

MONTGOMERY COUNTY PUBLIC SCHOOLS RETIREES ASSOCIATION, INC.



WWW.MCPSRETIRES.ORG
MCPSRA MAILING ADDRESS:
P. O. Box 4367
ROCKVILLE, MD 20849-4367

VOLUME 2007-08, ISSUE #5

JUNE 2008

SCHOLARSHIP RECIPIENTS

The MCPSRA Scholarship Committee is pleased to announce that fourteen MCPS employees will receive scholarships to assist them with the expenses of their education. Four of these scholarships come from a bequest from Louise S. Walker who was a teacher and supervisor in the school system. These are designated to be used by teachers pursuing graduate degrees or classwork to improve their teaching skills. The **Louise S. Walker Scholarships** in the amount of \$1000 will be awarded to:

Audrey Boettcher - Richard Montgomery High School English teacher

Ellie Giles - Instructional Specialist in the Special Education Office

Betty Pierre Saint-Walla - Twinbrook Elementary School Math Coach

Raquel Marshall - Blake High School Computer and Pre-engineering teacher

A scholarship in memory of **Albert Gibson** will go to Molly Lee, a Twinbrook Elementary ESOL teacher, Rosemary Hills Elementary School.

The scholarship given in memory of **Thomas Peters** will go to Jennifer Estenos, a Weller Road Elementary School ESOL teacher.

The seven remaining scholarships will go to these employees:

Kaylia Bravo - Wheaton High School Special Education paraeducator

Elizabeth Chapoy - MCITP East County paraeducator

Akilah English - Wood Middle School Special Education paraeducator

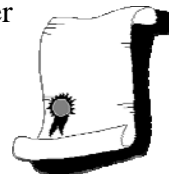
Suzanne Kline - Great Seneca Creek Elementary School First Grade teacher

Kulsum Malik - Gaithersburg High School English Composition paraeducator

Lisa McGarrie - Silver Spring International School Parent Community Coordinator

Terri Moraca - Rachel Carson, Jones Lane and Diamond Elementary Schools instrumental music teacher

Scholarship Committee members are Jean Bedenbaugh, Joyce Conway, Ann Eberly (co-chair), Romaine Hagyard, Ken Huff, Nicki Neary, Stephen Raucher, Joy Schwab (co-chair) and E. A. Stonesifer



MCPSRA Luncheon – June 26, 2008

The final luncheon of the 2007-08 school year will feature the presentation of the aforementioned scholarships. A special thanks to Ms. Joy Schwab and Ms. Ann Eberly, Scholarship Committee Co-Chairs, for their excellent leadership in this important project.

Please plan to attend next year's luncheons:
October 30, 2008 February 26, 2009
April 23, 2009 June 25, 2009



GOLF IN THE FALL



Mark your calendars today. The 18th Annual MCPSRA Golf Outing will be held on Friday, October 10, 2008, (rain date is October 17, 2008) at the Laytonville Golf Course, Laytonville, MD. Further details and registration will appear in the October Newsletter.

MCPSRA BOARD OF DIRECTORS

Officers

President.....	Fred Evans.....	301-424-5169
	fevans424@comcast.net	
Vice President.....	Gerald W. Johnson.....	301-466-1714
	lgfjhn@aol.com	
Recording Secretary.....	Elizabeth P. Doyle.....	301-947-0733
	edoyle3233@aol.com	
Corresponding Secretary.....	Jane S. Ahlberg.....	301-251-5560
Treasurer.....	Kenneth K. Muir.....	301-460-9583
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Committee Chairs

Archives.....	Jacqueline L. Gross.....	301-469-7408
	Jacquie0878@aol.com	
Auditing.....	George B. Thomas, Sr.	301-460-6960
	georgebgbtla@msn.com	
Budget.....	Kenneth E. Huff.....	301-622-2161
Development	kenandmarylou@gmail.com	
Community.....	Ruth P. Doak.....	301-593-0072
Service	bdoak1@verizon.net	
Education &.....		
Protective Services		
Hospitality/Luncheons.....	Angelina Goffredo.....	301-942-2573
Insurance.....	J. Thomas Hickman.....	301-929-9660
Co-Chairs	CTMAR28@yahoo.com	
	Stephen M. Raucher.....	301-460-9092
	sraucher@comcast.net	
Legislative.....	Jane Hardy.....	301-774-9494
	hjanehardy@aol.com	
MCPSRA Projects.....	Joan Donovan.....	301-253-6099
Co-Chairs	jcjdonovan@aol.com	
	Trish Bendler	301-540-5160
	teacher02@mailstation.com	
Membership.....	Juliette Trevino	301-460-9670
	jgtrevino@comcast.net	
Newsletter Editor.....	Zora Camp.....	301-445-0347
	zoracamp@yahoo.com	
Nominating.....	Karen Rabin	301-460-9643
	karenrabin@prodigy.net	
Parliamentarian.....	Nickie Neary.....	301-869-0057
	nearynic@msn.com	
Political Action.....	LeeAnn Kaye.....	301-598-5480
	geolakaye@comcast.net	
Public Relations.....	Gerald W. Johnson.....	301-466-1714
	lgfjhn@aol.com	
Recognition.....	Joan Donovan.....	301-253-6099
Co-Chairs	jcjdonovan@aol.com	
	Jane Hardy.....	301-774-9494
	hjanehardy@aol.com	
Scholarship.....	Joy G. Schwab.....	301-253-3294
Co-Chairs	schw35@aol.com	
	Ann Eberly.....	301-766-7550
	anneberly36@myactv.net	
Trips.....	Frieda J. Price.....	301-926-2286
Co-Chairs	fjprice@verizon.net	
	Mary Ann Davis.....	301-253-6256
	giddygam@earthlink.net	
Louise S. Walker.....	Richard C. Ahlberg.....	301-251-5560
Scholarship		
Area 1 Director.....	Elizabeth P. Doyle.....	301-947-0733
	edoyle3233@aol.com	

