

Retirees Association, Inc.



P.O. Box 4367 Rockville, MD 20849-4367

www.montgomeryschoolsmd.org/departments/mcpsretirees/

Volume 2017-18, Issue #2

December, 2017

PRESIDENT'S MESSAGE



Dr. Carol Dahlberg
President - MCPSRA

We have had a busy fall season with workshops, luncheons and board meetings. About 100 members attended our October 19, 2017, luncheon. MRSPA Executive Director Wanda Twigg, who was hired in July, shared her background which includes many leadership positions in local, state and national education organizations. MRSPA President Faye Miller spoke about our state association's goals for this year. And Shirl Spicer, Montgomery Parks Museum Manager and Historian, gave an interesting and dynamic audio-visual presentation on the Josiah Henson Park Project.

At a luncheon in Glen Burnie on October 26, 2017, MCPSRA members, Mary D'Ovidio, (MCPSRA Recording Secretary), and her husband Lou D'Ovidio, (community volunteer), were inducted into the Maryland Senior Citizen Hall of Fame. There were 50 honorees from all walks of life and from throughout the state.

MRSPA workshops this fall included Area Leadership Workshops and a Legislative Workshop. Sessions for the Leadership workshops included a Pension System Update, Membership, a Legislative Overview and an update on the MRSPA Website. Theresa M. Lochte, State Retirement/Pension System Trustee, stressed the importance of making sure that each of us has a designated beneficiary for our Maryland State Pension account. The Legislative

Workshop, held on November 14, 2017, provided the opportunity to meet with Maryland State representatives and to share our legislative priorities. These include protecting our pension as well as supporting public education and safety practices and consumer protection especially for the elderly

A shout out to Frieda Price, Trips Chair, who is retiring after 29 years of organizing and leading our members and friends on many, many excursions every year. We thank her for her dedication and diligence. Welcome to Judy Reiff who assumes the position in January. She brings a broad array of experience and knowledge to the role. We are looking forward to many more opportunities to travel together.

Wishing all a fulfilling holiday season.

Carol Dahlberg



Congratulations to MCPSRA members, Lou and Mary D'Ovidio, who were inducted into the Maryland Senior Citizens Hall of Fame on October 26.

MCPSRA BOARD OF DIRECTORS

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Trips	Frieda J. Price fjprice@verizon.net	301-926-2286
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Louise S. Walker Scholarship	Kenneth E. Huff kenandmarylou@gmail.com	301-622-2161

2017-18 BUSINESS MEETING/LUNCHEON DATES

Business meeting/luncheons are held four times a year at the delightful Normandie Farm Restaurant, 10710 Falls Road, Potomac, MD 20854.



Here are the dates for the three remaining luncheons during the 2017-18 school year:

Thursday, February 22, 2018

Thursday, April 26, 2018

Thursday, June 14, 2018

We hope to see you at all three.

Dear MCPSRA Travelers,

We are sad to retire and leave such an elite group of people whom we have come to know and admire during our 29 years of planning and escorting trips for MCPS retirees. We have made many good and lasting friends. We will both always remember the wonderful times we've had.

With their fun-loving personalities and positive attitudes our travelers have made our trips special and successful. With repeat travelers as the backbone, newcomers continued to sign up. The combination made each trip unique and kept us growing.

We sincerely appreciate your dedication, support, and loyalty over the years. You are all very special to us, and we have fond recollections (and many pictures) to help us remember the good times we had together.

May you continue to travel with MCPSRA and enjoy good health in the coming years.

Keep in touch.

Our best wishes and warm regards.

