

HENRICO RETIRED SCHOOL PERSONNEL

September, 2002

President: Swift Williams

Newsletter: Elsie Pelfrey

MEETING - THURSDAY, OCTOBER 31, 2002

Location: WILLOW OAKS COUNTRY CLUB

Time: 11:15 a.m. Social Time

11:45 a.m. Luncheon followed by the program

Speaker: Glen D. Pond, Former Director of Virginia Retirement System

**Special Guests: Ray Wallace, Jr., Newly appointed Board Member of VRS
Betty Lyon, 2002 Henrico Christmas Mother**

The cost of the luncheon is **\$13.00**. Reservations must be made in advance and should be received by **Monday, October 28, 2002**. (see reservation form on page 5)

A MESSAGE FROM OUR PRESIDENT:

The hot, dry days of summer are at last beginning to ease up a bit, and our thoughts turn to fall! For the members of our organization, "Back to School" is for someone else. Retirement gives us the opportunity to explore new places and to take part in many activities. I hope you have **Thursday, October 31**, free to attend our organization's fall luncheon meeting at **Willow Oaks Country Club**. **Glen Pond**, former Director of the Virginia Retirement System, will be our speaker. I know you will find his talk interesting. Be sure to make your luncheon reservation early!

HRSP recently received national recognition for our "**With Our Youth!**" project that involved the volunteer efforts of many members during 2001-2002. We especially appreciate Elsie Pelfrey's submission of our program to the **National Retired Teachers Association** that chose our program as one of the **five** outstanding projects in the nation.

Stories about individuals who exhibit extraordinary courage and character usually get our attention. It is especially compelling if the story is about a friend or colleague. During the summer there was such a story in the **Hanover Herald Progress** about the amazing recovery of our colleague, **Roy Billingsley**, who three years ago, fell 15 feet head first onto a concrete floor. Rescue workers persisted in their efforts to get him to the hospital where he remained in a coma for two months. It was his will to live combined with strong family support and good medical care that brought him back to consciousness. After months and years of physical therapy, Roy is able to get out and even attend our meetings. You have heard the expression, "the same fire that burns wood hardens steel." Roy was tested by fire and showed his metal. A remarkable individual has made a remarkable recovery. We rejoice with him and his family.

I hope to see Roy and all of you at Willow Oaks on **October 31**.

SWIFT

"When you put down the good things you ought to have done, and leave out the bad ones you did - well, that's Memoirs."

Will Rogers

RETIREE RECEPTION - On September 17, **HRSP** held a "**Welcome to Retirement Celebration Coffee**" to honor the 2002 retirees. The reception also was designed as an "**Appreciation to Contacts**" for their extra efforts this year. What a wonderful time we had, visiting with colleagues we saw just a few months ago and with friends we had not seen for years, and especially meeting new friends and sharing ideas about future activities and plans for **HRSP**. The Hospitality Committee "outdid" itself with the refreshments - thanks, ladies. If you know a retiree who is not yet a member, pass along the word that we would love to have them join us. **Contact Dianne at 747-1966 or Audrey at 358-8330 for information.**

2002 - 2003 HRSP Calendar

September 17 - Celebration Coffee for 2002 Retirees and Contact Persons, St. Martin's

September 24 - Area 6 & 8 VRTA/AARP Workshop, Imperial Plaza

September 29- October 2 - NRTA Conference, Washington D.C

October 7/8 - VRTA Fall Conference, Blackstone VA

October 23 - District C Fall Workshop, hosted by HRSP, Imperial Plaza

October 31 - HRSP Luncheon Meeting, Willow Oaks Country Club

2003

January 16 - HRSP Board Meeting, St. Martin's Church

January 27 - VRTA Lobby Day, St. Paul's Church, Richmond

March 13 - HRSP Luncheon Meeting, Glen Allen Cultural Arts Center

April 28/29 - VRTA Delegate Assembly, Blackstone VA

June 17 - HRSP Luncheon Meeting, Glen Allen Cultural Arts Center

HRSP RECEIVES TOP AWARD FROM NRTA!

