



ECHOES

THE PRINCE GEORGE'S PUBLIC SCHOOL RETIREES ASSOCIATION NEWSLETTER

XXXXVI No.4

March 2013

PRESIDENT'S MESSAGE

Hello Fellow Retirees,

If you were not at the meeting on January 23, 2013, you missed a treat. First of all, there was such a spirit of joy and conviviality it was not easy to call the meeting to order. This is a good thing! It seems that the spirit which prevailed at the recent Inauguration of President Obama carried over to our group. Throughout the meeting, the words unity, caring, sharing and helping seemed to have resonated with each speaker.

The main address was given by Betty McCloud, former teacher and human relations specialist in the county schools. If you recall hearing her in previous years, you know that her speech was full of wisdom and peppered with lots of humor. We were advised to “**give away your last nerve**.” That way, no one can get on it and you can be about the business of **service, unity and equality** and **inclusiveness**. Most memorable was the reminder “Let Dr. King rest in peace and do what you can do.”

Don Conway who is the historian for the association, had a most wonderful display of Black memorabilia. Included among the many items and pictures were blacks on cereal boxes, blacks on money, in baseball leagues and many firsts in areas from education to government. Kudos to Don for this great work which is both educational and informative. It takes lots of time and energy to assemble and disassemble for presentation, yet he does it with a smile.

You may contact Don if you ever have an occasion for such a display.

In keeping with the spirit of unity and acknowledging that **we are one**, John Sisson, of Irish descent, informed us of his recent discovery that he has black relatives. All this learned through a blood test during a recent illness. John also gave an interesting presentation on the many scams and frauds prevailing today. To this end, he has obtained the services of Diann James, an official of Senior Medical Patrol of Prince George's County. This is an affiliate of the Social Security Administration. She will be the speaker at our next meeting and promises to be exciting while informing us of the many scams and fraud perpetuated against Medicare. Come find out what preventive measures you can take.

The next meeting will be held on March 27th at Comfort Inn –Bowie, MD. Please join us at 11:00AM to hear Diann James .

Thanks to Lorraine Johnson and her assistants for their work with membership. We seem to get at least one new member each month. Also, **thanks** to Pat Tompkins who took the time from a challenging schedule, to come and bring the name tags which she scripted in calligraphy.

Gretel James



PGPSRA LEGISLATIVE REPORT

On January 9, 2013, the opening day of the Maryland General Assembly, Senate President Thomas V. Mike Miller, Jr. was re-elected to serve for the 27th straight year, while House Speaker Michael Bush was re-elected for his 11th term. As the Session gets underway, members will be facing several new issues and revisiting old as well. Gun control with close attention to a ban on assault rifles will be addressed as well as a third drive to provide incentives to jump start the state's wind power industry. Repeal of the death penalty and a possible gas tax increase to add to the state transportation budget may also be active issues.

As your PGPSRA Legislative Chairs, we (Sue and Jannette) have passed out letters to each of our Prince George's legislators letting them know of our organization and our concern about dropping Corridor funding in favor of Actuarial funding of the retirement/pension system. We also attend the Prince George's Delegation meetings in Annapolis each Friday morning to learn more about our county's advantages and problems.

For the fifth year in a row, Maryland's public school system took the top ranking in the nation conducted by EDUCATION WEEK, a non-profit publication's study that annually examines state education policies and student achievement across all 50 states and the District of Columbia. Maryland was the only state to earn a grade of B+. Massachusetts, New York, and Virginia followed immediately behind with a grade of B. Maryland received high marks for its investment in early childhood and policies related to college and workforce readiness. Governor O'Malley noted that Maryland also boasts the highest median household

income in the nation and has one of the most educated workforces in the country.

The annual United Seniors of Maryland Forum will be held at St. Johns College in Annapolis on Tuesday, March 19, 2013. This is always an interesting all day meeting with invited speakers: Governor O'Malley, Senate President Miller, House Speaker Busch, Secretary of Aging Lawlah, and someone from the Social Security Administration. Further information may be obtained at the website: www.unitedseniors.net Contact me at 301-390-7324 (Jannette) if you are interested in attending.

Our annual PGPSRA Legislative day in Annapolis is set for Wednesday, March 13th. Please plan to join the group, as we will be representing all county school employees. We will be leaving the PGCEA office in Forestville at 8:45 a.m. and travelling by coach bus to Annapolis. There we will sit in on short legislative sessions of the House and Senate, tour the historic rooms and chambers of the Maryland State House, and enjoy a sandwich/cookie lunch, during which all of our county legislators are invited to join us and speak briefly. We will return to Forestville about 2:30 p.m. There is no cost for this special day in Annapolis. If you have not already signed up and wish to attend, please contact Jannette at 301.390.7324.