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IN MEMORIAM - JUNE 2008

*Pallie Berry
 Joseph Bezek
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 Benjamin Cooley
 Elizabeth Cross
 Ella J. Estep
 Paul Fischer
 Reece A. Herald
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 Fran k Kowalski
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ENJOY THE BEACH FOR LESS

Join our group house near Bethany Beach. A lovely room (for one or two people) with house privileges: \$220 per room per week.

**Owners: Retired MCPS Teachers
 301-926-6943 or obieobwan@aol.com**

Please inform Membership Chair Juliette Trevino of changes in your name, address or phone number by mailing it to MCPSRA, P.O. Box 4367, Rockville, MD 20849-4367 or by email at jgtrevino@comcast.net

The Montgomery County Public Schools Retirees Association, Inc. publishes a Newsletter five times a year. All submitted content, including paid advertising, represents the view of its author alone and does not necessarily represent the views of this Newsletter, its staff nor MCPSRA, Inc.

COMPLETE THIS FORM ONLY IF YOU ARE APPLYING FOR MEMBERSHIP

**Maryland Retired School Personnel Association
Montgomery County Public Schools Retirees Association
Application for Membership**



Name _____ Soc. Sec. # _____ Birthdate _____

Address _____ Telephone _____

City _____ State _____ Zip + 4 _____ Email _____

Please sign authorization for dues deduction (see below) **or** make check payable to MCPSRA.

Mail to: MCPSRA – Membership Chair	MRSPA DUES	\$25.00
Box 4367	Local Dues	<u>10.00</u>
Rockville, MD 20849-4367	Total	\$35.00

I hereby authorize the Retirement and Pension System of the State of Maryland to deduct annual membership dues for the MRSPA and the MCPSRA from one of my retirement checks each membership year.

I understand that my social security number is required if I wish to become a dues deduction member.

SSN _____

This authorization will remain effect until cancelled by written notice mailed to the Maryland Retired School Personnel Association.

Signature _____ Date _____

=====CUT HERE=====

We Can Do It! Believe in the Power of Positive Thinking!

During this time of escalating gas and food prices along with the recessed national economy, it was beginning to look pretty bleak for our Toolkits, Books, and Backpacks Projects and the fundraising efforts initiated way back in October. Our MCPSRA members, though, are a compassionate and generous group of individuals who remain committed to the well-being of the neediest of our county’s school children. When the plea went out in our last newsletter only 105 donations for a total of \$4,905 had been received, which was less than half of what had been collected by the same date the previous year. Many wonderful individuals responded to our urgent cry for help and sent in sponsorship forms and donations since then. In fact, some 196 donations have to date been received totaling \$10,290. There is hope on the horizon!

We still have quite a distance to go, though, if we are to reach our goal of providing 1100 Title I kindergartners with toolkits of school supplies during the ELO SAIL Program this summer as well as new books for children in grades 1 through 5, and backpacks for approximately 50 homeless children. Toolkits cost at least \$10 each so it is easy to calculate that we still must work very hard at fundraising during the months of May and June to assure the success of not only the toolkits but the other projects as well.

Here is where the belief in the power of positive thinking takes over. WE CAN DO IT! WE CAN DO IT! Words said over and over again take on special meaning and project a power of their own. Hopefully those of you who have not yet taken the opportunity to sponsor a toolkit for a needy child will hear our words and make them come true. PLEASE help by sending in a sponsorship form with your TAX-DEDUCTIBLE donation. We reached \$15,000 through 300 donations last year. Can we do it again this year? YES! WE CAN DO IT! We are sure that there are enough members out there who will step forward to join the others who have already contributed to guarantee the success of our projects again this summer. Thanks so much for caring!

-----CUT HERE-----

MCPSRA TOOLKITS SPONSORSHIP FORM

Please provide (print clearly) the following information and mail it along with a check (payable to: **MCPS Educational Foundation**, with “**Toolkits Project**” on the memo line) to: Mrs. Joan Donovan, 13 Hilton Court, Gaithersburg, MD 20882-3521

Name: _____

Address: _____

I would like to sponsor # _____ toolkits at \$10 per kit. Donation enclosed:\$ _____

