

TALBOT COUNTY
RETIRED



SCHOOL PERSONNEL
ASSOCIATION

The Little Red Schoolhouse

President's Message

Dear Retiree,

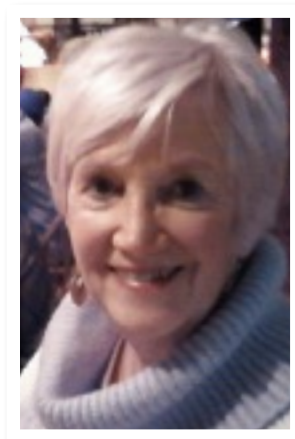
November is here and we are busy! I will be attending the yearly Legislative Workshop in Annapolis as your representative, along with Debbie Chance and Bertha Wilson. Debbie is our state representative and Bertha is our legislative chairman. We will have an opportunity to listen to Governor Hogan and legislators who are influential in keeping our pensions strong!! Very Important!!

Also, the month of November means planning for holiday time. Our Talbot Teacher of the Year will be our guest at the Christmas Luncheon.

The Presidential Election is around the corner – and when you receive this newsletter we will have a new President. Hope everyone voted. I know we are looking for a hero!! We all want the best for our country.

“As we gather together to thank the Lord’s blessings” this Thanksgiving day, I will give thanks for the privilege of living in this beautiful country called America and this place many of us call home- Talbot County in Maryland. Remember to count your blessings and enjoy your life as a retiree.

Dotty Olds, President



Fall Luncheon at Chesapeake College



Life after Retirement: Cynthia Ramsey

Life long learning is a thread woven throughout Cynthia Ramsey's life. Growing up in Colorado Springs, Colorado, at age 11 she taught herself to type, which played a role in a later opportunity, and at age 14 she decided to learn Spanish. That intense interest in Spanish endured as her major at Vassar. Graduating during World War II, she was recruited into the Army Air Corps where those typing skills won her a plum job as a clerk typist at New Castle Army Air Base in Delaware, where she also met her husband. Empty planes were wonderful opportunities to hitch rides to New York City. Marriage and three sons kept Cynthia occupied for twenty-three years, but she harbored a desire to speak and teach Spanish.

After her divorce Cynthia took the opportunity to teach English in Wilmington, Delaware while she took undergraduate courses to get certified to teach Spanish. Wilmington's inner city race riots in 1968 intensified her desire to teach in Easton. At Easton High School she was pleased to have a chance to start the Spanish program. Fortuitously her students were all beginners, giving her time to improve her spoken Spanish. That meant summers in years of summer programs at she completed a Master's degree in year she had two students who were Walbridge and J.R. Warrington, who frequently to talk about his job Maryland. Cynthia's love of Spanish She is justifiably proud to have teaching Spanish.



After 22 years of teaching, recommends that new retirees pursue might not have allowed when they yourself busier than ever," she notes as she recounts all of her own pursuits. The Washington College Life Long Learning courses are her destination on a daily basis. Currently she's taking courses on the Middle East, the American Revolution including talks by people with ancestors in that conflict, interesting Supreme Court Cases and Women Artists. Cynthia's own art is photography, which many of us have been pleased to behold. She is an emeritus member of the Easton photography club and has joined the club in Chestertown where she lives. Drives to Washington, D.C. and Baltimore for museums, ballet and concerts are frequent pleasures. Reading news magazines and watching Charlie Rose or listening to Diane Rheem stimulate her brain and playing daily ping pong with her three sons and a grandson fosters good reflexes.

Cynthia concluded our talk by strongly recommending that retirees make new friends, sharing visits and activities with them. Her biggest challenge at this stage in life has been losing two of those most important friends, caring for them during their illnesses. She notes, however, that she is fortunate to have good health, which she demonstrated at our last Talbot County Retired School Personnel Association luncheon with some vigorous squats. She encourages us all to keep active physically, as she has with tennis and ping pong, and enjoy the challenge of learning, as she does currently with her first iPad, which she received as a gift at age 93. As Cynthia checks frequently for messages from friends and family, she enthuses, "It's been wonderful!"