Jannette Wundrow and Sue Finan
Legislative Co-Chairs

JOIN OUR LISTSERVE

If you like keeping up with all the latest PGPSRA news and announcements, give your name and e-mail address to Dr. Vest.

TREASURER'S REPORT

Beginning Balance as of January 1, 2013:

Checking Account \$28209.95

Savings Account \$3022.73

Activity – Checking Account:

Receipts - \$836.28

Expenditures - \$807.10

Activity – Savings Account:

Receipts - \$.38

Total Assets on January 31, 2013:

Checking Account - \$28239.13

Savings Account - \$3023.11

Total Assets - \$31262.24

E. Vest, Treasurer

SCHOLARSHIP COMMITTEE

A hearty “Thank You” goes to all of you who have shared the news with your families and friends about the availability of our PGPSRA scholarships to graduating seniors who plan to enter the teaching profession or those persons in college majoring in education. Various members have received requests for scholarship applications and we have honored their requests. Committee members are visiting county high schools and meeting with guidance counselors. Again, thanks for the scholarship news.

The committee also thanks those persons who made contributions to the Scholarship

Fund by sending monies to our treasurer, Dr. Edward Vest. These donations were added to the budgeted amount for scholarships.

In the next edition of *Echoes*, we anticipate naming the 2013 winners of our five or more scholarships.

Alveta S. Jones & Delores Brown,
Co-Chairs

MEMBERSHIP COMMITTEE

Our January meeting was a festive occasion. We were pleased to welcome two new members, Mae Meyer and Dedee Johnson, and two new attendees, Quinn Patterson and Ida Patterson. We look forward to seeing them and working with them in our future endeavors. We also sang “Happy Birthday” to the following members born in January and February: Helen Butler, Rowena Jackson, Lillie James, Judy Naugle, Robert Poling, and Ann Robinson. In addition, we extend a birthday greeting to all of our members who celebrated birthdays in January and February.

Our January door prize winners were Helen Butler, Don Conway, Pollyann Doyle, Mary Harris, Charlie Hudson, Rowena Jackson, Charlene Jacob, Shirley Johnson, Alveta Jones, Dr. Norma Martof, Quinn Patterson, Maude Pinkney, and Carol Sullivan. The Grand Prize winner was Ellen P. Brooks.

Special thanks go to all of you for encouraging your friends to become PGPSRA members. **NUMBERS COUNT!** Also, a special thanks to Mrs. Lucia Vest and Mrs. Charlene Jacob who helped with member activities in the absence of Mrs. Pat Tompkins. **INVITE SOMEONE TO JOIN US TODAY.**

Lorraine Johnson, Chairperson

CONSUMER EDUCATION

They're Stealing Us Blind – But What Can We Do?

It's our money. It should go to our benefit, and not into the pockets of con artists, cheats, and thieves. But millions are stolen every year through healthcare fraud, error, and abuse. We're talking about billing for services, equipment, medicine, or supplies that are not needed, not prescribed, or not delivered at all; providing care or services that are below accepted standards; giving false or misleading information that benefits the healthcare provider over the consumer; ending services without prior notice or reasonable cause. And that's just the tip of the iceberg!

At our meeting on March 27, we will learn how to protect our Medicare information, detect billing errors, and report potential fraud, waste, abuse, and error. Our special guest will be Diann James, Coordinator of the Senior Medicare Patrol for Prince George's County. A dynamic public speaker, Ms. James has extensive experience in the private and public sectors, and has gained respect and gratitude statewide for her service to the senior community. A graduate of Cornell University's School of Industrial and Labor Relations, she is the recipient of numerous honors for her outstanding work.

We anticipate an exciting and informative program. Do not wait to sign up for this important event, and please urge all your PGPSRA friends to join us there as well!

John Sisson, Chairman

NOMINEES NEEDED!

It's time for the PGPSRA membership to decide who will fill some of the leadership positions for the 2013- 2014 academic year. We are mainly an organization of dynamic, creative, energetic former educators, yet we have spent an entire year unable to find anyone to serve as an assistant for our sitting president. This is a dilemma we should not allow to continue.