Frieda and Mary Ann



THOUGHTS ON GIFT-GIVING

As the holiday season comes around each year, we look forward to the festive and joyful time we spend with family and close friends. We enjoy all the decorations, the delicious meals and decadent sweets, and, yes, the gifts so thoughtfully selected and given to one another. Many long hours of hard work are spent on assuring that everything turns out perfectly. Therefore, most of us will agree that the holiday season can also be a very stressful and harried time as we plan and prepare all the food for the many meals and gatherings, as well as try to budget for, shop, and wrap the ideal gift for each person on our list

In times past, it used to be the custom to hand make, with much thought and care, each gift we gave one another whether it be a hand-knitted sweater or mittens, homemade cookies, breads, and candies, or even something you grew and canned from your garden. "Honestly," you say, "when was the last time you heard of anyone having the time to do that?!" Well, there has been a resurgence in recent years to rethink the whole idea of gift-giving not just during the holidays but throughout the year by putting more meaning and effort into the gifts we give while saving time and money, too.

Here is a suggestion that you may want to consider as you approach this season of gift-giving that may make your life much easier and add new meaning to what you receive or give as gifts. "Please don't get me anything! There isn't a thing I really need or want," I tell my children and friends. But when they insist that I give them an idea, I have requested that they make a donation in my name to a few of the local and national charities and organizations that I have selected for the good work they do for the neediest of the poor and helpless. I would like you to consider doing the same by selecting and donating to our own association's **Toolkits Project**.

Many of you have donated to this much needed and highly successful project during the fourteen years of its existence because you know it benefits needy children right here in Montgomery County. More and more individuals have chosen to send their donations in honor of or in memory of loved ones. If the donor provides the name and address of the person to whom an acknowledgement should be sent, we are more than happy to do so. Frequently we receive a heart-felt note of appreciation back from the individual or family when they hear of the sponsorship of toolkits made in their name.

Now is the time to consider making truly thoughtful holiday gifts to some individuals (who have everything, as they say!) by sponsoring toolkits in their names. Your monetary donation is a gift that keeps on giving since the children receive the kits in July and use the school supplies in them all year long. All donations are tax-deductible. Thank you for your spirit of generosity during this holiday season and throughout the year in supporting our project.

Joan Donovan, Special Projects Coordinator

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MCPSRA TOOLKITS SPONSORSHIP FORM

Please provide (print clearly) the following information and mail it along with a check to Mrs. Joan Donovan, 13 Hilton Court, Gaithersburg, MD 20882-3521. Make your check payable to: **MCPS Educational Foundation, with "Toolkits Project"** on the memo line.

NAME: _____

ADDRESS: _____

I would like to sponsor # _____ toolkits at \$10 per kit. Donation enclosed: \$ _____

Optional: In memory of _____ In honor of _____

Send acknowledgement to _____

_____ Please do **NOT** include my name on the toolkit's label

EMAIL ONLY?

If you're like me, you want to hold a paper copy of anything you're reading... at least if it's longer than a paragraph. But I know there are some MCPSRA members who are perfectly comfortable reading from a screen. (A few *youngins* may even prefer it that way.) I know this because over 100 members have told me to send their Newsletter by email only.

Although I like to hold my newsletter in my hands, there are advantages to the email version:

- it's in color
- it arrives earlier than the print version, and
- it saves our organization money.

We are sending this issue of the Newsletter as an email attachment to all members for whom we have a valid email address. (Those getting this Newsletter by email received it more than a week before those of you who only get it in the US mail.)

If you are one of the 1215 members who are only getting the print version, it's because we don't have your correct email address. If you are one of these people, and if you would like to receive the color version of the Newsletter please send an email to MCPSRA.Newsletter@ebsinstitute.com .

SPECIAL ALERT for Verizon Email Users.

Have you been receiving the MCPSRA newsletter as an email attachment but you did not get it this time? You're not alone!

The Verizon-to-AOL email transfer has caused us to lose over 100 good email addresses.

We need your help to fix this problem and help you get the full-color version of our newsletter that you had grown accustomed to

Please send an email from your new address to MCPSRA.Newsletter@ebsinstitute.com .