Optional: In memory of _____

MCPSRA Proposed 2008-09 Budget

Adopted by the Board of Directors
on May 1, 2008



A MESSAGE FROM FRED EVANS

	2007-08	2008-09
	<u>Budget</u>	<u>Budget</u>
<u>INCOME</u>		
Local Membership Dues	\$ 27,000	\$ 27,000
MRSPA Postage Grant	30	30
Investment Income	1500	1500
TOTAL INCOME	\$ 28,530	\$28,530
<u>EXPENSES</u>		
Officers		
President	\$ 200	\$ 200
Vice President	125	*
Recording Secretary	400	*
Treasurer/Assistant Treasurer	650	*
Membership Chair Stipend	2400	2400
Committees		
Archives	25	*
Auditing	550	550
Budget	10	*
Community Service	25	*
Donations and Contributions	500	500
Education & Protective Services	50	*
Hospitality	750	1000
Insurance	200	*
Legislative	100	*
MRSPA Donations/Fees	50	*
Membership	700	700
Necrology & Recognition	150	150
Political Action	100	*
Program	800	800
Publications	16000	16000
Scholarship	6000	6000
Special Projects	2000	2000
Trips	50	50
Contingency		500
Webpage	1200	1200
TOTAL EXPENSES	\$ 33505	\$ 32050
DEFICIT	\$ -4505	\$ -3520

Note: The budget for 2008-2009 shows a deficit amount, but less than for 2007-2008. Our experience over years has been that many allocations are not fully used, and there is always a surplus at the end of the fiscal year. For 2008-2009, some specific budget allocations which have been largely unspent in past years (see*) have been combined in a "Contingency" line item on which these activities can draw when needed.

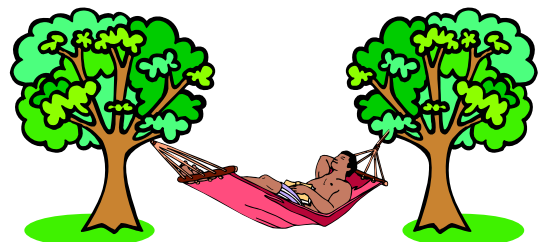
Ken Huff, Budget Development Chairperson

It is hard to believe that my first year as president of our great organization is drawing to a close. I want to thank the members of the Board of Directors for their hard work, support and suggestions to improve MCPSRA. Our final luncheon of the year, on June 26, 2008, will recognize MCPS staff scholarship winners. A special thank you is extended to Ms. Joy Schwab and Ms. Ann Eberly, co-chairs of the MCPSRA Scholarship Committee.

Rather than recommend a "Top 10" list of things to do during the next year, I recommend "Fred's 5."

- **Take an MCPSRA sponsored trip.** The feedback from the travelers is always positive.
- **Recruit at least one new member to MCPSRA.** It is important that we have a strong advocacy voice, especially in light of the current national, state and local budget crisis.
- **Begin an exercise program.** Remember, it is never too late!
- **Contribute to the MCPSRA Toolkits Project.** Our state organization, MRSPA, recognized this program with a Community Service Award. Over 1000 students benefit from our efforts.
- **Vote on November 4, 2008!**

The MCPSRA Board of Directors and I look forward to next year as we continue to move forward and improve our organization. We welcome your thoughts, ideas and suggestions. Don't hesitate to contact us via our web page or email. Have a great summer!!





NEW MEMBERS - JUNE 2008

Bukatman	Joanne
Christiansen	Barbara C.
Fagen	Dr. Stanley A
Hall	Sharon Elizabeth
Hobbs	Ruth E.
Jordan	Joan
Kalo	Dolores (Dee) Ann
Kress	Donald
Lang	JoAnn
Martin	Martine
Poore	Margaret
Schramm	Jean L.
Scott	Jean K.
Vukmanic	Betty
Waters	Nancy R.
Wray	Jacquelyn





DEMOCRACY IN ACTION

HELP WANTED!!

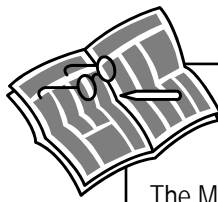
Join the largest democratic assembly in the world! See and hear the presidential candidate(s) make his/her pitch(es) to the National Education Association's (NEA) 10,000 delegates. Meet colleagues from across the country. It's a huge event and volunteers are needed to help make the Representative Assembly (RA) run smoothly. All members of the education family are invited to volunteer.

Remember your staff meetings? Imagine 10,000 school personnel talking and trying to conduct business. You can help manage the chaos. Volunteers staff forty microphones. Representatives wishing to speak tell you what they want to do, and you call in their request to the front table. You are where the action is. It's informative, exciting and fun.

Join the Maryland host volunteer crew, July 2-6. Receive \$40 a day, lunch, breaks, snacks and reimbursement for parking/bus/metro expenses and tolls. Hours are approximately 8 a.m. to 6 p.m. You need not work every day.

The NEA Annual Meeting is held at The Washington Convention Center located at 801 Mt. Vernon Place, NW, Washington, DC. The Mt. Vernon Square Metro stop on the green and yellow lines is right in the convention center, so getting there is easy!!

To learn more, contact LeeAnn Kaye, Maryland Host Committee Chair, lakayeneaconvention@comcast.net or 301-598-5480.



WANT A WANT AD?