March is election month for PGPSRA. Some officers are willing to continue in their present positions, but the president is leaving her position in June. We have no president-elect, even though one person has indicated he/she is willing to share that position. At this moment, there is not a complete slate of officers to present to the membership. In light of this fact, each member is asked to do some soul-searching to see just how he / she can help to fill the vacuum that's beginning to reveal itself in the quest to find leaders for our organization.

Please take a look at your schedule to see where and how you can serve. Encourage other members to do likewise. Then come to the March meeting ready to throw your hat, or theirs, into the ring for a position. There must be nominees before there can be an election. PGPSRA needs you, not only your membership and attendance but your committed involvement and leadership skills as well!

From the Editor's Desk

STAY CONNECTED: Visit our website at www.pgpsra.org
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BITS AND PIECES

Happy **March** birthday wishes to several of our Emeritus Members: Mrs. Edna Drago of Silver Spring, who will be celebrating her 94th birthday on the 1st; Mrs. Pauline Storey Banks of Alexandria, who is turning 99 years old on the 11th; and Mrs. Carrie Reid of Suitland, who will be marking her 92nd birthday on the 24th.

Happy **April** birthday greetings to Ms. Carolyn Cooper of Ft. Belvoir, VA, who will be having her 94th birthday on the 7th; Ms. Dorothy McGinnis of Leland, NC, who will be turning 94 on the 12th; **Mrs. Evelyn Shank of Pompano Beach, FL, who will be celebrating her 106th birthday on the 19th**; Mrs. Edna Gore of Cheverly, who will be marking her 93rd birthday on the 19th; and Mr. Gordon Wilson of Ft. Meyers, FL, who will be celebrating his 96th birthday on the 24th.

Gordon Wilson retired from Owens Road Elementary School in 1984. He has since relocated to Paris, Kentucky. Though Gordon's health has declined, he recently sailed on a pleasurable North Cape Cruise of Norway. He enjoys reading the *Echoes* newsletter to keep abreast of people and events in the county. We wish him an upcoming Happy 96th Birthday!

Mary Catherine (Kitty) Walker of Dunkirk, MD, retired as a librarian from Arrowhead Elementary in 1989. Since retirement, Kitty has been a world traveler to many countries, including Russia, Germany, India, Egypt, Turkey, Greece, Guatemala, and England. Kitty's travels have included playing Contract Bridge in cities throughout the United States and in several other countries. Her October travels included two weeks of Bridge playing with 90 other players in the Canadian Rockies in Calgary, Banff, Lake

Louise, Jasper Kamloops, and Vancouver. In November, Kitty and her daughter Susan boarded a ship in Athens and sailed around the islands embarking in Turkish ports for 12 days, with the highlight of this cruise being the visit to Ephesus, a city built about 3000 B.C. that was the capital of Asia Minor. When at home Kitty volunteers at the American Legion, with the Calvert County Nursing Home Auxiliary and the Saint James Auxiliary, at the North Beach and Calvert Pines Senior Center, participates in the National Symphony Orchestra – Women's Committee – Prince George's Chapter, Chesapeake Garden Club, singing with Encore, being an active member of PGPSRA and the Calvert County Retired Teachers Association, playing Bridge, and attending theater productions. Kitty has two daughters and six grandchildren (five of whom are now in college).

John Haslinger of Silver Spring, MD, retired in 2008 from the Office of International Student Counseling as an outreach counselor. He has since served as a mentor and with citizenship training. John enjoys bird watching and photography. In 2012 he took a very interesting cross-country car trip.

Mary Elizabeth (Liz) Wildberger served as chair of the enrichment program at Pullen School for the Creative and Performing Arts until her retirement in 1991. Immediately afterward she and her husband Marty moved to California, where she accepted a consulting job with the East Palo Alto Schools. There she did "package writing" for Scholastic's "Literary Place" reading curriculum. She also published a textbook, *Author Approaches to Literature*, based primarily on the literature program designed and developed at Pullen. In 1997 Liz and Marty moved to Fairfield, CA, where Liz continued editing work, but decided to

concentrate on volunteer activities in their retirement community of Paradise Valley Estates – just fifteen minutes from Napa Valley. For the last fifteen years the Wildbergers have started each day with enthusiasm for their various volunteer commitments which include co-editing their monthly community magazine, writing and producing short plays and revues, and Liz plays the piano to entertain residents. The Wildbergers will celebrate their 60th wedding anniversary on June 6, 2013. They have five adult children, ten grandchildren, and two great-grandchildren. Liz and Marty spend six weeks a year in Maui, where two of their sons live with their families. Christmases they spend in Colleyville, TX, where one of their daughters lives. Another daughter, who pays them visits, resides in Washington, DC, Their third daughter, whom they have enjoyed visiting, is a NATO engineer, who lives in Brussels, Belgium, with her family.

