

ECHOES

THE PRINCE GEORGE'S PUBLIC SCHOOL RETIREES ASSOCIATION NEWSLETTER

VOL. XXXV No.2

November 2004

PRESIDENT'S MESSAGE

Looking back, I marvel at the wonderful turnout we had at our September 22, 2004 General Meeting at the PGCEA Headquarters. This occurred in spite of the fact that our ECHOES newsletters for Prince George's County members were still sitting in the post office, and had been there for over 3 weeks. Our newsletters sent to our Washington, DC and Virginia members were received within ten days.

In the future, we plan to monitor the situation early and make the necessary contacts to those who can assure us that our bulk mail will be delivered in a timely manner. (The amount of time for the delivery of bulk mail is suppose to be within 10 days.)

I thank all of you who were aware of the meeting and called others to remind them. Special kudos to Dan Williams who called over 40 members, encouraging them to attend.

For future reference, please mark your calendar for the following Wednesday dates and locations:

- November 17, 2004
LaFontaine Bleu - \$16.00
- January 26, 2005
Board of Education (Board Room)
(Punch & Cookies)
- March 23, 2005
Forestville UMC - \$14.00
- May 25, 2005
Colony South - \$21.00

Forms will be available at the November meeting and in your upcoming newsletters for luncheons requiring payment.

We deeply appreciate your presence and we ask that you please help us increase our membership by encouraging others to come out and join. (Each one can reach one!)

Attending meetings keeps us aware of:

*Legislative issues affecting seniors.

*Problems retirees are having in updating their Maryland State Teaching Certificate. (The State Superintendent has been contacted and is aware of the situation.)

*Opportunities to meet and discuss issues with our local and state officials. (Our school superintendent, Dr. Andre Hornsby and Congressman Steny Hoyer have been invited for upcoming meetings.)

Please come out and join us! We appreciate your support.

With Sincerity

Addie L. Martin, President

LEGISLATIVE UPDATE

Unfortunately, although the retire/rehire legislation (sponsored by Senator Leo Green) passed both the House and Senate in the 2004 legislative session, a Conference Committee appointed to resolve differences in the House and Senate amendments, did not concur. Despite our best efforts to extend the program, it failed. (I spoke on behalf of PGCRTA and MRTA at the Hearing in favor of extending the retire/rehire legislation. As did PGCEA President Carol Kilby, and MSTA President, Pat Forester.)

Delegate Anthony Brown, of Prince George's County's District 25, was recently named by House Speaker Michael Busch, to be the 2005 House Majority Whip. During the summer, Delegate Brown's National Guard Unit was called to duty (stateside); however, he has been assured that his job will still remain for him when he returns to Annapolis.

Delegate James Procter, of Prince George's County's District 27, was appointed in June, to serve on a University System of Maryland Task Force to Study financial aid policies-specifically, to make education more affordable for MD's neediest students.

Carl Lancaster, who serves as our representative on the on the Maryland's Retirement and Pension System

Board, was named Investment Chairman in June. (This continues to be a voluntary/non-paying position.) If you attended the MRTA Convention in Ocean City, you heard Former Governor Schafer praising Carl for his diligent work on the Board.

I had the privilege of being the MRTA representative to the National Retired Teachers Association Legislative Convention in Washington in June. Several speakers echoed our concerns about social security, Medicare, and teacher retirement benefits. Our directors continue to watch these issues in Congress and speak up on our behalf. You are encouraged to do the same by calling the offices of your legislators in the House or Senate.

*About 70% of all Seniors vote. Plan to be one of them on November 2!

Jannette Wandrow
Legislative Chairperson

BITS AND PIECES

Joseph and Maude Pinkney, of Brandywine, visited their son and his wife, and their delightful three-year-old son, in Bloomington, IL, during August. While there (in "corn country") they enjoyed the annual corn festival.

