



TALBOT COUNTY SCHOOL PERSONNEL RETIRED ASSOCIATION

The Little Red Schoolhouse

President's Message:

As I write my last newsletter article as TCRSPA President, I am reminded of all of the hardworking and dedicated members of our organization. In my Annual Report, I tried to recognize all of the people and the activities that were accomplished over the last year. If anyone or any of the projects were omitted, please know it wasn't intentional, it was just difficult because so much was accomplished! Please know that you are appreciated by the students, teachers, community, and all that were touched by your good work. Lastly, you were very much appreciated by me!

At our last luncheon of the year at Chesapeake Landing, our new slate of officers will be inducted. Due to a grandson graduating from UC Santa Barbara (yea!!), I will not be in attendance at the luncheon, but I want to wish Dotty Olds, Peggy Ford, Eileen Kuehn, and Jan McCrea and the Board of Directors continued good luck in the upcoming year. Please know that these same people can't do our good work without your help. As you read the committee reports in this newsletter, ask yourself what you can do to help. Everyone is welcome to attend the Board meetings which is where plans are made for school/ community involvement. Join us!

At the March luncheon, Max Mueller, MSRSPA President, and Judy Zahren, Director

MSRSPA, spoke about the Emeritus issue which will be voted on at the annual meeting. Current emeritus members will be grandfathered in, but starting in 2017, membership fees will not be waived by the state for those turning 90 if the motion passes. Also speaking at the luncheon was Dr. Kelly Griffith, Superintendent of TCPS. Her informative presentation focused on student activities, programs, accomplishments, and needs. Her attendance was much appreciated.



Last but not least, we need to hear from you! Please let us know what activities you would like to see included to encourage more participation from members. Trips? Cocktail hours? Ball games? Plays? Craft nights? Bowling? Peggy Ford and others are ready to jump into action, so give us your input. President Max Mueller asked me at our March luncheon, "Where are the men?" Good question! If luncheons are not to your taste, let us know what would get you involved. Contact Peggy Ford or Dotty Olds with your ideas.

Thanks again for all of your support.

Joyce Schriver, President

Life After Retirement ~ Mary Reeser



At age 16 Easton High School student Mary Reeser learned an important life lesson that influenced her path for years to come. She worked as a summer camp counselor at Easter Seals' Camp Fairlee Manor which served Eastern Shore children with disabilities like polio and cerebral palsy. Counselors cared for children's physical needs as well as conducting activities with them. It was a daunting task for young counselors, but Mary quickly began to look past the disabilities, and she said, "learned to accept people for their inner self."

After graduating from Easton High School and Washington College with a Bachelor's degree in history and education, Mary moved to Montana where she taught kindergarten and, knowing she could work with handicapped children, pursued a Masters in Exceptional Children from Idaho State University. Later Ketchikan, Alaska benefited from her skills with special needs middle school children. After returning to her Talbot County home, she taught high school World History as well as middle school social studies and special education. A Masters in Education Administration from Loyola College in Baltimore led her to more recent positions as principal at Easton Middle School, and Tilghman and White Marsh Elementary schools. In 1997 she was selected as the Maryland National Distinguished Principal of the year.

Currently retired for 18 years, Mary continues her interest in education. She volunteers at White Marsh Elementary with the RISE reading program. Grandchildren living with her and her husband while attending Easton High School have enhanced her appreciation of the one-to-one laptop initiative's enrichment of their learning. She notes how quickly changes are coming these days with technology providing communication as well as the ability to gather important information instantly, like the time for the Orioles game. Technology has changed the delivery of education in Talbot County.

Mary and her husband Wayne have enjoyed travels to Mexico, Ireland and Italy as well as fishing on Wayne's boat, *White Water*. More recently they travel on bus trips to closer destinations like Sight and Sound in Lancaster, Pa. and Orioles games. One of the biggest retirement challenges is growing older gracefully. Mary does this well, continuing her activities with Ladies of the Elks and the Talbot County Retired School Personnel Association. We all appreciate her contributions to TCRSPA as president and more recently as one of the organizers of our luncheon meetings.

