



# NEWSLETTER

## 2014 MEETING SCHEDULE

**February 10, 2014**  
Meeting

**March 10, 2014**  
Meeting

**April 7, 2014**  
Meeting

**May 5-7, 2014**  
MRSPA Business/Luncheon  
DoubleTree Hotel by Hilton  
in Annapolis

**May 13, 2014**  
ABCPSR Spring Luncheon  
Forum Caterers

**June 9, 2014**  
Executive /Advisory Committee  
Closing Activity  
TBA

**June 23, 2014**  
New Members Meeting  
Tentative

*All meetings will be held on  
the 2nd Monday of the month  
in the Faculty Lounge at  
Baltimore Polytechnic Institute.*

*Meetings begin at 10:00 a.m.*

*If there are any changes, you  
will be notified. Anyone unable  
to attend a meeting is asked to  
notify the President.  
410-466-1284*

## President's Message

Dear ABCPSR Members,

This is the time of year when we prepare for a new year. I am truly thankful for the support, encouragement and participation received from you, the Officers, Board Members, Committee Chairs and Members of ABCPSR.

The opening meeting of the association in September was well attended. By-laws and responsibilities of the officers and committee chairs were discussed. The Administrative Procedural Manual is in the process of being updated. Reports and surveys were completed and submitted by the due date. ABCPSR is off to a GREAT start.

The annual Fall Luncheon in October was highly successful because of the dedication and hard work of each of you. Kudos to the luncheon chair, Marie Bessicks, luncheon committee members and Board members for the planning and implementation of the luncheon activities. Parker Koons, Regional Director was quite impressed with the manner in which the luncheon was organized and implemented. He wrote in a thank you letter to ABCPSR that he will encourage the other locals to replicate some of the activities that Baltimore City included in their luncheon program.

Dr. Lillian Lowery, Maryland State Superintendent of Schools, keynote speaker, gave accolades to the organization and wanted to learn more about the group. She was thankful to ABCPSR for inviting her to the luncheon and providing her the opportunity to speak before the retirees of BCPSS.

Our web-site is in the process of being updated. Please visit the web-site at [abcpsr.org](http://abcpsr.org) and give your comments/suggestions as to how we can best serve you in this media.

We welcome to the Board Iris Williams, Telephone Tree Captain and Pat Pickett who will serve as Historian along with Velma Hicks.

Congratulations to Dr. Ruth Pratt, ABCPSR Chorus Director who was honored by NcourageED and received the "Legends' Award on November 16, 2013. ABCPSR donated \$100 to NcourageED in honor of Dr. Pratt.

MARK YOUR CALENDAR:

1. ABCPSR April meeting has been changed to the first Monday of the month, April 7, 2014. Schools are closed on April 14, 2014.
2. MRSPA Business Meeting and Convention, May 5-7, 2014, Doubletree Hotel, Annapolis, MD
3. ABCPSR Annual Spring Business Meeting, May 13, 2014, the Forum Caterers.

Thank you again for all that you do for ABCPSR.

I wish for each of you a very happy, healthy, and prosperous New Year.

*Catherine Moore - DeFord*

Catherine Moore-DeFord

## NOTE: IMPORTANT CHANGES

### ABCPSR 2013-2014 COMMITTEES/CHAIRS/MEMBERS

COMMITTEES	CHAIRS	MEMBERS
Archivist/Historian	Anna Boston/Velma Hicks	Pat Pickett
Budget & Finance	J. Edward Boston	Robert Palumbi, Flora G. Johnson, James Baker, Clifford Rosenberg
Chorus Director	Dr. Ruth Pratt	Flora G. Johnson
Community Outreach	Velma Hicks/Beverly Reid	Mary Hughee, Mary Gaskins, Catherine Moore-DeFord
Consumer Education	Mary Eastman	Mary Urquhart
Friendship	Mary Gaskins	Iris Williams (Telephone Tree )
General Meetings & Luncheon	Marie Bessicks	Joyce Wilson, Loretta Bryant Mary Eastman, Board ,Committee Members
Membership Recruitment	Angela Hill	James Baker, Catherine Moore-DeFord
Liaison to BCPSS	Catherine Moore-DeFord	Angela Hill, James Baker, Mary Hughee
Legislative Co-Chairs	Clifford Rosenberg/ Gertrude Williams	Phyllis Purnell, Mary Hughee
Member Benefits	Clifford Rosenberg	William Van Arnam, Robert Palumbi
Necrology	Mary Hughee	Mary Gaskins
Nominations	Flora G. Johnson	Beverly A. Reid, Phyllis Purnell
Parliamentarian	Sara Jerkins	Flora G. Johnson
Publications / Publicity	Anna Boston Carolyn Boston	Joyce Wilson
Scholarship / Endowment	Kathleen Cain	Phyllis Purnell, Mary Hughee, Joyce Bowyer Robert Palumbi
Awards / Recognition	Mary Urquhart	Kathleen Cain, Mary Eastman
Trips/Activities	Joyce Bowyer	Kathleen Cain, Mary Hughee, Phyllis Purnell
*Administrative Procedures Manual Revision	Clifford Rosenberg (Convener )	Flora G. Johnson, Janet Williams, Phyllis Purnell, Robert Palumbi