The **National Retired Teachers Association's** *WITH OUR YOUTH!* Program recognizes activities involving retired teacher groups interacting with the community through projects that impact on youth. **HRSP** members do so many good works that reach into every facet of community service. In July, we submitted to the **VRTA** Committee our ongoing participation with the **Henrico Christmas Mother Program** and our recent efforts to help with **Hilliard House**, along with the volunteer hours as reported by individual members. The committee, in turn sent their first three choices on to NRTA. We were notified in late August that **HRSP** was selected as **one of five award recipients in the nation!** Formal recognition will be made at the **NRTA Conference** in Washington, D. C., September 28- October 2. Elsie Pelfrey will attend as our representative to receive the award. ***Congratulations to all of you who give so unselfishly of your time and talents to enhance the lives of our neighbors and who continue to teach and nurture the children by example and action.***
Words of Wisdom: "I have a simple philosophy. Fill what's empty. Empty what's full. Scratch where it itches.

Alice Roosevelt Longworth

Board Meeting

The board met on August 7, at St. Martin's Church. The meeting dates/locations for 2002-03 were discussed and approved.(see calendar above) The treasurer's annual report was presented Opening balance was \$3,536.66, receipts \$9,252.32, disbursements \$9,437.31 for a closing balance of **\$3,351.57**. A budget for 2002-2003 was proposed projecting operating expenses of **\$3400.00**. (note: meal receipts and expenses are not included) Budget was approved. Membership was reported at **567** (582 as of Sept. 15).

A committee composed of Dianne Shuler, Gordon Sandridge, A.P.Hall and Elsie Pelfrey was appointed to update the by-laws. A committee was appointed to study the feasibility of offering a lifetime membership. Jo Ann McCabe reported on the tax exemption process and will come back in January with more information. A memorial service is being planned for deceased HRSP members. Audrey Batchelder will work on this project.

Now They Tell Us! *A British study of 2,341 women ages 60 to 79 found that doing housework as exercise **does not** seem to improve health. Washing floors and vacuuming do not result in weight loss or lower heart rates - brisk walks do.* **AARP Bulletin**

Congratulations to:

Raymond B. Wallace, Jr. on his appointment to the **Virginia Retirement System** for a five year term. Ray taught at Mills Godwin High School from 1985 - 2000. Prior to that he was with Cauthorne Paper Company for 20 years, retiring as president of the company. **VRS** provides benefits for over 300,000 local

government employees, teachers, judges, and law enforcement officers and over 103,000 retirees. We wish him well as he works on our behalf. Ray is a member of **HRSP**.

and congratulations to:

Thomas Folly who has been appointed to serve as **Chaplain** for **VRTA**. Thomas is well-qualified for the position as he has had experience through his work with the Deacon's "Visitation Ministry" in his church and has received training through special classes at the **VUU** School of Theology. **VRTA** appreciates his willingness to serve.

Senior Connections (The Capital Area Agency on Aging) needs volunteers. If you are interested in helping in any of these areas: long-term care advocates, insurance counselors, Retired and Senior Volunteer Program (RSVP), Senior Medicare Patrol, foster grandparents, money management counselors and public information and education call for more information, call **343-3000** or visit **www.seniorconnections-va.org**.

SCAM ALERT: The increasing number of frauds being perpetuated on elders calls for keeping a close eye on deals that "seem too good to be true." Home improvement is an area that calls for getting references, getting a second opinion, and never paying in advance! Most of the scam artists are very personable, polite and make a good impression - but don't expect them back tomorrow if you give them money up front! A newer scam is the "magnetic" mattress scheme. Your moneyback guarantee for the high-priced mattress that will "make all your pains disappear," may be useless since many of the call back telephone numbers are disconnected. (For more information see the AARP Bulletin.) **We are the trusting generation - we don't expect to be cheated.** But, be watchful for yourself and watch over your elderly family members and neighbors. **Be alert!**

HENRICO CHRISTMAS MOTHER 2002

While our **HRSP** members are involved in many, many wonderful and worthwhile community activities, our ongoing group support of the **Henrico Christmas Mother Program** is a project that brings us together in helping our neighbors who may be experiencing hardships. Now, more than ever, our financial and volunteer support is needed. **Enclosed with this newsletter is an envelope to make it convenient for you to contribute.** Please **send it** or **bring it** to the luncheon meeting. Be sure that any contribution you make indicates that you are a member of **HRSP**. Also consider volunteering for the distribution days. Contact **Anne Southworth at 266-6273** for more information. ***"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."*** **Helen Keller**

CONTACT PROGRAM UPDATE: Again much appreciation goes to the wonderful Contact Persons who have made hundreds and hundreds of phone calls in the past six months. Some had very few calls to make and some had many, and I want to thank every one of them for their willingness to assist. They are responsible for nearly 70 new or renewal memberships from colleagues who had overlooked renewing or joining in past years. Over 60 regular renewals have come in and nearly forty of this year's retirees have joined. Contact efforts may have influenced some of those too, and reminders and invitations sent to those persons surely netted some of them. You can help us with information about any retired colleagues you know - giving updated info, phoning them with an invitation to join or to attend a luncheon, letting us know to send them a membership packet, etc. I imagine you have enjoyed your phone visits with your Contact as much as I have enjoyed my phone chats with the Contacts - "you have been true delights" - and I look forward to our future efforts.