Ray Smith, of Landover, spent a fun summer vacation on Martha's Vineyard, MA. (She even had her picture, documenting the trip, in the BOWIE BLADE!)

Godelieve Bartley and her husband, of Upper Marlboro, spent the month of August in their native country of Belgium, visiting with family and friends. In late September, they relaxed on a Canadian Cruise, while celebrating their 36th wedding anniversary.

Ethel L. Brown retired from Princeton Elementary in December 2003, but continued to work as a retire/rehire for the next two and one-half years. Now she's enjoying her free time. Ethel has joined the Iverson Mall Walkers, her local AARP Chapter, and plans to travel to Hilton Head, S.C. this fall.

Ruby Gross, of Brandywine, took a busload of friends and family to Cape Cod, MA. in June. July found her having fun in S.C. and Las Vegas, NV.

Doris Edwards, of Upper Marlboro, and Alease Thomas, of Capitol Heights, traveled together to Burlington, VT. Afterward, Doris went to a family reunion in Charleston, S.C., a Sorority Boule' in TN., and then to Williamsville, N.Y. Meanwhile, Alease visited her grandchildren in Plano, TX. and Denver, CO. (where she was thoroughly impressed by the mountains).

Peggy Boles, of Mitchellville, had a wonderful rip to Kodiak, Alaska, last summer to visit her son, daughter-

in-law, and grandchildren (a military family).

Dr. Yvonne P. Brown retired as principal of William Beanes Elementary in 1994. She has since moved with her husband to Hopkins, S.C., where she keeps very busy with community activities, including serving as Chairperson for New Light Beulah Child Development Board of Directors, acting as S.C. Consultant for First Steps, and volunteering as Vice-chair for the Richland County Housing & Urban Development Advisory Committee. Yvonne also works as a travel representative. She and her husband have enjoyed travels to the Smokey Mountains, Nassau, Cayman Islands, Myrtle Beach, Las Vegas, the Bahamas, Colorado Springs, Mexico, Jamaica, Senegal, and a Gulf of Mexico Resort. The Brown's have one recently married grandson, and will be celebrating their 37th wedding anniversary in December.

Donald Conway (our resident PGPSRA walker) completed his goal of walking in all 50 states, in Anchorage, Alaska, in September, where he and Joyce had docked while on an Alaskan cruise aboard the Carnival Spirit Ship. (Congratulations, Don, on this milestone!) Earlier in the summer, Don walked in several cities in North and South Dakota, and MN. The walk on the campus of South Dakota State University in Brookings, S.D., was for his College Program Events Ph.D. In MN, Joyce attended her Delta Kappa Gamma Society International Diamond Jubilee Convention.

Charlie Hudson arranged for 45 people to attend a most enjoyable luncheon and show "George M" at Allenberry Theater in Boiling Springs, PA., in September. Charlie's reputation as "Superb Tour Guide" still stands! Everyone had a great time!

To contribute this column contact:

Jan Wundrow - (301) 390-7324
[dwundrow@comcast.net](mailto:dwendrow@comcast.net)

True Friend

*The making of friends,
Who are real friends,
Is the best token we have of
A man's success in life.*

Edward Everett Hale

MEMBERSHIP FOR NOVEMBER

We welcome 66 members, family and friends to our September 2004 meeting. Eight of these members were new members: Carroll Throne, Sandy Greenberg, Jo Scherzer, Margaret V. Fleet, Lena Cuffy, Lillie Artis, Ethel Brown, Maderia Y. Parker, and Roma B. Jones.

Our membership is approximately 1,685. This includes 66 members who only belong to PGPSRA.

Our door prizes were won by Isabella Macpherson and one of our new members, Lillie Artis. One of our door prizes, the flowers, were donated by June Reardon, the member who fixes those wonderful luncheons we enjoy when we meet at PGCEA headquarters in Forestville.

My committee now has a new co-chairman. She is Pat Tompkins, a June 2004 retiree. Welcome aboard, Pat.