Mexico practicing the language and ten Middlebury College in Vermont, where Spanish. One of her greatest joys was the intensely interested in Spanish, Sandy both graduated in 1982. D.R. calls her teaching Spanish and French in Laurel, is being passed on to another generation. achieved her life goal of speaking and

Cynthia retired at age 68 in 1990. She their interests, especially those that time were teaching. "Very soon you find

News from Debbie Chance ~

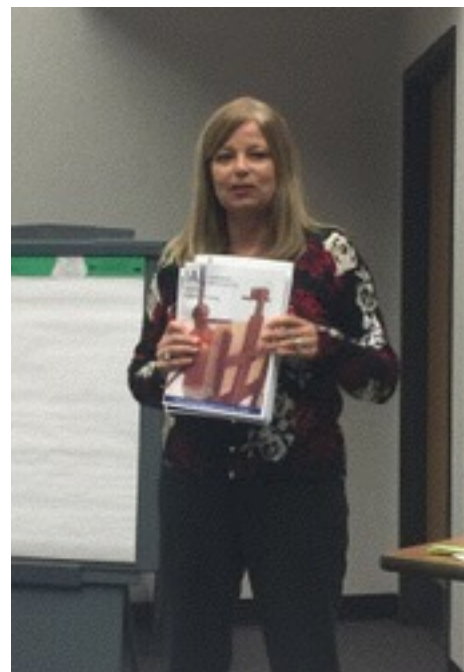
The Talbot County Retired School Personnel Association held its annual fall luncheon on October 27, 2016, at Chesapeake College. Peggy Ford, membership chairperson, introduced three out of nine new members who were in attendance. Ray Kraeer, Barbara Kraeer, and Sharon Pahlman were warmly welcomed by the group. In addition to the delicious luncheon served, the annual Fine Arts Grant was presented by Liz Wildasin to the Choral Arts and Theatre teacher at Easton High School, Ms. Andrea Davis. Ms. Davis thanked the group for their generous donation of \$200 which will be used to purchase new music for her students to perform. Finally, Ms. Ann Marie White of Chesapeake College presented information regarding current course offerings at the Institute for Adult Learning, housed at Chesapeake College. For more information on this program, visit www.chesapeake.edu/continuing_ed/ia



From left: New member Sharon Pahlman, Membership Chairperson Peggy Ford, and new members Barbara and Ray Kraeer



Liz Wildasin presents the Fine Arts Grant to Andrea Davis of EHS.



Ann Marie White of Chesapeake College presents information on the Institute for Adult Learning.

TCRSPA Holiday Luncheon

Date: **Wednesday, December 7, 2016**

Place: **Latitude 38 Bistro and Spirits, 26342 Oxford Road, Oxford, Maryland**

Time: **11:30 a.m. Lunch served at 12 noon.**

Cost: **\$18.00**

**** Directions: From the light at Easton Bypass take Oxford Rd (Rt 333) toward Oxford. Latitude 38 is on the right, about 8 miles. If you reach the Fire Department on the left, you have gone too far. Parking is limited, give friends a ride!**

Menu Selections:

Cheese and Fruit Tray Coffee, Tea and Soft Drinks provided. Wine may be purchased.

Entree #1 Pan Seared Salmon with a Lemon Dill Sauce, Rice and Sauteed Vegetables

Entree #2 Chicken Alfredo with Vegetables over Penne Pasta
GLUTEN FREE Version with Rice or Potato

Entree #3 Prime Rib with Baked Potato and Vegetables

Dessert: Apple Crisp with Whipped Cream or Lemon Layer Cake

The Holiday luncheon is always well attended, so to avoid a line at check-in, we would appreciate payment at time of reservation. Thank you!

There will be a Holiday Basket raffle (3 tickets for \$5 or \$2 each), a 50/50 raffle, Door Prizes and the donation for the Martha Greene scholarship available at the luncheon.

Mailed reservations (preferred option) or calls should be received by Nov. 23, 2016 due to the Thanksgiving holiday. Reservations will be provided to the restaurant on Tuesday, November 29.