Dianne Hughes Shuler, HRSP Vice-President and Contact Program Coordinator.

Books, books, books... If you enjoyed **Big Stone Gap**, **Adriana Trigiani** has two more in the series that you might enjoy - **Big Cherry Holler** and **Milk Glass Moon**. For mystery lovers, James Patterson's **Beach House** is an interesting read. For the **Mitford** fans, you might want to read **Joan Medlicott's** books beginning with **The Ladies of Covington Send Their Love**, and then **The Gardens of Covington** and **From the Heart of Covington**.

LABEL MARKED 02? YOUR MEMBERSHIP EXPIRES WITH THIS ISSUE. USE FORM TO RENEW.

Please call Barbara Porter, Remembrance Chairman, and let her know if someone is ill or has suffered a loss. Call 288-8088.

TEACHING IN RETIREMENT! After 38 years of middle and high school teaching, I have found a teaching position with all the elements I expected when I took student teaching! My students are totally self-motivated, willing - even anxious -to do exercises over and over. There are no problems with discipline, attendance, clock-watching, cafeteria-hall duty, and students look forward to **TESTS**. They even come during lunch to practice **SOL's** on which they are weak! *Go ahead and envy me.* My new position is teaching "**Beginning Motorcycling.**" Come take my class. **Joyce Knox**, retired from Fairfield MS and Highland Springs HS

NEW COMMITTEE MEMBERS: We welcome and thank the following members who have volunteered to serve on these committees: **Hospitality/Social** - Myrna Cartledge, Shirley Uzel, Jeanne Fusselle, Mary Shepherd; **Mailing** - Georgianne Keene, Sybil Powell, Lucille Haskins, Dorothy Epps. Several other persons have offered to serve, but those committees will not function until later in the year and we will acknowledge them in a later newsletter. We need members to assist the **Program** Committee in locating speakers, entertainment, etc. for our meetings. Contact **Swift** at 353-1373 or **Dianne** at 747-1966.

HILLIARD HOUSE: We have "adopted" **Hilliard House**, a homeless shelter for women and children, as a project in our continuing effort to serve the community. If you can spare time on **Wednesday evenings** (7 - 8:30) to tutor a child, or if you can serve as a telephone volunteer (flexible hours), contact **JoAnn McCabe** at **804-829-2008** or **j.c.mccabe@worldnet.att.net**.

******Hilliard House needs paper products....you can help by bringing any of the following to the October luncheon: paper towels, toilet tissue, paper napkins or Kleenex. Pick up an extra at the grocery store and bring it to the meeting!**

Note: If you have joined **VRTA** directly through Bruce Adie to receive the group discount on insurance, please let **Audrey Batchelder** know. **Call her at 358-8330.**

LEGISLATIVE REPORT: In light of Virginia's current unprecedented financial crisis we cannot realistically expect any changes that cost money this year, and possibly for the next and beyond. We will, however, be maintaining a constant presence at the legislature to guard against losing any of our hard won benefits. For this we will be needing your help. Stay tuned! **Nelson Taylor**

Directions to the Willow Oaks Country Club: From the west end - Parham Road South across Willey Bridge, to second Forest Hill Av exit, follow Forest Hill to the club on the left. From I-95, take 195 South Powhite Pkway exit, follow 195 across James River to first exit - Forest Hill Av. Toll 50 cents - bear right to club entrance about 100 yards on the right. Use building entrance on the right.

FOR LUNCHEON RESERVATIONS; Please fill out the form below and return it with your check (made payable to HRSP) by Monday, October 28, 2002. Mail to **Dale Waldrop, 1300 Hockett Road, Manakin-Sabot, VA 23103.** (If you have questions, call Dale at 784-3221 or Swift at 353-1373)

Luncheon Reservation

I plan to attend the Luncheon _____

I am bringing a guest(s) _____

Attached is a check in the amount of _____ (\$13.00 each)

NAME _____ TEL # _____

mail to Dale Waldrop - address above