## LIAISON TO BALTIMORE CITY PUBLIC SCHOOL SYSTEM

The ABCPSR Liaison to BCPSS committee attended the Public School Administrators and Supervisors Association (PSASA) 34th Annual Fall Conference on Friday, October 18, 2013 at the Forum Caterers.

A display table with retirement information from the local and state associations was set up in the foyer. Participants eagerly visited the table, viewed the pictures and information, asked questions and discussed the benefits of joining ABCPSR.

Recent retirees present at the luncheon were asked to join both MRSPA and ABCPSR, and given a folder containing brochures and retirement information.

Committee members at the conference were: James Baker, Jean Beckett, Catherine Moore-DeFord, Mary Gaskins and Mary Hughee.

Submitted by: Catherine Moore-DeFord, Chair

## PARLIAMENTARY COMMITTEE

“Parliamentary Procedure at a Glance” will become an agenda item for our general meetings. The brief procedural updates will include information designed to further promote effective communication at the meetings.

Submitted by: Sara Jerkins, Chair

## COMMUNITY OUTREACH COMMITTEE

The Community Outreach Committee distributed written proposals to Baltimore City Public School teachers indicating that funds are available for projects they are planning.

The Community Outreach Committee will continue to discuss and explore programs, services, and student based areas that would benefit most from contributions from ABCPSR. For additional information please contact Velma C. Hicks at 410-323-7080 or email [mizzzzvee@aol.com](mailto:mizzzzvee@aol.com).

Submitted by: Velma C. Hicks, Chair

## **VOLUNTEER OPPORTUNITY**

### **Be a Hero: Volunteer as a Reading Partner!**

Are you willing to share one hour each week with a student who is struggling to read? Become a Reading Partner today!

Reading Partners is a nonprofit organization that recruits and trains community volunteers to provide one-on-one literacy tutoring to students who are struggling with reading. Tutors use a research-based curriculum, and program staff regularly assess students to benchmark and monitor student progress.

Devoting just one hour each week to a student can make a tremendous impact. Last year, 94% of Reading Partners' Baltimore students improved their rate of learning in reading, and three out of four narrowed their achievement gap. This year, Reading Partners will serve at least 250 Baltimore students, so we need your help!

To sign up to be a Reading Partner, please fill out the form found at <http://info.readingpartners.org/volunteer-in-baltimore>. If you have any questions, please call (410) 585-7600 or email [geraldine.fiesta@readingpartners.org](mailto:geraldine.fiesta@readingpartners.org).

## MEMBERSHIP RECRUITMENT COMMITTEE

The Membership/Recruitment Committee asks that delinquent membership dues for 2013-2014 be sent in as soon as possible.

We currently have a total membership of 1,142. Please encourage friends and family retirees of the Baltimore City Public School System to join us. There is strength in numbers.

Submitted by: Angela Hill, Chair

## GENERAL MEETINGS AND LUNCHEON COMMITTEE

The General Meetings and Luncheon Committee is responsible for the logistics of all general meetings and luncheons. Members are needed to join this committee. For information and/or to volunteer please contact Marie Bessicks, Chair at 410-542-1790.

# CONSUMER Connection



8379 Piney Orchard Parkway, Suite A  
Odenton, MD 21113

November-December 2013

## Winter Safety Tips

**Outside Safety** - When going outside be sure to dress in layers of loose-fitting clothes that are lightweight. This will help keep you warm while pulling the moisture away from your body. Wear a hat to keep your body heat in and a scarf over your mouth to prevent cold air from entering your lungs. Mittens are warmer than gloves, making them a better choice for hand protection and all areas of your body should be covered to guard against frostbite.