Mary Reeser
358 St. Aubins Terrace
Easton, Maryland 21601
410-822-4410

Chic Harrison
29300 Will Street
Easton, Maryland 21601
410-822-1209

Pat Chapman
802 Chapel Farm Drive
Easton, Maryland 21601
443-786-8617

Reservation form for TCRSPA Holiday Luncheon Return by Nov. 23, 2016

_____ Entree #1 Pan Seared Salmon (\$18.00 payment enclosed)

_____ Entree #2 Chicken Alfredo (\$18.00 payment enclosed) _____ Gluten Free w/ ___Rice/___Potato

_____ Entree #3 Prime Rib (\$18.00 payment enclosed)

Dessert: _____ Apple Crisp _____ Lemon Layer Cake (Please choose one)

Name: _____ Phone: _____

CONSUMER EDUCATION

Submitted by Doris Valliant

Some Tips for Smart and Safe Holiday Shopping

Before you go holiday shopping, fuel up with a breakfast loaded with fiber, protein and healthy fats such as oatmeal with almonds and skim milk. It's hard to shop sensibly when your blood sugar is crashing, so avoid the bagels, the donuts and the sugary cereals. Before you leave home, download the free apps offered by your favorite retailers or check out their websites for announcements, coupons and the latest information on sales. If you have a smartphone, you can use the no-cost app Scan Life to scan a product's barcode to find which retailer has the best price. Try to shop with cash; using your credit cards often encourages impulse buying. Buy the less expensive items first because once you pay for something costly, your brain loses perspective on what's a good price. For example, once you've paid \$250 for a PlayStation 3, doling out \$40 instead of \$30 for a Lego set may no longer faze you.

Be safe while you are holiday shopping. If you have many packages to carry, take a friend with you or ask a store employee to help carry packages to your car, or don't buy more packages than you can carry in the first place. Don't get out your credit card or checkbook until you are asked for it. Enterprising thieves look for opportunities to shoulder surf with their smartphones to get your account information. If you see an unattended bag or package, tell a security guard or store employee. Walking to and from your car is another opportunity for theft, so carry your purse close to your body or put your wallet inside a coat or front trouser pocket. Have your keys in hand before you approach your vehicle, and check the back seat and around the car before getting in. If you're alone, you need to be careful even in broad daylight. Watch your surroundings and don't be embarrassed to ask a store employee to have someone walk to the car with you.

Thinking about Listening to Podcasts?

Podcasts got their name from combining parts of Applepod and broadcast and are simply prerecorded broadcasts that you can subscribe to, and many are free. Today you can access them on almost any device, and many devices come with a podcast app already installed or you can get the app for an Apple or Android device. The app does all the work for you, and you can search and find podcasts that interest you. Once you subscribe to a podcast, new episodes are delivered automatically. Here are some popular podcasts to get you started. "This American Life" is a public weekly radio show hosted by Ira Glass. "The TED Radio Hour" takes you on a journey through fascinating ideas, astonishing inventions, fresh approaches to old problems, and new ways to think and create. "Stuff You Missed in History Class" covers strange and unusual people, places and events in history. Dr. Terry Portis, the director of the Center on Aging at Anne Arundel Community College, provides more information at <http://tinyurl.com/4-podcasts>.

HELP !!

Do you have any new contact information?

Members of the Executive Board are beginning the task of assembling a new Handbook. We try to do this every 3 or 4 years. We need your help. Please let us know if you have moved and have a new address and phone number. We do not publish emails in our Handbook . Please contact Jan McCrea, Brenda Davidson, Judy Kohn or Dotty Olds with your current information. We are planning to have this new booklet ready for you by our March Luncheon. Jan: 410-943-0022, Judy: 410822-2964, Dotty: 410-770-9372, Brenda: 410-310-9051. No need to call if your information has remained the same.

The National Park Service is seeking volunteers. Please contact kristina_higgins@nps.gov if you are interested.

Take care,
Barb Catron
MRSPA Admin Assistant

Community Service Committee

Many thanks to all who made donations to Care Packs. The items were delivered and were greatly appreciated.

At our December luncheon, we will be collecting non-perishable foods for the Neighborhood Service Center.

If you have questions please call us.

Thanks,

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

CONGRATULATIONS TO ALL NEW RETIREES!

PLEASE JOIN MRSPA

Kathy Dill	Ronald Thomas	Elizabeth Farris
Rodney Boyce	Pamela Heaston	Lisa Finn*
Raymond Kraeer*	Joyce Jenkins	Deena Messick*
Gayle Secrist	RuthAnn O'Neill	Donald Copper
Jean Startt*	Dianne Potter	Jamie Gonzales
Patricia McDougal	Suzanne Brannegan	Blondina Emory
Barbara Grogan	Marian Harrison	James Greene
Robert Bolling	Michelle Catlin	Kenneth Kvamme
Bruce Horvath		
*is a member		

If you know someone who has retired this year, invite him or her to join us.