The MRSPA Board of Directors has agreed to accept advertising. Dimensions and per issue rates are as follows:

Business card	3.0" wide x 2.0" tall	\$35
Quarter page	3.5" wide x 4.75" tall	\$60
Half page	7.5" wide x 4.75" tall	\$110
Full page	7.5" wide x 10.0" tall	\$200

An ad cannot exceed the above dimensions and should be emailed to the Newsletter Editor as a WORD attachment or as camera ready copy via US mail. WORD formatting will be provided on request to the Newsletter Editor. If you need professional help in following these guidelines, it is available, pro-rated at \$85 per hour, at A.G. Fiorill Printing (www.fiorillprinting@aol.com) or at 301-776-0585 or by FAX at 301-776-0592.

Deadlines for future Newsletters are as

Sept. 4, 2008 for the October 2008 issue
Nov. 6, 2008 for the December 2008 issue

Send advertising copy (email to zoracamp@yahoo.com; surface mail to Newsletter, P.O. Box 4367, Rockville, MD 20849-4367. Mail check payable to MCPSRA (in advance of publication) to Treasurer, P.O. Box 4367, Rockville, MD 20849-4367.

A Family and Corporate Retreat Center Dames Quarter, Maryland



Return to a quieter time...the Farm House, a year-round beautifully restored six bedroom, six bath retreat center, is perfect for your next family or corporate gathering. Meeting space is available for a variety of group uses.

Enjoy visiting on the screened porch, playing croquet on the shady front lawn, fishing, kayaking, birding, cycling, and crabbing...a perfect location from which to explore and enjoy the Maryland Eastern Shore.

For more information:

nancy_goldsmith@comcast.net or 410-784-2179



WANTED-

**Fun-loving people to join the MCPS
Bowling League. We bowl on
Wednesdays from 4:30 to 6:15 pm.
Come on Wednesday, September 3rd,
to our organizational meeting.
For more information, 301/972-1278
or peter_j_corbat@mcpsmd.org.**

The George B. Thomas, Sr.
Learning Academy, Inc. (GBTLA)

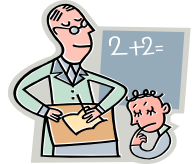
"It's A Wrap" for 2008!

The GBTLA celebrated the accomplishments of over 2,000 students at its annual closing ceremonies on Saturday, May 3. The students and their families joined with GBTLA staff, MCPS executive staff, and Montgomery County government officials to recognize the outstanding achievements that students had made during the 2007–08 school year. Over 650 students were recognized for having achieved a 3.0 or higher GPA!

Thirteen seniors received \$1,000 scholarships as part of the GBTLA's High Achievement Scholarship Program. This program, made possible through a grant from Verizon Maryland and the Mirant Corporation, is in its fourth year. To date, 54 deserving seniors have been awarded scholarships. These students all have outstanding scholastic records and have demonstrated dedication to the Learning Academy either by serving as volunteer tutors or attending as participants.



Think Ahead to Fall



Thinking about getting involved with students again? Would you again like to experience the joy when a child really "gets it" because of your guidance and support? Then the GBTLA is the place for you! The 2008–09 season isn't far away, so please consider tutoring with us in the coming year. It is a great opportunity to work with a wonderful group of students. Both lead tutors and volunteers are needed. Individuals with certification are eligible to serve as lead tutors and will receive a stipend of \$35 per hour. Those without certification can serve as volunteers.

All twelve center locations are in need of both lead tutors and volunteers:

Montgomery Blair HS	Albert Einstein HS
Gaithersburg Center	John F. Kennedy Center
Montgomery Blair Center	Magruder Center
Paint Branch Center	Rockville Center
Sherwood Center	Springbrook Center
Watkins Mill Center	Wheaton Center

We encourage you to visit any of the centers for a tour or to observe the sessions. Just call the GBTLA main office to let us know where you will be visiting so we can make sure the center director will be available to welcome you.

Tutoring sessions are held on Saturday mornings from 8:30 to 11:00 a.m. from October through May. If you are interested, please contact Michael Thomas, Executive Director, on 301.320.6545.

Retirement, a *heck* of a time
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Montgomery Coalition for Adult English Literacy (MCAEL)

As if I am in deafness. That's how one Korean immigrant described the experience of living in Montgomery County in linguistic isolation - without the basic English skills to communicate with others in the community. Now an adult ESOL student attending a class targeting seniors and run by CCACC, the Chinese Culture and Community Service Center, he is eager to continue learning and ultimately pass the citizenship test. "Even if I am old," he writes in a letter praising the class, "I eagerly expect to speak English fluently in [the] near future after learning English with passion."

Throughout Montgomery County, this passion for learning is echoed by adult learners studying in more than 60 diverse programs that teach English literacy, develop new skills and confidence, and help immigrants overcome barriers and participate more fully in civic life. As a result, learners become better equipped to advance in the workplace, better advocates for their families' health, and more engaged in their children's' education.

According to the 2006 American Community Survey, over 125,000 residents of Montgomery County – close to 14% of the population – report speaking English "less than very well." Many are the parents of MCPS students, who face formidable challenges when parents are unable to support their learning. Adults with Limited English Proficiency (LEP) are often reliant on others – in many cases, their children – as interpreters, and are frequently unable to access resources outside of their communities. A recent study of immigrants in Los Angeles and New York City found that LEP families with children were nearly three times as likely to live in poverty as similar English-proficient immigrant families. LEP families were also twice as likely to report experiencing food insecurity and hunger.

