



The Bell Ringer

Kent County Retired School Personnel Association

Volume 34 Number 4 May 2013

MESSAGE FROM THE PRESIDENT

It been a honor and a privilege to serve as the KCRSPA for the last two years . I am thankful for the support and help I received from our members. Please encourage your retired school friends to join our association and also MRSPA, the state association.

Our next luncheon is June 6, at the Chester River Country Club. Our invited guests are Dr. Wheeler - Superintendent, Brian Williams - President of Kent County School Board, Ida Nabb- Teacher of the Year, Marsha Miller -Support Staff Member of the Year. and Dorothy Palmer -Area III North Director.

Dorothy Palmer will install our officers for the next two years. They are President -Nancy Harrington, Vice-President - Ann Sutton, Secretary - Betty Freeman, and Treasurer - Jean Foreman. Congratulations to each of you.

The Annual Business Meeting and Luncheon will have taken place in Annapolis at the Double Tree Hotel . We have ten members attending.

We hope you will be able to join us for our luncheon on June 6.

Jean Wright, President



Kent County Retired School Personnel Association 3/07/13

The KCRSPA met at the Chester River Country Club on Mar. 7, 2013 at 11 a.m. There were 19 members present, including two guests, MRSPA Executor Director, Judy Zahren and newly elected MRSPA President, Stewart Tucker. St. Patrick's decorations prevailed, adding a colorful festive touch to the occasion. Table favors were Irish green mini-hats filled with assorted candies. Shamrock centerpieces served as door prize gifts. Hospitality c-chair, Fay Miller, sold 50/50 Raffle Tickets before the meeting started. President Jean Wright opened the meeting at 11:20 a.m. with the Pledge of Allegiance to the Flag.

Jean Foreman, Cliff School Representative, spoke on the controversial issue of the Port of Chester Questers desire to move the historical Cliff School from its present location to Turner's Creek Park. She gave a detailed explanation of the pros and cons for our consideration. A special committee had been appointed to pursue this matter. They responded by indicating their objection to the move based on the historical value of the school, as it stands, in its present location. However, the committee members realized that they do not have the legal authority to make a decision, one way or the other. After surveying the opinion of the members present, the consensus was against the move, but, if the final decision authorizes the move, they would like to continue to keep involved in school activities. Jean will send letters, pertaining to our position on this issue, to the Port of Chester Questers, Preservation Inc., and Wayne Gilchrest, JSassafrass Environmental Advocate.

President Jean Wright reported that due to Helen Tyson's absence, the question on the scholarship increase will be taken up at a later date.

Consumer Ed. Chair, Ann Sutton, has important consumer cards available on personal estate documents for the benefit of administrators, and cards on healthcare/ medical data to keep on hand for emergencies. She announced that she is stepping down as Chair. President Tucker praised Ann for a job well done. He also stressed the need for locals to attend the Annual Business Meeting scheduled for May 14th at the Double Tree in Annapolis. At this point, Jean Wright, Nancy Harrington, Peggy Smith, and Bonnie Smith plan to attend.

Jean Wright offered the Blessing before our delicious lunch was served at noon. President Tucker informed us that the Membership Event, formerly known as Convention, will be held on May 5,6,7, 2014. at the Double Tree Hotel. Special guest will be the National Teacher of the Year. Key attractions will feature education and entertainment.

Judy Zahren reported that two MRSPA Scholarships were issued this year @ \$2,500,00 each. Retiree membership was up 200 this year; last year it was down 240.

Fay reported that the Raffle sales totaled \$42.00. Emily Massey won the Raffle, but returned her money to the Scholarship Fund. There was one Shamrock winner at each table, determined by a sticker under a hat. After Fay took a hand- count vote, the choice was made to come to the Country Club again in June. Board of Ed. President, Brian Williams, will be a special guest.

Get Well Wishes were extended to Betty Simperts who is in Chester Manor Rehab, and to Miriam Cronshaw who injured her hip. Birthday Wishes go to Thelma O'Grady who turned 85 recently. Meeting adjourned 1:30 p.m.

Respectfully submitted,,

Betty Foreman
Secretary

Kent County Retired School Personnel Association 5/02/13

The KCRSPA Executive Committee met at the Library Annex on May 2, 2013. There were 13 members present. President, Jean Wright, opened the meeting at 10:02 with the Pledge of Allegiance to the Flag. Secretary, Betty Freeman, read the minutes of Mar. 7, 2013. Minutes were approved as read. The Treasurer's Report, reviewed by Jean Foreman, showed a current balance of \$5,132.18 in the regular account and a current balance of \$3,770.18 in the Scholarship Fund. The report was approved for audit.