Welcome New Members

Joined in September 2017

Beattie, William E.	117 Crystal Spring Drive, Ashton, MD 20861	301-570-4914
Hauprich, Anne	15202 Briarcliff Manor Way, Burtonsville, MD 20866-1658	301-476-9228
Hernandez, Raysa I.	1608 Piccard Drive, Rockville, MD 20850	301-330-4164
Kauffman, Beth	17621 Gatsby Terrace, Olney, MD 20832-2372	301-570-4836
Lawrence, Terri Corrine	12319 Pissaro Drive, North Potomac, MD 20878-3478	240-449-0092
Lockard, Nancy	11619 Danville Drive , Rockville, MD 20852	301-984-0543

Joined in October 2017

Jackson, Mary A.	2707 Woodedge Road, Silver Spring, MD 20906	301-949-6067
Lopsonzski, Susan	4325 Leeds Hall Drive, Olney, MD 20832-2821	301-774-2896
McDonald, Claudine Shannon	21809 Churchill Downs Court, Gaithersburg, MD 20882	240-477-7423
Smith, Paulette L.	2423 Michigan Avenue, Silver Spring, MD 20910	301-526-9040

Washington Post Letter to the Editor (October 20, 2017)

The Oct. 29 Local Opinions essay “Taking note of Tubman’s Maryland legacy” should have recognized Josiah Henson, who was enslaved even closer to home in Montgomery County. Henson has been overshadowed by his fellow Maryland-born abolitionists. After he escaped to freedom in 1830, Henson’s literary impact rivaled that of Frederick Douglass. Harriet Beecher Stowe acknowledged that Henson’s autobiography was the inspiration for her blockbuster novel, “Uncle Tom’s Cabin,” which helped spark the Civil War.



In addition, Henson’s activism compares favorably with Tubman’s. The essay pointed out that Tubman is credited with leading 70 people out of bondage, but it overlooked the fact that Henson led 118 enslaved people to freedom as a conductor on the Underground Railroad. Moreover, Henson established the Dawn Settlement in Canada, where he taught these newly liberated people the trade skills necessary to earn a living, even gaining him an audience with Queen Victoria.

Similar to the current effort to put Tubman on the \$20 bill, Henson was honored by being the first black person on a Canadian postage stamp. Yet there is no recognition for Henson in his native land. In one of his last on-air statements, NBC-TV anchor Jim Vance said it best: “Henson was a man whose life deserves to be remembered.” To do just that, the Montgomery Parks Foundation is raising funds to construct a museum and education center on the property where Henson was enslaved on Old Georgetown Road.

Michael A. Nardolilli
Director, Montgomery Parks Foundation

We hope you will contribute to this important project. Your donation will go twice as far because MCPSRA will match member donations up to a total of \$5000!

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MCPSRA-Henson Project Donation Form

Please provide (print clearly) the following information and mail it along with a check to MCPSRA Treasurer, Dr. Ken Muir, 3100 North Leisure World Blvd. #508, Silver Spring, MD 20906. Make your check payable to: **"Montgomery County Parks Foundation"**

NAME: _____

ADDRESS: _____

MCPSRA TRAVEL 2017 -- 2018

2017

December 11, 2017 Longwood Gardens

2018

February 1-10 Southeast Coast and Bahamas Cruise

March 3-15 Southern Caribbean Cruise

SPECIAL NOTICE: PLEASE READ. All trips require some walking, some more extensive than others. Theatre trips usually have less walking, overnight trips with lots of tours and sightseeing require more walking. Trips like the Biltmore, a large home, with steps and gardens much more walking is required. **HOWEVER:** You may do as much or little as you see fit. Study each itinerary to help you understand and judge the physical activities involved.

Please make separate checks for each trip.

PLEASE OBSERVE THE DEADLINES FOR RESERVATIONS AND PAYMENT

We have to make commitments by dates indicated so this is very important in making a trip go or having to cancel, which we do not like to do. **THANK YOU.**

GUESTS? On popular trips, to ensure members have preferred opportunity to secure reservations, guests may be limited to 3 per household. However, depending on the trip, feel free to check on numbers and availability.

NOTICE – PARKING FOR OVERNIGHT TRIPS.

Pickup for overnight trips will be at the Park-and-Ride, Georgia Ave. – same lot where we pick up for day trips. People coming from out of the area and in the vicinity of the Eyre Bus terminal can arrange to park and board the coach the Eyre location in Glenelg, MD.