To contribute to **BITS AND PIECES**, contact Jannette Wundrow at jannetewundrow@comcast.net or at 1007 Packton Lane, Bowie MD 20716.

REMEMBRANCE / NECROLOGY



Gloria Cobbs	01 – 28 – 13
Christine Jones	01 – 26 – 13
Annie Fleet Pinkney	12 – 21 – 12
Ethel Gertrude Schafer	01 – 17 – 13

Jannie Goldston , Chairperson

DATES TO REMEMBER

March 6, 2013

PGPSRA Executive Board Meeting
PGCEA Center
10:00 a.m.

March 13, 2013

Annual Legislative Day
Annapolis

March 19, 2013

United Seniors of Maryland Forum
St. Johns College, Annapolis

March 20, 2013

Trip: Dutch Apple Dinner Theater
Pick up at 8:15 a.m.

March 27, 2013

PGPSRA General Membership Meeting
Comfort Inn, Bowie, MD
11:00 a.m.

April 1, 2013

Deadline for *Echoes*

May 1, 2013

PGPSRA Executive Board Meeting
PGCEA Center
10:00 a.m.

May 14, 2013

MRSPA Annual Business Meeting
Doubletree, Annapolis

May 22, 2013

PGPSRA General Membership Meeting
Comfort Inn, Bowie
11:00 a.m.

INCLEMENT WEATHER

Our meetings follow the Prince George's Public Schools' policy for cancellation due to inclement weather. Listen to your radio and/or TV for announcements. However, a delayed opening means that our meeting will go on as scheduled.

TRAVEL UPDATE

Charles Hudson, our travel coordinator, has planned an exciting trip to the Dutch Apple Dinner Theater in Lancaster, Pennsylvania, to see a comedy entitled *Run for Your Wife*. It sounds like the perfect antidote for the winter doldrums.

The trip is scheduled for March 20, 2013. The total cost of the trip is \$90.00, which includes all expenses. Travelers must meet at the Forestville United Methodist Church, 3111 Forestville Road, at least by 8:15 a.m. The bus will leave promptly at 8:20. The group will arrive at the Dutch Apple Dinner Theater at 11:30 a.m., and lunch will be served at 11:45. The show will begin at 1:30, with a departure time set for approximately 3:30 p.m.

Approximately thirty members signed up for the trip at the January meeting. Those persons will be contacted individually before February 20th. If others are interested in going, call Charles Hudson as soon as possible to see if seats are still available. His number is 301.572.7245. You are encouraged to join your fellow retirees for this day of fun, food, and entertainment.

HEALTH TIPS

High triglycerides put you at risk for heart disease. Triglycerides are a building block for bad (LDL) cholesterol. Calories you don't use for energy are turned into triglycerides and stored in fat cells. Eating more calories than you need can cause high triglyceride and high LDL cholesterol levels, putting you at risk for heart disease. What should you do? Your muscles use triglycerides as a source of energy, so the best way to lower your triglyceride level is to eat fewer calories and exercise.

The following advice is said to have been given by Audrey Hepburn when asked to share her beauty tips:

- For attractive lips, speak words of kindness.
- For lovely eyes, seek out the good in people.
- For a slim figure, share your food with the hungry.
- For beautiful hair, let a child run his/her fingers through it once a day.
- For poise, walk with the knowledge that you never walk alone.

PGPSRA MEETING/LUNCHEON

Date: March 27, 2013
Time: 11:00 a.m.
Place: Comfort Inn - Bowie
4500 Crain Highway
Bowie, MD 20716
Cost: \$25.00

To make your luncheon reservation, please send your check, payable to PGPSRA, for the appropriate amount to Dr. Edward Vest, 7908 Klovstad Drive, Fort Washington, MD 20744-1729. The reservation deadline is March 20, 2013.

LUNCHEON RESERVATION FORM

Name: _____

Lunches Ordered: _____

Amount Enclosed: _____

Names of Guests: _____

**Prince George's Public School
Retirees Association**

Dr. Edward N. Vest
7908 Klovstad Drive
Fort Washington, MD 20744-1729

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**MEMBERSHIP MEETING &
LUNCHEON**

March 27, 2013
Comfort Inn - Bowie
11:00 a.m.
Reservations Due – March 20

Thought for Today

As you grow older, you will realize why you
have two hands; one for helping yourself
and one for helping others.