Hope to see even more members at the November meeting.

Jane Jones
Membership Chairperson

♥ Edna Wade	08-24-04
♥ Rose M. Ward	08-22-04
♥ Doris H. Wiley	09-07-04
♥ William B. Yates	?

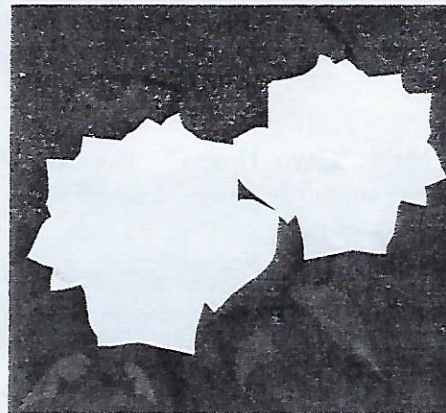
Deceased – Non-Members

Donald T. Burns	09-27-04
Michael A. Cipriano	09-12-04
Wilbur E. Coats	08-22-04
Gary Curtis	09-01-04
Ida I. DeCenzo	09-04-04
Hilda P. Harley	09-14-04
Grace B. Harrington	09-15-04
Marilyn Irick	08-26-04
Edna King	09-15-04
James W. King, Sr.	09-02-04
Mattie Lanham	09-09-04
Esther Malo	09-03-04
Ricky McGee	09-12-04
Rosa Morris	09-29-04
Hilda Proctor	09-14-04
Doris Purcell	03-01-04
Catherine Readmond	09-04-04
Michelle Rohlf	09-17-04
Ruth N. Shoemaker	08-28-04
Martha Swinson	09-12-04
Morris Thompson	08-19-04
William Thompson	09-04-04

MEMBERSHIP CHANGES AS OF OCTOBER 7, 2004

Deceased Members

♥ Mary Asay	?
♥ Maudie S. Barham	08-27-04
♥ Betty Jane Cooper	07-17-04
♥ Harry S. Gallarde	?
♥ Irene N. Harrield	?
♥ Rosa Y. Lawrence	09-20-04
♥ William Lingg	09-17-04
♥ Arthur Mack	09-30-04
♥ Mary Parana	05-12-04



FLORIDA

The Eighteenth Annual Reunion Luncheon for the the Retirees of the Prince George's County Public School System will be held March 4, 2005 in Tampa, Florida at the Columbia Restaurant. Visit the restaurant 's web site at : <http://www.columbiarestaurant.com/ybor.asp>. This is the same restaurant that Don Kiah used in 2003. It is close to the Port of Tampa for those going on the 10 days cruise.

The cost is \$23 per person, which includes the lunch, tea or coffee, salad, dessert (keylime pie) gratuity and sales tax. If you plan to attend, please make your selection from one of the entrees listed below. Complete the form and make your check in the amount of \$23.00 payable to Jerry F. Keeney and mail to:

Jerry F. Keeney
385 Cabana Road
South Venice Beach, FL 34293-5804

Phone 941-493-4914

E-mail: jerry.keeney@verizon.net

1. Chicken Salteado – Boneless pieces of tender chicken sautéed in a hot skillet with extra virgin olive oil, garlic, green peppers, Spanish onions, fresh mushrooms, potatoes, chorizo and red wine. Served with yellow rice.
2. Roast Pork Lion “A la Cubana” – Slices of roast pork with a delicious marinade. Served with black beans, rice and platanos.
3. Boliche – Sliced eye round of beef, prepared with chorizo (Spanish Sausage) and roasted in a flavorful gravy. Served with white rice, black beans and platanos.
4. Mahi Mahi “Cayo Hueso” Boneless fillet of Mahi marinated in citrus juices and grilled. Served with yellow rice, platano .

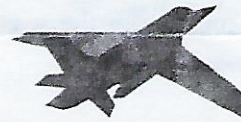


All reservation must be received by February 1, 2005.