Rt. 70 to Rt. 32 S. 5 miles to terminal at 13600 Triadelphia Rd. For arrangements, timing and information call Ellen at Eyre. 1-800-321-3973 x 325

TRAVEL QUESTIONS ???

Please check our website: www.montgomeryschoolsmd.org/departments/mcpsretirees/
or call our Travel Committee Co-Chairs:

Frieda J. Price
301- 926-2286

Mary Ann Davis
301-253-6256

REMINDERS ABOUT THE MCPSRA TRAVEL PROGRAM

1. We all travel at our own risk. When signing up for one of the sponsored trips, participants accept all liability for any loss, damage or personal injury related to that trip and hold MCPSRA, its Officers and Board harmless should any accident, injury or loss occur.
2. Itineraries, times and details are approximate. Changes are sometimes necessary and unavoidable.
3. Trips are open to members, their families and adult friends (with limitations).
4. Smoking and drinking of alcoholic beverages are not permitted on the coach.
5. **PLEASE OBSERVE THE DEADLINES FOR RESERVATIONS AND PAYMENT.** We have to make commitments by the dates indicated so this is very important in making a trip go or having to cancel for lack of participation.

6. About three to five days before a day trip, participants are called to remind them of the day and departure time of the trip. For overnight coach trips, about two weeks prior to the date of departure, participants will get a letter with up-to-date information, including parking details. One baggage tag per person will be mailed to each participant.
7. Write a separate check, payable to MCPSRA, for each trip. Include the name and date of the trip on each check.
8. Send your check with your completed reservation form. Your reservation will be definite upon receipt of your deposit/full payment, whichever is required. If a trip has to be cancelled because of insufficient numbers of participants needed by the published deadline, your check will be returned to you. Please feel free to call to find out if your reservation and payment were received.
9. Refunds are made only when your space can be filled.
10. Gratuities for driver and local guides are not included in the price of the trip.
- 11. We do not provide transportation to and from the airport for trips that require flying.**
- 12. If you will be traveling with guests that you have invited, please make sure they read this list of reminders.**

New Trips Committee Chairperson

Judy Adler Reiff will join the MCPSRA Board of Directors in January as the new chair of the Trips Committee. Judy has been involved in group travel since the mid 1980s and is excited to start this new adventure with MCPSRA.

She retired from MCPS in 2014 after 36 years, mostly spent teaching English, journalism, and the Academy of Hospitality & Tourism at Sherwood High School. Judy was an Instructional Specialist at the Department of Alternative Programs, Adult Education, & Summer School from 1997-2006. She supervised the Educational Travel program, creating, implementing, and leading day trips, overnight tours, and overseas travel opportunities for Montgomery County residents, their family and friends. Currently, Judy is the chairperson of the Travel Committee for MRSPA, our state association.

Judy is looking for volunteers to join the committee. If you think you might enjoy helping plan future travels, and perhaps leading a tour or two, contact her at jadlerreiff@gmail.com.

IN MEMORIAM

MCPSRA is saddened to report the passing of the following members:

Arthur C. Beegle
 Joan M. Chapin
 Nancy Eleanor Chapman
 David A. Comer
 Thomas J. Dugan
 Marion F. Ferrenz
 Joan E. Kenealy
 Jean A. Kesler
 Arlene M. Konopisos
 Lenore P. Kuptzin

Ruth B. Link
 Rosemany S. Marks
 Henry K. Miles
 Mamie K. Mohr
 Eleanor L. Pittman
 Alice A. Razzano
 Lewis R. Sanford
 Geraldine Stine
 Ronald J. Wilcox

Tips From MRSPA...

Save Money this holiday season!

Visit freeshipping.org if you're shopping online. You can get free shipping codes or percent off coupon codes at many retailers.

Do you have a price-comparison app on your phone? Red Laser or ShopSavvy will allow you to scan the barcode of an item and see if another retailer is offering it at a lower price. If you find it at a lower price, ask the retailer if they will match the price.