Mary advises those still working to plan for retirement: Pay off your house. Don't stay too long at work; give yourself time to enjoy retirement before aging limits activities. Mary and Wayne enjoy their home where Mary savors swimming in their pool. Pets like former black labs and current Siamese, Missy, enrich daily life. In retirement Mary notes, "You see the whole circle of life from birth to death." Mary is proud of her daughters, and she and Wayne accept each other's children and grandchildren as their own. Grandparenting has been a pleasure. Reading with a book group as well as on her own and planning a 60th Easton High School reunion with friends keep Mary engaged. At that reunion meeting, rereading a 1956 Eastonian senior profile of herself anticipating a career in education, reminded Mary of her life long commitment to accept each person's inner self during her career in education.

Sunshine Committee

Submitted by Jan Middleton

Tis the season for bunnies; cute, cuddly and clever. A friend of ours had a problem with bunnies eating her flowers, so she asked my husband for advice. He told her to



put mothballs around each plant, which she did. The next day she was all excited to see her flowers. When she looked out she found neat little piles of mothballs away from the plants. Imagine her surprise.

In February thinking of you cards were sent to Pat Mavity and Joanne Murray. A sympathy card was sent to Pat Clark.

In March thinking of you cards were sent to Liz Wildasin, and Chick Harrison.

In April a sympathy card was sent to Barbara Mitchell and a get well card was sent to Barbara Lewis.

Advice from a cow

Be outstanding in your field
Eat plenty of greens
Take time to ruminate
Know when to hoof it
Swing your tail
It's ok to be a little moo--dy
Be udderly brilliant !

If you know of anyone who needs " A ray of sunshine " call Brenda Davidson
at 410-310-9051.

Spring Luncheon by Linda Brown's
Easton High School Cook Class
March 2016

Guests Max Mueller, Judy Zahren, and Dr. Kelly Griffith
Talbot Humane presented grant award to B.A.A.M (Building African American Minds) by Carolyn
Farrell and Jerlean Sampson.



TCRSPA Summer Luncheon on June 2, 2016

Place: Chesapeake Landing Restaurant, 23713 St. Michaels Rd., St. Michaels, MD

Time: 11:30 am

Menu: **NEW!!** Each person will be able to order from the restaurant lunch menu and receive a separate check. TCRSPA will pick up the tip for the entire party.
Dessert will be provided by the Social Committee members: Mary, Chic and Pat.

Program: Installation of Officers
Presentation of Library Award

Reservations: Please call Mary at 410-822-4410, Chic at 410-822-1209, or Pat at 443-786-8617 to reserve your attendance no later than May 27.

Chesapeake Landing Lunch Menu

SOUP~Cup \$5, Bowl \$7 (Cream of Crab, NE Clam Chowder, MD Crab Vegetable)

SALAD~Garden \$5, Spinach \$5, Caesar \$5, Chef \$8 (Add Ons available for additional cost)

PLATTERS~*served with choice of potato salad, cole slaw, fries, or onion rings*
Shrimp Salad \$10, Crab Salad \$13, Fried Shrimp \$9, Chicken Salad \$7, Fish \$10, Crab Cake \$13,
Chicken Tenders \$7, Soft Crab \$10, Scallops \$11

SANDWICHES~*served with choice of bread and chips*
Crab Cake \$12, Crab Melt \$13, Soft Crab \$10, Fish \$9, Grilled Tuna \$9, Shrimp Salad \$9, Club \$7,
Tuna Salad \$5, Chicken Salad \$6, Turkey \$6, Roast Beef \$7, Hamburger \$6, Cheeseburger \$7,
Reuben \$7, Chicken Breast \$8, BLT \$6, Cheesesteak \$7, French Dip \$8

WRAPS~*choice of wheat, sun dried tomato or old bay with chips*
Chicken \$8, Shrimp Salad \$9, Turkey, Bacon & Ranch \$7, Tuna or Chicken Salad \$6, Fish Tacos \$8

There will also be a 50/50 raffle, door prizes, a collection for the "Martha Greene Summer Scholarship" and donations accepted for the Neighborhood Service Center Summer Program.

Talbot County Retired School Personnel Association Annual Report

The officers of TCRSPA once again got off to a great start in July with an organizational meeting, at which time the meetings and luncheon dates were established. Four luncheon dates and four Board of Directors meeting dates were scheduled.