Our recruitment for new members is based on current members asking other retirees to join us: a personal approach. We have found that there really is strength in numbers especially when it comes to **preserving our pensions and other benefits**. So ask your friends to join. Membership dues are \$50 per year (MRSPA \$35 and TCRSPA \$15). Just go to www.mrspa.org

HAVE YOU USED ANY MRSPA BENEFITS???? Share your strategies and success stories with fellow members. We all want to know how you have saved money using MRSPA Benefits. As a part of membership, everyone can get discounts renting a car, buying hearing aids, dealing with legal issues, going to the dentist, even buying movie tickets and more. Call Peggy at 410 822 6417 or email pjford@goeaston.net The first 3 people to respond get a prize!!!

WELCOME to our New Members!

Lisa Finn, Barbara Kraeer, Ray Kraeer, Deena Messick, Sharon Pahlman, Betty Ann Sands and Jean Startt

TCRSPA in Action

Poplar Island Are you interested in a Poplar Island Field trip in April? It is free and the boat leaves from Tilghman to Poplar Island. Then you would board a bus for a tour and explanation of the Poplar Island Restoration Project. If interested call Peggy at 410 822 6417 or email pjford@goeaston.net .

Important – Please respond to this request.

After much discussion at our November 1st Executive Board Meeting, we have decided to reach out to our members for you to decide. Our TCRSPA newsletter comes to you 4 times a year. The first one is always mailed out to all members and this year to all recently retired staff, whether or not they have joined our association. The postage for mailing is expensive. So, if you are satisfied receiving your newsletter by email, we will continue to do so. If you would prefer a hard copy mailed to you, (no computer/just like having a copy to refer to) we will do so. If you are satisfied – do nothing, if you want your newsletter to come in a different format-let us know and we will make the necessary change for you.

Dotty – 410-770-9372 or djolds@goeaston.net or Jan 410-943-0022 or jmccrea7678@gmail.com

Many thanks, in advance, for your response.

**Luncheons for
2016 - 2017****Wed., December 7**Latitude 38 Restaurant
Oxford**Tuesday, March 21**

Chef Cook Class @ EHS

Thursday, June 1

Chesapeake Landing

**Executive Board
Meeting Dates****Feb. 6, 2017****April 3, 2017****TCEC @ 9:30 a.m.****All TCRSPA members are
invited to attend.**

For those who have reached at least 65 (or there about):

1. My goal for 2016 was to lose just 10 pounds ... only 15 to go ...
2. Ate salad for dinner. Mostly croutons and tomatoes ... Really just one big, round crouton covered with tomato sauce .. And cheese... FINE, it was a pizza... I ate a pizza!
3. How to prepare Tofu:
 1. Throw it in the trash.
 2. Grill some Meat.
4. I just did a week's worth of cardio after walking into a spider web ...
5. I don't mean to brag but... I finished my 14-day supply of diet food in 3 hours and 20 minutes ...
6. A recent study has found women who carry a little extra weight live longer than men who mention it ...
7. Kids today don't know how easy they have it... when I was young, I had to walk 9 feet through shag carpet to change the TV channel...
8. Senility has been a smooth transition for me...
9. Remember back when we were kids and every time it was below zero out they closed school? Me neither.
10. I may not be that funny or athletic or good looking or smart or talented ... I'm sorry, I forgot where I was going with this ...
11. I love being over 70 ... I learn something new every day ... and forget 5 others ...
12. A thief broke into my house last night ... He started searching for money ... so I woke up and searched with him...
13. I think I'll just put an "Out of Order" sticker on my forehead and call it a day ..

"Just remember, once you're over the hill, you begin to pick up speed..."

Sunshine Committee
submitted by
Jan Middleton, Brenda Davidson

Gratitude - The season is upon us to be grateful. Retired employees of Talbot Co. Board of Education are grateful to be retired. They have time to be of service to others. Most of all they're glad to be alive.
Everyday is a good time to be grateful.

Cards Sent ~

Sept. 14. Annie Mewborn - Congratulations for being Talbot County Teacher of the Year.

October 28. - Mary Bell Callahan - Thinking of you.
Pat Clark - Thinking of you.
Doris Roach - Get Well

October 31. Caroline Mather - Sympathy

HAPPY HOLIDAYS TO YOU AND YOURS

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

"There are two great days in a person's life - The day we born and the day we discover why."

William Barclay
Scottish Theologian

TCRSPA

c/o Dotty Olds

7415 Tour Drive

Easton, MD 21601