Recognizing the importance of adult English literacy services as a critical community need and workforce development opportunity, the Montgomery Coalition for Adult English Literacy (MCAEL) was formed in 2005. MCAEL works to coordinate and improve services; provide resources and technical assistance to expand capacity; and educate the community at large about the vital importance of literacy and adult ESOL. In 2007, MCAEL compiled the County's first-ever comprehensive directory of adult English language instruction programs, available electronically at www.mcael.org.

The challenge of learning English can be daunting; even in intensive programs, it is estimated that most students need at least 100 instructional hours to advance a single level. Facing many barriers – such as the need for transportation, child care, and low-cost classes – learners may become discouraged without the availability of convenient and relevant instruction. Programs offered on-site in schools or community centers, or which provide childcare, help to reduce barriers and create a sense of community.

One such program is run by the non-profit Montgomery Housing Partnership and is offered on-site to members of an apartment community. Recently, a student attending classes in the program thoughtfully reflected on how the experience changed their life.

"My son started second grade this year and I take him to school everyday. I can talk to his teacher and find out his progress in class. We pronounce together the new words and numbers that he learns in school and I just love the feeling that comes when you can share moments like this in your family. I still have a long way to go before I consider myself proficient in English but I know that I am getting better every time I go to class, and I know that this has made my life easier and productive in the United States. One hundred years from now people will still come to America and these programs will give them the opportunity to improve the quality of their lives, after all America is the land of opportunity."

For more information how you can help *the Montgomery Coalition for Adult English Literacy*, please visit www.mcael.org.

LINDA GRAY, GRI, SRES

ECO-Broker

RE/MAX Realty Centre, Inc

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Office: 301-591-3407

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\$172,000.

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Spacious One Bedroom, One Full Bath condo overlooking golf course from enclosed balcony.

Fresh paint, new carpet, Kitchen has new appliances and floor. Enjoy the many amenities of Leisure World. Call Linda for your personal tour or view at www.HomesNearAndFar.com

Energy tip of the Month:

CALL ME to visit your home to give you a survey of things to do to conserve energy. Going GREEN and saving money are a great combination. As an ECO-Broker I have training and resources to help you with money-saving tips for your home.

WOMEN IN POLITICS?!!

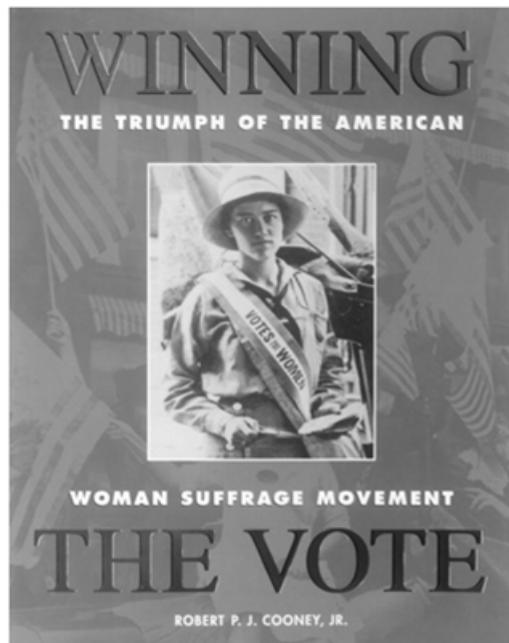
Maryland women

like Margaret Brent in 1648 and three generations of suffragists nationwide campaigned actively for the right to vote before winning democracy for American women in 1920.

Winning the Vote: **The Triumph of the American Woman Suffrage Movement** is the first book to capture the excitement and adventures of American suffragists using original source material such as leaflets, posters, and historical photographs, many never reprinted before. Savor and share the inspiring story with a new generation.

"A feast for the eyes and a book to boost the pride of all Americans."

— Santa Cruz (CA) Sentinel



**MARCH ON! MARCH ON! FACE TO THE DAWN!
THE DAWN OF LIBERTY**



**JOIN THE MARCH TO VICTORY
WOMAN SUFFRAGE PARADE
Baltimore, Saturday, May 31, 5 P. M.
STARTING FROM WASHINGTON'S MONUMENT, 5 P. M. RAIN OR SHINE
THE LYRIC, MAY 31st, 8 P. M.**

MORALITY PLAY: WOMAN. By Mrs. Christian Hemmick
100 in Cast

SPEAKERS: State Senator Helen Ring Robinson of Colorado
U. S. Senator William E. Borah, of Idaho
Rev. James Grattan Mythen, of Baltimore

Tickets on sale at Albaugh's Ticket Office, 817 N. Charles St., and at the Lyric on the night of the performance. Boxes \$15 and \$10. Orchestra seats \$1.00 and 75c.; balcony 50c. and 25c.

Leaflet from a 1913 parade for woman suffrage in Baltimore, one of over 960 images from "Winning the Vote."

WINNING THE VOTE: **The Triumph of the American Woman Suffrage Movement**

by Robert P. J. Cooney, Jr.

American Graphic Press ISBN 0-9770095-0-5
\$85.00 (+ \$7.50 shipping)

Order from the **National Women's History Project**
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PARKING INFORMATION

Day trip parking information will be indicated in each trip description. Overnight trips will leave from Park & Ride lot on Norbeck Rd. & Georgia Ave.