"Black Friday" won't always have the best deals! Some retailers are starting weeks before the actual shopping day. Some merchandise, including toys, brand-name TVs and jewelry may actually be lower after the Thanksgiving weekend. You can count on brick and mortar retailers to drop their prices if sales are not brisk. If you can wait longer before shopping, you may snag some great deals!



Wanda Twigg, Maryland Retired School Personnel Association (MRSPA) Executive Director, greeted attendees at our October Luncheon at Normandie Fram Restaurant

Shop Safely During the Holidays

Practice safety when you're out shopping. Be aware of your surroundings when walking to your car. If it's night and you don't feel safe, ask the store or mall security for an escort. Don't walk around while talking on your cell phone. Would-be thieves take this opportunity to snatch your purse or phone. Theft increases, even during the daylight hours, during holiday shopping season.

Homeland Security sets REAL ID travel deadline for 2018

The REAL ID Act is a federal law requiring states to meet certain federal standards when issuing driver's licenses or ID cards. The cards are accepted for federal purposes that are designated by the Secretary of the US Department of Homeland Security, such as access to federal buildings or the boarding of commercial aircraft.

The new secure cards feature a star on the front indicating REAL 10 compliance. This design change will enable Transportation Security Administration personnel and other federal officials to quickly identify REAL ID compliance.

For individuals unable to provide documentation of lawful presence, the new cards will not have the star. Instead, these cards will have printed on the front "not for federal identification" and on the back, "not acceptable for federal purposes." The visible differences will make it easy for anyone looking at the card to quickly distinguish between the two. By October 1, 2020, all driver's licenses must meet REAL ID standards or travelers will need to carry another acceptable form of identification.

New Nutrition Labels are Coming

For the first time in more than 20 years, the familiar FDA-required nutrition facts are getting a major overhaul. Manufacturers have until January 1, 2021 to be in compliance. Here's what you need to know and why it matters. The new label is designed to show the added sugars in products. The daily allowance for added sugars for an adult male is 37.5 grams and 25 grams for a female. These numbers are according to the American Heart Association. Helping understand what you are buying to consume will go a long way to keeping a healthy lifestyle-even during the holidays!

CURRENT

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 40		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PROPOSED

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

Keep your pension information up-to-date and beneficiary information current...

Notify the Maryland State Retirement Agency (SRA) of the death of a beneficiary. Depending on the option you chose at retirement, your benefit may change.

Notify SRA if you change banks. You will have to complete a new direct deposit form.

Ensure that your family members are aware that you receive a pension and have them notify SRA when you die so that beneficiaries will get their benefits. They should also notify MRSPA.

New Maryland Driving Laws went into effect on October 1, 2017:

- Drivers may pass on the right shoulder if a vehicle is making a left turn ahead and the driver does not leave the paved surface.
- Bicyclists and unicyclists are provided the same protections as pedestrians in crosswalks.
- Tow trucks may travel in HOV lanes while responding to calls.
- Drivers of ATVs or snowmobiles on highways must have driver's licenses.
- Objects that obstruct a driver's view through the windshield cannot be hung from the rear-view mirror.
- Commercial license holders in noncompliance with child support have longer to resolve the issue; the period before the MVA can revoke a commercial license has been extended from 60 days to 120 days.

Medicare Change Coming in 2018

Medicare is preparing to stop using Social Security numbers for identification next year and will send new cards to patients with Medicare ID numbers. The move is required by a law enacted two years ago to discourage identity theft. The Social Security Administration plans to begin mailing the new cards with numbers called *Medicare Beneficiary Identifiers* (MBIs) in April 2018.

The Board of Directors
of the
Montgomery County Public Schools Retirees Association
wish each of you





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DATED MATERIAL



MCPSRA Luncheon/Business Meeting NORMANDIE FARM

**Gathering: 11:00 a.m. Business Meeting: 11:30 a.m.
Luncheon: 12:00 noon Program**

Next Luncheon Date
February 22, 2018

**The MCPSRA Newsletter is published in
October, December, February, April, and June.**

This is the December, 2017 issue.