaps, shampoos, lotions, etc. home from your travels, then wonder who could use them? Bring them to the July 12 picnic at the Jefferson Ruritan Center and the Bridges to Success program will get them to disadvantaged Frederick County students.



Volunteer Response! *by Judy Brandenburg*

I'm excited to share the news with you that two FCRSPA members have stepped forward to fill a position that is vital to the growth and survival of our organization!

Ann F. Miller and **Marsha Wise** have agreed to serve as Co-Chairs for the Membership Committee! THANK YOU, Ann and Marsha!

Judy Thompson is working with Ann and Marsha through July to insure a smooth transition in leadership.

THANK YOU, Judy! Our organization has grown dynamically thanks to your dedication and drive! MRSPA is lucky to have you and your talents chairing the state membership committee!



2016 FCRSPA Scholarships *by Nancy Gordon*

This year scholarships were awarded from the FCRSPA Fund to: **Molly Canning, Tess Canning** and **Thomas Lang** and from the FCRSPA/Petre Fund to: **Samira Konte** and **Haley Reburn**. The two funds are managed by the Community Foundation of Frederick County with the criteria reviewed annually by the FCRSPA Board of Directors and Dr. Richard and Pat Petre. Several members of FCRSPA, **Bonnie Strine** and **Shirley Stroup**, are part of the Community Foundation Review Panel which selects the winning recipients.

These students and their families will be invited to the FCRSPA picnic held on July 12th to introduce themselves and give an update on their educational plans. Information about each recipient will be published in a future newsletter.

Community Services *by Irene Bailey*

The Community Services Committee collects and distributes school supplies to county schools for needy students. Three bags of supplies were collected at Morningside Inn on May 3. There were no cash contributions.

Please bring school needs (or cash) for students at any level, pre-K — 12, to the July 12 picnic at the Jefferson Ruritan Center. If you are unable to attend, please ask a friend to carry items to the picnic for you. This is a great time to take advantage of summer sales and maybe buy a few things ahead for fall as well.

The committee also helps in gathering travel size toiletries for the Bridges to Success program to distribute to Frederick County students. Several large bags of soaps, shampoos, and lotions were donated at Morningside Inn.

Thanks to all who assist in providing the basics to students in Frederick County schools.

... Irene Bailey, Beryl Long, Claudia Harrington
Community Services Co-chairs



Consumer, Health and Fitness Tips *by Dave Markoe*

Strength Training (Part 2 of a 3-part series)

In the April newsletter, I began the discussion about a strength program for seniors. Much of this article was background information about why you should begin a strength program. If you missed this first article, let me know and I'll send you a copy.

In this article I am suggesting that you begin with 10 basic muscle-strengthening exercises that will include upper body and lower body exercises. Most of these exercises can be done with limited strength equipment. You can use lightweights, resistance bands or common objects from your home. For lightweights, 1 to 5 lbs., go to Five Below (discount store where all weights are less than \$5 each) or visit Dick's Sporting Goods or Sports Authority for resistance bands. Sports Authority is going out of business; it has great discounts and reductions on all weights and resistance equipment (through June only).

These 10 muscle-strengthening exercises shown below target the upper and lower body.

Upper Body Exercises

1. Wrist curls
2. Arm curls
3. Side arm curls
4. Elbow extensions
5. Chair dips
6. Seated row with resistance band

Lower Body Exercises

1. Back leg raises
2. Knee curls
3. Leg strengthening exercises
4. Toe stands

Start with very lightweights (1-2 lbs.) and gradually increase the amount of weight as you become stronger. If you can't lift or push a weight 8 times in a row, it is too heavy for you; reduce the amount of weight. If 8 reps are too easy, don't do more than 10 reps.

Try to do strength exercises for all major muscle groups on 2 or more days per week for 30 minutes at a time; do not exercise the same muscle group on any 2 days in a row. Expect some muscle soreness and slight fatigue, which should disappear in a few days.

UPPER BODY EXERCISES

Wrist Curls - strengthen wrist

1. Sit in a chair; rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold the weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Do 3 sets of 10-12 reps each with each wrist. Rest between each set.

Arm Curls - strengthen upper arm muscles

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down by your side, palms facing forward.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Slowly lower your arms.
5. Do 3 sets of 10-12 reps with each arm. Rest between each set.

Side Arm Raises - strengthen shoulders

1. You can do this exercise standing or sitting in an armless chair.
2. Keep feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward.
4. Slowly breathe out as you raise both arms to the sides, shoulder height.
5. Breathe in as you slowly lower your arms to the sides.
6. Do 3 sets of 10-12 reps with each arm. Rest between each set.

Elbow Extensions - strengthen muscles in the back of arms.

1. You can do this exercise standing or sitting in an armless chair.
2. Keep feet flat on the floor, shoulder-width apart.
3. Hold weight in one hand with palm facing inward. Raise that arm toward the ceiling.
4. Support this arm below the elbow with the other hand.
5. Slowly bend raised arm at the elbow and bring weight toward shoulder.
6. Slowly straighten your arm over your head; don't lock your elbow.
7. Do 3 sets of 10-12 reps with each arm. Rest between each set.