Our activities and accomplishments are as follows:

September: review of the budget for presentation to general membership; heard a summary of the Martha Greene Scholarship recipients' activities for the summer by Eileen Kuehn; Board members Joyce Schriver and Dotty Olds attended the Leadership workshop; welcomed Debbie Chance as Area III Director.

October: luncheon was held at Chesapeake College with seven of the twelve new members in attendance enjoying a free lunch; passed the budget; Fine Arts grant presented to Amanda Leffler, music teacher at Chapel District Elementary by Liz Wildasin; collected school supplies for Neighborhood Service Center by Bennie Milton and Eloise Brown.

November: Bertha Wilson, Debbie Chance and Joyce Schriver attended the Legislative workshop in Annapolis.

December: luncheon held at Baleigh Chase; Teacher of the Year, Kevin Baum, was guest speaker; memorial service conducted by Dorothy Palmer; gifts distributed to shut-ins; social at Kiln Born.

February: pre-retirement workshop held at Easton High by Mary Reeser, Judy Kohn, Mary Hawkins, Pat Chapman, and BOE rep Eunice Jenkins, along with a State retirement rep.

March: luncheon held at Easton High with guests Max Mueller, Judy Zahren, and Dr. Kelly Griffith; items collected for the homeless shelter and Talbot Humane presented grant award to B.A.A.M (Building African American Minds) by Carolyn Farrell and Jerlean Sampson.

April: Board meeting held to plan Martha Greene Scholarship award: selection of recipient for Memorial Book Award.

May: President and delegates attend MRSPA Annual Meeting at Turf Valley.

June: luncheon to be held at Chesapeake Landing; installation of officers; presentation of Memorial Book Award by Pat Clark; donation of school supplies to Neighborhood Service Center summer program.

On-going activities: articles, newsletters, "Life After Retirement" by Dee Rein; articles in Star Democrat highlighting community involvement by Debbie Chance; community service projects and donations organized and distributed by Bennie Milton and Eloise Brown; raffles at every meeting and luncheon to support Green scholarship chaired by Eileen Kuehn; all luncheons planned by Mary Reeser, Chic Harrison, and Pat Chapman; on-going membership drive by Peggy Ford; sunshine by Jan Middleton and Brenda Davidson; and newsletter published by Midge Coppersmith.

Consumer Education

submitted by Doris Valliant

Fitness Tips That Will Save You Money

Here are some ways to keep fit and to keep money in your pocket. (1) Check out colleges and the Senior Center for low or no cost exercise classes. Walk, dance and stretch for free. Park farther from your destination, and take the stairs when you can. (2) Don't join a gym or pay the cost of a Y membership if you are not going to use it. If you do decide to join, ask a buddy to join with you; that way it will be easier for you to keep your commitment. (3) Take advantage of all the free exercise videos on YouTube. (4) Check www.mayoclinic.org/healthy-lifestyle/fitness for free videos. Do resistance-training exercises such as chair squats, wall push-ups and toe stands. According to the Centers for Disease Control and Prevention, resistance-training exercises help pump blood to your brain, and these and other light strength training exercises may be the key to maintaining a healthy brain.

Healthy Eating as We Age

Keeping portions in check is a healthy lifestyle habit. Food portions should be the size of a small fist or a deck of cards. Using a salad plate instead of a dinner plate or platter saves money and unwanted pounds. In restaurants, when you order, ask the waiter to bag half your meal to take home instead of waiting to tell him at the end of the meal. That way you'll eat less and get two meals for the price of one!

Visit ChooseMyPlate.gov for some great nutrition tips for older adults as well as suggestions for activities. As our bodies age, our daily eating habits change. Making small adjustments will help you enjoy the foods and beverages you like. For example, use spices and herbs instead of salt to add flavor to foods. Add sliced fruits and vegetables to your meals and snacks. If slicing and chopping have become a challenge, buy pre-sliced fruits and vegetables. Talk to your doctor about other options if the medications you take affect your appetite. Drink water instead of sugary drinks, and if you are not lactose intolerant, drink 3 cups of free or low-fat milk throughout the day. If milk is a problem, try small amounts of yogurt, buttermilk, hard cheese or lactose-free foods. Consume foods fortified with vitamin B-12, such as fortified cereals.