Committee Reports:

Cliff School

Chair, Jean Foreman, reported on a letter she sent to Carol Cordes, President of the Port of Chester Questers, regarding our position on the relocation of the Cliff School to Turner's Creek Park with a suggested option of utilizing the School as a satellite project in its present location. She informed Carol that our Association would like to keep involved in School activities, especially serving as docents, where ever it may be located. Copies of this letter were also sent to Wayne Gilchrest, Sassafras Environmental Advocate; and Chris Havemeyer, Preservation, Inc. Representative. Carol's response indicated that no decision has been made yet on the Satellite proposal or the removal of the Cliff School. Estimates are still pending on removal costs. In any case, the Questers would appreciate our help. Jean passed around assignment sheets for docents needed on the third Saturday during the months of May to October. An invitation to a picnic at Linda Tedeschi's home on June 24th was extended to all teacher docents. Call Jean Foreman at 410- 778-3098 by June 17th or Email Jean @ dmv.com if you plan to attend.

Various methods on the issue of generating public support against the removal of the School were discussed. No action was taken because it remains that we do not have the authority to advance our position. In conclusion, we suggested that Ann VanSant should lead the dissent on the removal since her mother was the last teacher when the school was closed.

Community Service

Chair, Billie Lynne Roberts, wrote an impressive account on the nomination of Margie Ree Baker for the Volunteer of the Year MRSPA Community Service Award. Announcement will be made at the Annual Business Meeting on May 14th. For economic reasons, Billie Lynne announced that a verbal thanks will be given to volunteers in lieu of Certificates

Consumer Education

Ann Sutton called our attention to Household Hints and Health Hints of interest to all of us.

Program

Co-chair, Donna Mills, has a wonderful menu planned for June 6, 2013 at the Chester River Yacht and Country Club starting at 11 a.m. Menu reservations are in this Newsletter. The cost is \$17.00 payable to KCRSPA. Mail your check in advance to Donna.

Hospitality

Co-chair, Fay Miller, is in charge of Raffle Ticket sales and Door Prizes. Special guests will

be introduced. Invitations were extended to Dorothy Palmer, Area Director; Bryan Williams, Board of Ed President; Marsha Miller, Staff Assistant of the Year; Ida Nabb, Teacher of the Year; and Dr. Barbara Wheeler, Superintendent of Schools.

Newsletter

Deadline for news items is May 13th..

Nominating

Co-chair, Peg Smith, reported that Ann Sutton was nominated for Vice-president.

Scholarship

Chair, Billie Lynne Roberts announced that there were two well qualified applicants for the Scholarship, Benjamin Hillyer and Bryan Williams. Much thought and consideration was given to determine the recipient for the \$1,200.00 award. After resorting to a policy in effect from a former similar situation, Margie Baker made a motion to award \$1,200.00 to Benjamin Hillyer and \$600.00 to Bryan Williams, on the condition that changes for future awards can be made if needed according to circumstances. Motion carried. Billie Lynne will present the Awards on May 22nd at the Awards Ceremony. Both students were accepted at Salisbury University.

Presidents Report

President Jean Wright will address us in this Newsletter. Several members plan to attend the Annual Business Meeting on May 14th in Annapolis.

New Business

Margie Baker stressed the need to donate to Kent County's Meals on Wheels Program, a vital service to senior shut-ins. It is funded by the Commission on Aging to enable the elderly disabled to remain in their homes. Donations may be made to Upper Shore Aging Inc.

Meeting adjourned 11:40 a.m.

Respectfully submitted,

Betty Freeman
Secretary

REMINDER : Scholarship Fund

Please consider a donation to the college scholarship fund . Your kindness will help us provide an award to a qualified KCHS student. What a great gift - helping a young person enter the field of education. Thanks to those who already made a contribution.

Please mail checks made out to KCRSPA to Jean Foreman.

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Scholarship Donation Form

NAME _____

DATE _____

Amount _____

In honor or memory of: _____

Thank you for your support.

Checks may be made to KCRSPA and mailed to:

Jean Foreman

8531 Broadneck Rd.

Chestertown, MD 2162

The end of year party for KCTA/KCESP is Thursday, June 13 at Harbor Shack at 4:00. Hope to see you there!

Art Engle and Betty Simperts were recently hospitalized.

They are now home. We send them good thoughts and best wishes.

Their addresses are listed below:

Art Engle
23181 Old Fairlee Road

Birthdays

May

7 Billie Lynne Roberts

9 Joyce Powell

18 Ann Moss

19 Mark Schivley

23 Fay Miller

27 Meriam Spriggs

31 Joe Massey

June

3 Robinette Johnson

7 Nancy Harrington

18 Jane Ford

18 Ann Moss

20 Buddy Jastram

22 Suzanne Quinn

28 Peggy Brown

July

1 Robert Tyson

4 Ruth Jackl

5 Thelma O'Grady

9 Jean Foreman

10 Betty Simperts

12 Emily Massey

12 Marlene Vosburg

13 Marian Niskey

17 Sue Schauber

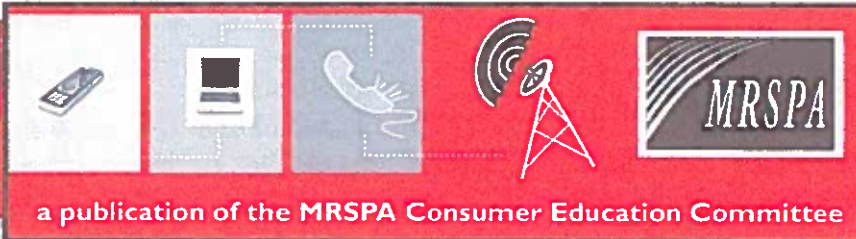
24 Doris Jones

26 Nancy McCloy

26 Thomas Groce, Jr.

31 Grace Ann Beckwith

CONSUMER Connection



8379 Piney Orchard Parkway, Suite A
Odenton, MD 21113

May - June 2013

5 Tips For Stocking Your Freezer

Plan to buy food in bulk to save money? Do it properly.

Freeze the right foods - freezer friendly foods include beans, blueberries, chick stock, cooked tomato sauce, corn, green beans, lentils, greens and spinach. Fish, meat and poultry freeze better raw than when cooked.



Don't freeze certain items - skip anything with cream sauce, mayonnaise or yogurt. Ditto for cooked rice, fresh tomatoes, lettuce, fried foods and mushrooms. Puree whole berries before freezing.

Do use your space wisely. Opt for rectangular plastic containers. Freeze soups and other liquid-based food in freezer bags and store flat.

Don't get burned. If you're not using containers, prevent freezer burn by double-wrapping food with plastic freezer wrap and heavy-duty foil

Do thaw safely. You have three options: in the refrigerator at 40 degrees F or below, in a microwave on the defrost setting, or in cold water in packaging.

5 Things You Can Do to Keep Your Bones Strong

1. Maintain a healthy weight. Being too thin has been linked to a higher risk of osteoporosis and fractures.
2. Exercise. Choose weight-bearing activities like hiking or tennis, or use an elliptical machine or treadmill.
3. Don't smoke. Chemicals in cigarette smoke are bad for bone cells and make it harder for the body to make new bone.
4. Get enough calcium and vitamin D. The recommended daily intake is 1,000 milligrams of calcium for women 50 and under and men under 71; 1,200 mg for those who are older. Aim for 600 IU of vitamin D daily (800 IU if you're over 70).



5. Go easy on alcohol, caffeine, protein, and sodium. When consumed in excess, they are thought to interfere with the body's ability to retain calcium or form new bones.

2012-13 MRSPA CONSUMER EDUCATION COMMITTEE

Chairperson - Ann W. Sutton, Kent Co. (Area III - North)
Area II North - vacant
Area II South - John Sisson, Prince George's Co.
Area III South - Joyce Willey, Wicomico Co.

Area I East - Elizabeth Doyle, Montgomery Co.
Connection Editor
Area I West - Nancy Martin, Washington Co.

New exercise guidance

Most people know it is important to be physically fit, but a lot of us are not sure how to achieve that goal. Here are some do's and don'ts based on the American College of Sports Medicine.

Do lift weights.

Don't be a weekend warrior.

Do diversify your exercise.

Don't stay sedentary during your downtime.

Do stretch after working out, not before.

Don't rely solely on step counts.

Do watch what you are eating.

Don't get discouraged if you are not that fit.



Four False Alarms!

Electronic hotel room keys contain your personal information. *False - they only contain room number and check-in/out dates.*

Hide your auto VIN numbers, thieves can get a replacement key. *Reputable dealerships and locksmiths require proof of ownership to issue a replacement key.*

Your cellphone is being released to telemarketers. *Reality - register your cell if you want, but it is not necessary. Plans for a public cellphone directory were discussed, but scrapped.*

The feds are going to tax every debit card and ATM transaction. *Reality - A bill has been introduced several times, but died every time.*

Making Sense of Your Metabolism

Your metabolism is the series of processes by which food becomes energy.

Metabolic rate slows 1 to 2% every decade after age 20.

Humans are much more efficient at storing fat than burning fat because bodies were built to protect against famine, not to avoid weight gain.

Not getting enough sleep may affect glucose metabolism, which leads to insulin resistance, an increase in appetite, and a decrease in energy used.

Understanding Cholesterol

Cholesterol itself isn't bad: it's simply a substance the body produces and uses. There are two types: "good" (HDL, high-density lipoprotein) and "bad" (LDL, low-density lipoprotein). Cholesterol becomes a problem if you have too much of one or too little of the other. High cholesterol has no symptoms, so get a blood test every five years; more often if you're at risk.

What's the ideal level? less than 200 total HDL and LDL. A total of 200 to 239 means higher risk of heart attack and stroke. More than 240 is considered high cholesterol.

To reduce your cholesterol, lose weight (if you need to), become physically active and eat healthful foods.

Useful Web Sites

Consumer Action: <http://www.consumer-action.org/>
Consumer Reports: <http://www.consumerreports.org/cro/index.htm>
Federal Deposit Insurance Corporation: <http://www.fdic.gov/>