YOUR TRAVEL INFORMATION

PLEASE TAKE TIME TO READ THIS IMPORTANT INFORMATION. SHARE IT, ALONG WITH SPECIFIC TRIP INFORMATION, WITH YOUR GUESTS.

1. We all travel at our own risk.
2. There is always some walking involved as we travel. Read each itinerary carefully, keeping in mind your own capabilities.
3. Itineraries, times and details are approximate. Changes are sometimes necessary and unavoidable.
4. Trips are open to members, their families and friends (adults)..
5. Smoking and drinking of alcoholic beverages are not permitted on the coach.
6. About three to five days before a day trip, participants are called to remind them of the day and departure time of the trip. For overnight coach trips, about two weeks prior to the date of departure, a letter with up to date information, including parking details, and one baggage tag per person will be mailed to you.
7. Write a separate check, payable to MCPSRA, for each trip. Include name and date of trip on check...
8. Send check with completed reservation form.
9. Your reservation is definite upon receipt of deposit/full payment, whichever is required. If a trip has to be cancelled because of insufficient numbers of participants needed by the deadline as published, your check will be returned to you. Feel free to call to find out if your reservation and payment were received.
10. Refunds are made only when your space can be filled.
11. Gratuities for driver and local guides are not included in the price of the trip.
12. Anyone interested in insurance for overnight trips should call Ellen at Eyre Tour and Travel at 301-854-6600, ext. 3252 or 410-442-1330, ext. 3252 or 1-800-321-3973, ext. 3252.
13. We do not provide transportation to and from the airport for trips that require flying.

TRAVEL CO-CHAIRS

Frieda J. Price..... 301-926-2286
105 N. Summit Ave. #4, Gaithersburg, MD 20877-2935

Mary Ann Davis..... 301-253-6256
23509 Woodfield Rd., Gaithersburg, MD 20882-3017

TRIPS IN PROGRESS – 2008

Trip descriptions in previous newsletters:

- June 11 Madame Tussauds Museum PLUS the Lincoln Cottage
- July 15 Harrisburg, PA – Land, Rail, Cruise
CLARIFICATION: Lunch is On Your Own in the State Capitol Building.
- August 19 Boston Pops - Wolf Trap
- Sept. 2-5 Boston, MA – plus more
- Sept.18-27 New England and Canada Cruise from Baltimore (Oct.)

ATTENTION TO NEW ENGLAND AND CANADA CRUISE PARTICIPANTS:

Balance is due by June 10, 2008. Final information (boarding passes, shore excursions, etc.) will be sent approximately 3 – 6 weeks before the cruise. If you live in the area, the information will be sent to Frieda Price. She will be in touch with you about a meeting we will have to give out the information packet and to answer any questions. We have 20 participants on this cruise. A list of names will accompany your documents.

New trip descriptions in this newsletter:

- Oct. 2 La Fontaine Bleu – lunch and musical show: As Time Goes By
- Oct. 22 Tour U.S. Capitol, lunch, Roosevelt Island
- Nov. 30- Asheville, NC (Biltmore Estate) and
- Dec. 5 Nashville, TN (Opryland Hotel)



**At last! A Tour of the US Capitol
Wednesday, October 22, 2008**

Over time, a number of our travelers have requested a tour of the U. S. Capitol and we have arranged for this to occur on October 22. Our tour guide will meet us and for about one and a half hours, show us the building and tell us about its history and functions. After our tour, we will have lunch on-your-own in the Longworth Building Cafeteria. As we make our way back out of the city, we will stop at Theodore Roosevelt Island Park for an opportunity to explore the lovely location in the fall and enjoy the beautiful Potomac River from a different angle.

- 9:00 a.m. Depart Norbeck Park & Ride
- 10:30 a.m. Approximate time to meet tour guide
- 12:00 noon Approximate time for lunch on-your-own in Senate Cafeteria
- 1:00 p.m. Depart for T. Roosevelt Island
- 2:00 p.m. Depart for home.
- 3:00 p.m. Return to Norbeck Park & Ride

Included: Round-trip deluxe EYRE motorcoach transportation, including all destinations as described; tolls and taxes. (Does NOT include gratuity for driver.)

Cost: \$20.00 per person

Due: October 2, 2008

Make checks payable to: **MCPSRA** and mail with completed registration form to:

Frieda J. Price..... 301-926-2286
105 N. Summit Ave. #4, Gaithersburg, MD 20877-2935

ASHEVILLE, NC & NASHVILLE, TN
November 30 – December 5, 2008

Join MCPSRA as we explore the “largest home in America” – the famed Vanderbilt mansion, Biltmore – beautifully decorated for the Holiday Season. With its 250 rooms, 65 fireplaces, bowling alley, gymnasium, outdoor swimming pool, winery and gorgeous surrounding gardens, this is one tour you won’t want to miss.

The Opryland Hotel in Nashville features three interior garden spaces under glass roofs. The Garden Conservatory is a botanical garden with more than 10,000 tropical plants. The Cascades is a lushly planted area with a waterfall and fountain; and the Delta covers 4.5 acres and is highlighted by a water system with flat boats for public rides through the area. At the hotel you will have the opportunity to sign up for local tours in Nashville if you so desire.