Want some cooking ideas? Visit ChooseMyPlate.gov and go to Interactive Tools – What's Cooking. When you select USDA Mixing Bowl, then select Recipe tools, you can create and print your own cookbook. It's a great way to find inexpensive or custom meals. Besides ChooseMyPlate.gov, there are many useful apps and tools that often include calories and other nutritional information and some even suggest healthy recipes.

What Would You Do If Your Wallet Were Stolen?

Be prepared in advance by making copies of the following information that you typically carry in your wallet. Keep these copies at home with your other important papers, or if you are traveling, pack a copy in a carry-on suitcase. Make copies of your driver's license, donor card, health insurance card(s), membership cards such as gym, warehouse clubs, loyalty cards, etc., and copy all credit and debit cards front and back. If you are traveling, take only the cards that you will need for the trip and leave the rest safe at home.

Pre Retirement Workshop

Pre- Retirement Workshop Rescheduled for February 24, 2016

Planning Committee: Pat Clark, Mary Hawkins, Judy Kohn and Mary Reeser

Pre-Retirement Workshop a Success In Spite of the Weather

Each year TCRSPA sponsors a Pre-Retirement Workshop for any employee who is planning on retiring within the next three years. Our workshop was scheduled for February 10, but as you remember that was the day we had our first large snow fall of over 10 inches. All schools were closed and we had to reschedule our workshop for February 24, 2016.

On February 24th, the WEATHER still did not cooperate. But on that “dark and stormy night,” compounded with tornado watches and heavy rain, we held our workshop! The counselor, Mr. Charles Gaines, from the MD State Retirement System arrived on time from Baltimore to present and explain the state retirement process. He did a super Job! Lots of positive comments about the clarity of his presentation were made by those in attendance.

Thirty-two Talbot County employees braved the storm and attended the Workshop. The Chef Cook instructor Linda Brown, along with her student volunteers, prepared delicious soups, sandwiches and desserts for everyone. Their dedication was greatly appreciated. Many thanks to the Pre- Retirement Committee - Pat Clark, Judy Kohn, Mary Hawkins, and Mary Reeser as well as to the speakers Dotty Olds, Peggy Ford and Eunice Roberts for making this a successful event.

Community Service Committee

Many thanks to all members who donated foods to the animal shelter. They were delivered and were greatly appreciated.

At our June luncheon we will be collecting items for the Summer Program at the Neighborhood Service Center. They are in need of glue sticks, AAA and AA batteries, finger sized bandages, jump ropes, and the following games: Twister, Let's Go Fish, Hi Ho Cheerio, Candy Land and Connect Four.

If you have questions, please call us.

Thanks,

Bennie Milton and Elois Brown

Bennie Milton: 410-476-3734 Elois Brown: 410-476-3574

Dues At Work

The MRSPA Legislative Committee obtained a major accomplishment during this 2016 Legislative Year that resulted from 15 years ago of a determined effort in convincing the State Legislature and the Governor of the importance of pension funding as defined by the 2011 Pension Reform. The Governor's 2016-2017 Budget calls for full funding and, also, supplementary payment to make up for past shortfalls. The TCRSPA wish to thank the State Legislature and Governor Hogan for supporting the importance of these standards in pending funding and, also, for protecting the interest of retirees.

Bertha B. Wilson- Legislative Chair

Visit, Chat and Try New Things

Breakfast at Panera ~ Friday, May 6 around 9

Hello Dolly, play at Easton High School, Sunday, 4/29 at 7

Tickets are \$10.

KilnBourne ~ Tuesday, May 17 paint a coaster or bowl while
visiting with friends

Possible Happy Hour TBD?

Wine and Paint?

Other Ideas?

For information or to suggest different activities, please
contact Peggy Ford at

410 822 6417 or pjford@goeaston.net

**Consider your membership to MSRSPA as your
retirement insurance. Tell a friend or former
coworker about the benefits of MSRSPA and
encourage them to join.**

TCRSPA

c/o Joyce Schriver

28427 Oaklands Road

Easton, MD 21601