I/we will be attending the luncheon on Friday, March 4, 2005. Enclosed is my check for \$23.00 per person.

MENU SELECTION	NUMBER
1. Chicken Salteado	_____
2. Roast Pork “A la Cubana” ...	_____
3. Boliche	_____
4. Mahi Mahi “Cayo Hueso”	_____
Total Lunches	

Name _____
 Address _____
 City & State _____
 Telephone _____
 E-Mail Address _____



CHARLIE’S TRIP

Come and go with Charlie on a two-day one night trip to New Jersey and New York on December 8 and 9.

Enroute to New York, there will be an over night stay in New Jersey where we will see the show **MEDIEVAL TIMES** and have dinner. On December 9th, we will continue our trip to New York for a half day of sightseeing including Freedom Plaza and Rockefeller Center.

Following the sightseeing tour, we will see a matinee Christmas show at Radio City Music Hall. Immediately after the show, the bus will depart for home.

The cost is: \$280 (double occupancy) for 40 or more persons traveling with us. \$312 if less than 40. A fee of \$44 will be added for single occupancy.

MEETING DATES AND ACTIVITIES



November 17, 11:00 a.m.

LaFontain Bleu

Lunch – 12:00 – 1:00 (\$16.00)

Program: Eleanor Roosevelt Music

History Display (1:00 p.m.)

January 26, 11:00 a.m.

Board of Education (Bd. Rm.)

Upper Marlboro, MD

(punch & cookies)

Dr. Hornsby (12:30 p.m.)

March 23, 11:00 a.m.

Forestville UMC

Lunch 12:00 – 1:00 (\$14.00)

Program – Senior Exercise – 1:00 p.m.

May 25, 11:00 a.m.

Colony South

Lunch – 12:00 – 1:00 (\$21.00)

Installation of Officers

HANDLING STRESS

At times stress is motivating, like when it helps you win a competition or meet a deadline. But most of the time we think of stress as a negative or uncomfortable feeling.

How do you respond to stressful situations depends on several things, including your:

View of the stressful situation. How bad is this?

Can you get through it?

General outlook in life. Do you tend to be more positive or negative?

General health and well-being. Are you well-rested or sleep-deprived?

Do you have a healthy diet or live on junk food?

Do you get enough exercise or is there never enough time to fit it in? Are you healthy overall or do you have chronic health problems?

Stress can affect your health. Any stress that keeps occurring can lead to getting sick more often. You may have problems sleeping, concentrating and eating. It can cause high blood pressure, heart disease, anxiety and depression.

Make a list. Think of all the things that cause you the most stress.

Take control. Decide which things on your list you can do something about.

Unload and learn to say “no”. If there are things that you just can’t or don’t want to do, let them go—cross them off your list. Don’t commit to new things just because you feel you have to.

Learning to say “no” might take some practice. It might feel uncomfortable at first. But taking on too much and failing is more stressful than “passing” on a request in the first place.

Practice setting limits. The key to setting limits is to first set priorities. Decide what is most important to you.

Learning to manage stress in your life can help you live healthier and happier.



PRINCE GEORGE'S PUBLIC SCHOOL
RETIREES ASSOCIATION

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**LUNCHEON
NOVEMBER 17, 2004**

La Fontaine Bleu
7963 Annapolis Road
Lanham, MD 20726
11: a.m. Business Meeting
12:00 Buffet Luncheon
Luncheon reservations required
\$16.00 per person
Make check payable to: PGPSRA
Send to:
Dr. Edward Vest
7908 Klovstad Drive
Fort Washington, MD 20744
301-248-2807

**PROGRAM
Eleanor Roosevelt Music**

TRIP WITH CHARLIE

December 8 and 9
New Jersey and New York

Show: **MEDIEVAL TIMES**

SIGHTS

**Freedom Plaza
Rockefeller Center
Radio Music Hall**

Contact Charlie Hudson
301 - 736-6946