**Snow Shoveling** - Shoveling snow is inevitable if you do not own a snow blower, but it is hard work and you should be in good health before attempting it. Be sure to pace yourself and rest frequently to avoid over-exertion. When lifting, do so with your leg muscles rather than your back to prevent an avoidable back injury. Remember, a heart attack can occur at any age--if you experience any chest or arm pain, stop immediately, and go inside.

**Inside Safety** - Before the winter season begins, have all your heaters checked to ensure they are in good working order. Inspect your carbon monoxide detectors as well especially if you use propane or kerosene to heat your home.

**Driving Safety** - During the winter months, keep your gas tank full to prevent ice from building up in the tank and fuel lines. Inspect your windshield wipers, replacing them if they are worn and keep your wiper fluid full at all times. Pack a winter storm survival kit in case you become stranded.

**Before You Leave** - Tell someone where you are going, how you are getting there, and the approximate time of your arrival. If you become stranded, do not walk for help. Instead place a cloth on your window or antenna to signal your need for assistance.



## Sizing up Seeds

Most seeds are smaller than nuts, but just as nutritious - packed with minerals, fiber and protein.

Sunflower seeds are a great source of magnesium, vitamin E and selenium, all of which our bodies need.

Sesame seeds are common in Asian foods and as a topping on bread rich in copper, magnesium, zinc, and calcium.

Pumpkin seeds are an excellent source of magnesium, iron, copper and zinc and are rich in protein and fiber.

### 2013-14 MRSPA CONSUMER EDUCATION COMMITTEE

Chairperson - Elizabeth Doyle, Montgomery Co  
(Area I - East) **Connection Editor**  
Area 1 West - Nancy Jean Martin, Washington Co.  
Area II North - vacant

Area II South - John Sisson, Prince George's Co.  
Area III North - vacant  
Area III South - Joyce Willey, Wicomico Co.

## Scammers Lurk Behind Area Code 876

Your phone rings and caller ID shows an 876 area code. While it appears the call is coming from the US, be cautious with this Jamaican area code. If you do not have friends, relatives, or business associates in Jamaica, there is probably a scammer on the other end of the line.

“Anyone receiving an unexpected call from area code 876 should be on high alert,” said James Boffetti, New Hampshire senior assistant attorney general. “There is a high likelihood that these calls are from scam artists. Unfortunately, these scammers are very persistent and in some cases verbally abusive, threatening to harm victims if they do not send money.”

## 809 Area Code Scam

This long distance phone scam causes consumers to inadvertently incur high charges on their phone bills.



Consumers usually receive a message telling them to call a phone number with an 809, 284, 649, or 876 area code in order to collect a prize, find out information about a sick relative, etc. The caller assumes the number is a typical three-digit U.S. area code; however, the caller is actually connected to a phone number outside the United States, often in Canada or the Caribbean, and charged international call rates. Unfortunately, consumers don't find out that they have been charged higher international call rates until they receive their bill.

If you believe that you have been scammed:

Contact the carrier with whom the charge originated, whose name and toll-free telephone number should be printed on the same bill page as the charge in question. Often, the problem can be resolved with a single phone call.

## 5 Things to do instead of Spending Money

1. Get organized. Throw away or file old paperwork and other paper items, clean your computer's hard drive, and/or find a permanent, out-of-the-way place for anything lying around the house.



2. Treat yourself to a spa day - at home. Use cooled morning coffee grounds as a full-body exfoliator, soak your feet, put a warm washcloth over your face, and turn on relaxing music.

3. Repair instead of replace. Do you really need a new faucet, or could you switch out a leaky seal?

4. Come up with new outfit combinations. If you're tired of your attire, pull out your clothes and come up with new ways to wear items.

5. Rearrange your house. Freshen up the look of any room by moving around furniture and wall decor.

## Helpful Consumer Websites

Buying a New Car - <http://www.usa.gov/topics/travel/cars/buying-new.shtml>

Credit or Loans - <http://www.usa.gov/topics/money/credit/loans.shtml>

US Consumer Product Safety Commission - [www.cpsc.gov](http://www.cpsc.gov)



## EMERALD ESTATES COMMUNITY ACTIVITY

We are looking forward to Black History Month and Valentine's Day. In celebration, special activities are usually held for the residents of Emerald Estates. Last year's celebration on Valentine's Day consisted of "A Sweetheart Social" with a jazz band. This was an enjoyable afternoon with delicious refreshments and "oldies but goodies" music.