Consumer, Health and Fitness Tips (continued)

Chair Dips - strengthen arm muscles

1. Sit in a chair with armrest with feet flat on the floor, shoulder-width apart.
2. Lean slightly forward; keep back and shoulders straight.
3. Grasp arms of chair with your hands next to you.
4. Use your arms to push your body slowly off the chair.
5. Breathe in as you lower yourself back down.
6. Do 3 sets of 10-12 reps. Rest between each set.

LOWER BODY EXERCISES

Back Leg Raises - strengthen buttocks and lower back

1. Stand behind a sturdy chair, holding on for balance.
2. Breathe out and slowly lift one leg back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Breathe in as you slowly lower your leg.
4. Do 3 sets of 10-12 reps with each leg. Rest between each set.

Knee Curls - strengthen the back of the thigh (hamstrings)

1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes.
2. Breathe out and slowly bring your back heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Breathe in slowly as you lower your foot to the floor.
4. Do 3 sets of 10-12 reps with each leg. Rest between each set.

Leg Straightening - strengthen the thighs (Quadriceps)

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support.
2. Slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex foot to point toward the ceiling. Hold position for 1 second.

4. Slowly lower leg back down.
5. Do 3 sets of 10-12 reps with each leg. Rest between each set.

Toe Stands - strengthen calves and ankles

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.
2. Breathe out and slowly stand on tiptoes, as high as possible. Hold 1 second.
3. Breathe in as you slowly lower heels to the floor.
4. Do 3 sets of 10-12 reps. Rest between each set.

This routine is a good beginners workout. As you progress, you will be able to increase more weight. If you stay with this workout for several months, you will begin to see and feel some changes in your strength and stamina. Part 3 of the series will be in the next newsletter. This part will deal with a more difficult strength-training regimen. You may be able to begin doing some of these exercises by then.

... Dave

Note: Much of the information in this article came from two different sources., [NIH Senior Health: Easy Strength Train Moves for Senior, January 2015](#) and [Peak Fitness, Dr. Mercola, September 18, 2015](#). Links to both articles can be found below. Some articles have videos demonstrating several of the exercises.

<http://nihseniorhealth.gov/exerciseandphysicalactivityexercisestoty/strengthexercises/01.html>

<http://fitness.mercola.com/sites/fitness/archive/2015/09/18/strength-training-moves-for-seniors.aspx>



May 50th Anniversary Luncheon



The 50th Anniversary Luncheon was held on May 3rd at the Morningside Inn. There were 121 members in attendance to help celebrate the event!

The Present and Past Presidents lead the group in singing *“Let Us Call You Presidents”*. The song was discovered in the archives that have been stored at the Historical Society of Frederick County. Sung to the tune of Let Me Call You Sweetheart, the lyrics were written by Erma S. Grove in 1981.

In the photo to the left: **Sally Smith**, current president, with past presidents, **Ann Miller**, **Nancy Gordon**, **Dave Markoe** and **Paul Fogle** lead the singing.

Jan Cline found a bakery that incorporated our wonderful FCRSPA logo into the design of the anniversary cake! Everyone enjoyed a slice of the beautiful and delicious cake! Thank you, Jan!



Photo Below: Cousins **Peggy Trimmer** and **Libby Henley** enjoyed the event.



Photo to the Right: **Debbie Knipe** and **Jane Mackley** enjoyed the delicious food and great fellowship of the day.

More Photos!

Photo to Right (clockwise—starting with standing **Carroll Kehne, Debi Ensor, Debbie Miller, Ann Miller, John Jurchak, Penny Jurchak, Karen Houser** and **Kay Schroyer**

celebrating
50
YEARS



Door Prize Winners (from the left): **Hilda Hemingway, Seneh Sanner, Paula Blundell, Diana Ogul, Margo Trexler, Wilma Polce, Tom Shade, Theresa Ringer, Donald Day** and **Doris Ifert**



Dave Markoe chatting with **June Glisan**



From the left: **Nancy and John Slovikosky, Joy and George Peet**

More Photos From the May 3rd Anniversary Luncheon!



From the left: **Barbara Phillips, Susan Earnest, Monte Clem and Faye Buckingham**



Georgia Ann Zirkle and Milby Shepley



Tom and Patti Patterson



From the left: **Jackie DeWitt, Wilma Polce and Bonnie Jacobs**

**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)



FREDERICK COUNTY RETIRED SCHOOL
PERSONNEL ASSOCIATION

8009 Ridge Road
Frederick, Maryland 21702-3530



MARK YOUR CALENDAR!

Group Gatherings

Tuesday, July 12, 2016
Annual Dinner Picnic at 6 PM
Jefferson Ruritan Center

Tuesday, October 11, 2016
Lewistown Fire Hall at Noon

Tuesday, December 6, 2016
Dutch's Daughter at 8:30 AM

~ ~ ~ ~ ~

FCRSPA Board of
Directors Meetings

Meetings are held at CTC on
Tuesdays at 1:30 pm
in the Spires Café

August 2, 2016
October 18, 2016



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 →)