Nov. 30, Sunday

7:00 am Depart Rockville Civic Center for Asheville, NC
4:00 pm Arrive in Asheville; check –in Hampton Inn
5:15 pm Dinner at Deer Park on Biltmore Estate
6:45 pm Candlelight tour of Biltmore House

Dec. 1, Monday



Continental breakfast at hotel
9:00 am Depart for tour of Biltmore estates. Self-guided through home, grounds, etc. Visit gift shop; lunch on your own.
1:30 pm Depart for Nashville
6:30 pm **(Central Time)** Arrive Nashville, Opryland Hotel. Rest of evening on your own to enjoy the many beautiful attractions of the hotel.

Dec. 2, Tuesday

Free day at Opryland Hotel. Opryland package includes tickets to ICE, an exhibit on Opryland grounds in a building which includes all kinds of ice sculpture as well as tickets to Treasure for the Holidays, a craft show, located in the Hotel.
5:00 pm Louise Mandrell Christmas Dinner Party

Dec. 3, Wednesday

Free day at your leisure
8:00 pm Show time! Radio City Christmas Spectacular, starring the world famous Rockettes.

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**“As Time Goes By” Luncheon and Show**
LaFontaine Bleu, Glen Burnie, MD
Thursday, October 2, 2008


We’ll be ‘swingin’ through the decades’ at LaFontaine Bleu on Ritchie Highway, Glen Burnie. Irving Berlin is credited with saying that you can trace America’s history through its music so come along on our journey through the 20’s, 30’s, 40’s, 50’s and beyond. The musical show features a 20-piece Latshaw Productions Swing City Orchestra with singers and dancers recreating the music of past decades. Luncheon is served prior to the show.

10:30 a.m. Depart Norbeck Park & Ride
11:30 a.m. Arrive LaFontaine Bleu, Glen Burnie, MD
Luncheon
1:00 p.m. Showtime – “As Time Goes By”
3:00 p.m. Depart for home
4:00 p.m. Arrive – Norbeck Park & Ride

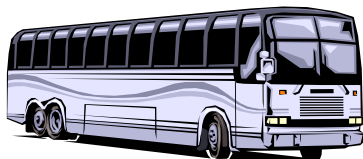
Includes: Round-trip deluxe EYRE motorcoach transportation; luncheon; show; taxes, tolls and gratuities. (Does NOT include gratuity for driver)

Cost: \$83.00 per person

Due: Aug. 27, 2008

Make check payable to: **MCPSRA** and mail with completed registration form to:

Frieda J. Price..... 301-926-2286
105 N. Summit Ave. #4, Gaithersburg, MD 20877-2935
=====



Dec. 4, Thursday

9:00 am Depart for home
Overnight in Salem, VA



LIVING ON THE ACTIVE SIDE

Dec. 5, Friday

Continental breakfast
9:00 am Depart for Rockville
4:00 pm Approximate arrival time in Rockville

Representing our Association, I recently joined others in a seminar sponsored by MRSPA which focused on the themes of nutrition benefits and the value of weight training. The nutrition side of the meeting emphasized five strategies to proper eating:

Included: Round-trip motorcoach transportation on deluxe EYRE motorcoach; 5 nights accommodations, including baggage handling (one pp) and gratuities; 2 Continental breakfasts, 1 dinner show at the Opryland Hotel, 1 New York Rockettes show, tolls, taxes and gratuities; admission to attractions as described in itinerary. Does NOT include gratuity for driver or local guides.

Strategy 1: Be Flexible. Balance what you eat and the physical activity you do over several days. For example eat a light breakfast and lunch when planning to have "pizza with the works" for dinner. Before going to a party, walk 30 to 40 minutes so you can enjoy your favorite party dish. On a day when we splurge on a meal then for the next couple of days eat lighter.

Cost: \$1120 per person, double occupancy
\$1599.00 single occupancy



Strategy 2: Be Sensible: Eating should be enjoyable just keep portions to sensible sizes. Don't supersize; when served large meals in a restaurant bring home half for another day; eat snacks like potato chips from a plate rather than out of the bag in order to maintain control of the portion and by all means read labels to find out fat content, salt and sugar amounts in the serving size.

Due: \$300.00 pp due Aug. 8, 2008 (1st deposit)
\$300.00 pp due Sept. 11, 2008 (2nd deposit)
Balance due October 5, 2008



Make check payable to: **MCPSRA** and mail with completed registration form to:

Strategy 3: Be Realistic: Make changes over time for small steps work better than giant leaps. Remember good things take time. If your goal is to cut down on fat intake, then eat smaller portions or try eating it every other day. Park the car in the farthest spot then walk the rest of the way. Check for lower fat snacks like pretzels, bagels, fresh fruits and skim milk.

Frieda J. Price..... 301-926-2286
105 N. Summit Ave. #4, Gaithersburg, MD 20877-2935

If you prefer to pay by credit card, call **Ellen at Eyre Tours (1-800-321-3973 x3252)** and please mention **MCPSRA. Credit card payment to Eyre only, not MCPSRA.**



SPECIAL NOTE!!! Atrium rooms are available at the Opryland Hotel for an additional cost of \$140.00 (per person) for the three nights.

Strategy 4: Be Active: Physical activity burns off high caloric treats. Try to total 30 minutes of activity a day. It can be in 10 minute chunks of moderate activity. Take a 10 minute lunch break by walking as a daily routine. Try a new fun activity like ballroom dancing or line dancing. Now here's a "fun one". Climb the stairs instead of taking the elevator.