At our next visit to Emerald Estates, since the year 2013 was the 50th anniversary of the March on Washington and the death of President John F. Kennedy, our committee will let residents briefly share their experiences during that time.

If you are free on the second Thursday of the month from 1:30 - 3:00 p.m., please plan to join us at Emerald Estates, 3855 Greenspring Avenue. The residents would be happy to welcome you.

Submitted by: Beverly Reid

## TRIPS/ACTIVITIES COMMITTEE

On Tuesday, December 17, 2013, thirty-six ABCPSR Inc., members, family, and friends traveled to Radio City Music Hall in New York City to see Christmas Shines Here! Featuring: The Rockettes. This was a Christmas Spectacular which engaged the audience during the performance.

After the show, participants enjoyed a delicious lunch at Mastoris Restaurant in Bordentown, New Jersey. This trip, in part, was to support the efforts of the Scholarship Committee. A great time was enjoyed by all. Hope you will join us for our next activity!

Submitted by: Joyce Bowyer, Chair

## PUBLICATIONS COMMITTEE

All articles and information to be included in the March issue of the ABCPSR, Inc. newsletter are to be submitted by **February 21, 2014.**

### IN REMEMBRANCE

The MRSPA remembered and honored departed friends and colleagues from March 1, 2012 to February 28, 2013, at the Annual Business Meeting on May 14, 2013. There were 52 departed ABCPSR members listed.

ABCPSR would like to acknowledge the passing of Dr. Roy Knight, Past President, ABCPSR on January 1, 2014.



## *Fall Luncheon* WINNERS

- |                       |                       |
|-----------------------|-----------------------|
| 1. Herbert Miller     | \$50 Bill             |
| 2. Shirley Stills     | \$25 Macy's Gift Card |
| 3. Harriet Dunlap     | \$25 Macy's Gift Card |
| 4. Dorothy Coleman    | Two books of stamps   |
| 5. Sandra Graves      | Wine                  |
| 6. Ivor Labarrie      | Wine                  |
| 7. Marian Scarborough | Wine                  |
| 8. Deborah Mullen     | Mums                  |
| 9. Gary Burgess       | Mums                  |
| 10. Geraldine Hooper  | Mums                  |
| 11. Edward Boston     | Roses                 |
| 12. Deborah Mackall   | Roses                 |
| 13. Glenda Pinder     | Roses                 |
| 14. Mary Hughee       | Roses                 |
| 15. Ovella Queen      | Ocean Breeze Sachets  |
| 16. Joyce Bowyer      | Mums                  |
| 17. Paulette Burgess  | Roses                 |

Submitted by: Mary Eastman

## FRIENDSHIP COMMITTEE

The Friendship Committee shall:

1. Aid members who need friendly attention.
2. Report illness, disability and death of members to the Membership, Necrology, and Publications committees.
3. Send appropriate remembrances.

The following persons have received cards:

1. Phyllis Purnell – thinking of you
2. Jean Blount – get well
3. Robert Palumbi – thinking of you, get well
4. Velma Hicks – Sympathy – loss of brother-in-law
5. Willie Degraffenreid – sympathy to family
6. Cecelia Press – sympathy – loss of brother
7. Ollie Ray – sympathy – loss of husband
8. Roy Knight – sympathy to family
9. George Whiting – sympathy to family
10. Carol Todd – sympathy to family
11. Alma Darby – sympathy to family
12. Wilma Bonds – sympathy – loss of sister
13. Clifford Rosenberg – thinking of you
14. Gertrude Williams – get well

Submitted by: Mary E. Gaskins

## **Maryland Retired School Personnel Association 2013 Community Service Awards**

### **OUTSTANDING INDIVIDUAL AWARD**

Joy Schwab is the 2013 recipient of the MRSPA Outstanding Individual Community Service Award. Schwab is currently serving as President of the Montgomery County Public Schools Retirees Association. She is involved with many activities in her community: Damascus Lions Club, Green Sprouts and Laytonsville 4-H Clubs, Laytonsville Historical Center, Montgomery County Agricultural Fair, and Maryland Agricultural Fair Board. These varied activities support many diverse populations.