Strategy 5: Be Adventurous: Try a fruit or vegetable you haven't tried before or in a long time. Make this a monthly goal. Prepare a new recipe each month. Strive to eat from each of the food groups in the Food Guide Pyramid and stick only to the number of servings for each group.

HUMOR FOR LEXOPHILES (LOVERS OF WORDS)

The dead batteries were given out free of charge
To write with a broken pencil is pointless.
A thief who stole a calendar...got twelve months.
When the smog lifts in Los Angeles, U.C.L.A.
A backward poet writes inverse.
A chicken crossing the road: poultry in motion.
If you don't pay your exorcist you can get repossessed.
You are stuck with your debt if you can't budge it.



Tom Hickman, Insurance Co-Chair

TRIP RESERVATION FORM: As Time Goes by Luncheon and Show

October 2, 2008

Name _____

Phone # _____

Name _____

Phone # _____

Member of MCPSRA? Yes ___ No ___ If not, guest of: _____

Total # reservations _____ Total amount enclosed _____ Make check payable to MCPSRA.



TRIP RESERVATION FORM: U.S. Capitol and Roosevelt Island

October 22, 2008

Name _____

Phone # _____

Name _____

Phone # _____

Member of MCPSRA? Yes ___ No ___ If not, guest of: _____

Total # reservations _____ Total amount enclosed _____ Make check payable to MCPSRA



TRIP RESERVATION FORM Asheville, NC and Nashville, TN

Nov. 30 – Dec. 5, 2008

Name _____ Phone # _____

Address _____ Zip _____

Name _____ Phone # _____

Address _____ Zip _____

Member of MCPSRA? Yes ___ No ___ If not, guest of: _____

Single ___ Double ___ Smoking ___ Non-smoking ___

Atrium Room: Yes ___ No ___ If yes, add \$140.00, per person, to the total cost of the tour.

Total # reservations _____ Total amount enclosed _____ Make check to MCPSRA



EMPLOYMENT OPPORTUNITY

International non-profit organization with office in Rockville needs an executive director to begin summer 2009. Duties include event planning, office administration (2 other employees) and project development. Applicant must be comfortable with information technology. Not more than two weeks travel each year. Ideal for a retiree who wants to be involved in day-to-day operations for a 10-year period. For more information, email Dr. James Felix at jimjudyf@yahoo.com



LITERACY TUTORS NEEDED

The Literacy Council of Montgomery County has over 200 adult students on its waiting list for tutors. Become a volunteer literacy tutor and teach an adult to read, write or speak English. No foreign language skills are necessary. Tutors work one-on-one with small groups, and typically meet with students in libraries or community centers at mutually convenient times. Tutor orientations will be held at the Gaithersburg Library on June 25 at 7:30 pm. Sessions will also be held at the Rockville Library on July 1 and September 3 at 7:30 pm, and on September 8 at 10:30 am. Registration is required. Call 301-610-0030 or email info@literacycouncilmcmd.org





DIRECTIONS TO WILLOW TREE INN

At the Montgomery Village Golf Club
 19550 Montgomery Village Avenue
 Gaithersburg, MD 301-948-8832

- Take Exit #11 off I-270. Go north on Montgomery Village Avenue, through nine traffic lights.
- After you pass the traffic light at Club House Road, get into the left lane.
- Take the next left into the entrance to the Willow Tree Inn.
- Pass the upper level parking lot on your immediate left.
- Bear left on the drive which takes you to the lower parking lot.
- Enter the Inn by the stairs or ramp adjacent to the lower lot.



**MCPSRA Luncheon
 Thursday, June 26, 2008**

Tossed Garden Salad

Grilled Salmon

OR

Chicken Piccata

OR

Pasta Primavera

Fresh Vegetable Medley

Hot Rolls and Butter

Lemon Cake

Coffee or Tea

Please be aware that if Montgomery County Public Schools are closed that day, the luncheon is cancelled. If there is a delayed opening of any kind, the luncheon will be held.



**RESERVATIONS FOR MCPSRA LUNCHEON/BUSINESS MEETING
 Thursday, June 26, 2008 at the Willow Tree Inn**

Gathering: 11:00 a.m. Business Meeting: 11:30 a.m. Luncheon: 12:00 Noon Program

Price of Luncheon: \$17.00

CIRCLE ENTRÉE CHOICE

Name. _____ Phone _____ Salmon Chicken Pasta

Name. _____ Phone _____ Salmon Chicken Pasta

Reservations for 1 or 2 @ \$17.00 Total: \$ _____

Mail reservation form and check PAYABLE TO MCPSRA to:

**Angelina Goffredo
 5304 Flanders Avenue, Kensington, MD 20895-1139
 For information: 301-942-2573**

YOUR RESERVATION FORM AND CHECK MUST BE RECEIVED BY JUNE 23, 2008.

MCPSRA Luncheon/Business Meeting

Thursday, June 26, 2008

THE WILLOW TREE INN

Gathering: 11:00 a.m. Business Meeting: 11:30 a.m.

Luncheon: 12:00 noon

Program

The MCPSRA Newsletter is published in

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This is the June 2008 issue.



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