### **INDIVIDUAL HONORABLE MENTION AWARD**

Margie Ree Baker, from Kent County, was selected to receive a 2013 MRSPA Individual Honorable Mention Community Service Award. Baker is a retired math and science teacher. After retiring in 2005 she has served the community in many capacities including the Kent County Commission on Aging, Upper Shore Aging, Crossroads, the Food Pantry, League of Women Voters, and the Christian Community Social Action Committee.

### **INDIVIDUAL HONORABLE MENTION AWARD**

Edith J. Hayman, Talbot County, was selected to receive a 2013 MRSPA Individual Honorable Mention Community Service Award. Hayman has served for 17 years as a Judge Appointed Member of Court Appointed Special Advocates (CASA). CASA volunteers advocate for the safety and well-being of children who are under court protection as a result of abuse or neglect. In addition, she volunteers for the Soup Kitchen for the Hungry Coalition and is a member of the Historic Cemetery of Easton Committee and the Shore Health Memorial Hospital Auxiliary.

### **OUTSTANDING LOCAL ASSOCIATION AWARD**

The 2013 MRSPA Outstanding Local Association Community Service Award recipient is the Frederick County Retired School Personnel Association (FCRSPA). FCRSPA contributed \$10,000 to the Earth and Space Science Laboratory, which used the funds to landscape the exterior of the new facility. Members of the Association are serving as garden volunteers and maintaining the grounds. They also plan to make an annual donation to help pay for any required professional maintenance services.

#### **Local Association Nominees:**

Allegany County Retired School Personnel Association

*Toys for Happiness and Local Food Pantries*

Caroline Retired School Personnel

*Christmas Project*

Charles County Retired School Personnel Association

*One-Room Schoolhouse and Seasonal Collections*

Harford County Retired School Personnel Association

*Donating Children's Books to Empty Stocking Fund*

Wicomico Retired Educational Personnel

*Community Outreach*

Worcester County Retired School Personnel Association

*Food Drive, A Needed Change of Clothing, and Reading to Children*

ASSOCIATION of BALTIMORE CITY

PUBLIC SCHOOL RETIREES, Inc.



ABC

PSR

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## Save the Date!

**SPRING LUNCHEON – May 13, 2014, The Forum**

LUNCHEON CHAIR  
MARIE BESSICKS

NEWSLETTER CO-EDITORS  
ANNA BOSTON CAROLYN BOSTON JOYCE WILSON

### CHANGE OF ADDRESS NOTICE

(Please Print)

Your Name \_\_\_\_\_

Previous Address \_\_\_\_\_

New Address \_\_\_\_\_

Mail to: Angela Hill, 3320 W. Rogers Ave., Baltimore, MD 21215

### MRSPA

The only organization that works to preserve the pensions of Baltimore City Public School Retirees. Fifty dollars (\$50.00) covers your membership in MRSPA and ABCPSR. You may join through dues deduction. MRSPA: 8379 Piney Orchard Parkway, Odenton, MD 21113 410.551.1517  
Current ABCPSR President's contact number: 410.466.1284



## RSVP – An Invitation to Serve

**Lead With Experience**

The Corporation for National and Community Service provides grants to qualified agencies and organizations, including RSVP, for the dual purpose of engaging persons 55 and older in volunteer service to meet critical community needs; and to provide a high quality experience that will enrich the lives of volunteers.

### Who Is Eligible for RSVP?

Individuals that are 55 and older, want to serve in Baltimore City and want to make a difference.

### RSVP Volunteer Opportunities

Companionship and Outreach, Mentoring, Health and Other Education, Helping Seniors Living Independently, Senior Center Programs, Community Revitalization and Improvement, Disaster Preparedness, Serving Meals to Seniors, Delivery of Health Care Services, Food Collection and Distribution, and Marketing and Recruitment.

### Benefits of Volunteering

Free volunteer placement, use your experience skills, gain new and marketable skills, supplemental accident and liability insurance, opportunity to meet new people, training opportunities, reimbursement for transportation, recognition and incentives, and the satisfaction of knowing you are making a difference.

**For More Information, Call RSVP 410-361-9400  
or Daphne C. Hicks 410-361-9401**

