

# HOT FLASHES

Fairfax County Retired Employees Association

January 2019

## Chairman's Message

The Board of your FCREA hopes every member and their families and friends had a wonderful holidays. We all look forward to a happy 2019.



This year's FCREA holiday luncheon held at the Waterford in Fairfax was a complete success. More than 70 members and their guest turned out for a wonderful lunch as well as a chance to "mix" with other retirees. We also had an excellent response to our food drive for F.I.S.H. Our thanks to all and we encourage other members who did not attend to place the 2019 date on their calendars.

Our 2019 plans include an Annual meeting in May, the Senior Information Fair May 15th, the FCREA Picnic in September, as mentioned above our Holiday Luncheon in December and our monthly Keep-in-Touch Luncheons.

I also encouraged members to notify Joyce Gerhart, our Sunshine Committee Chair about any members or family members who are experiencing health issues so we can wish them well. And, if you have any ideas on ways to improve your Hot Flashes or can contribute an article, please contact our HF editor, Chuck Higdon.

There are points of contacts and dates for the above events elsewhere in this issue.

Again we wish all a happy 2019.

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association



### **Are you a Fairfax County Government retiree?**

Are you under 65? Do you live in the Washington D.C. Metro Area? The Benefits Division is expanding our Retiree Benefits Focus Group. We are in search of Fairfax County Government retirees who are under 65 and not Medicare-eligible. Benefits Focus Groups are Fairfax County Government's opportunity to hear - you. This small team of 10 to 15 meet quarterly to discuss industry trends, new initiatives and communication efforts. We value having a diverse group to get a better understanding of the needs of our employees and retirees.

If you are interested in joining our group, please email [Mary Hughes](mailto:mary.hughes@fairfaxcounty.gov) (mary.hughes@fairfaxcounty.gov) with your name and email address.

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## **Volunteer**



### **Is your New Year's Resolution to be healthier?**

**Many studies have shown that volunteering can also improve one's sense of well being!** Help improve the quality of life for older adults and adults with disabilities by registering with Fairfax County's Volunteer Solutions. Volunteers are needed to: drive, help with groceries, deliver meals, provide companionship,

help/instruct/share their talents at senior centers and adult day healthcare centers, bring pets to long-term care facilities and much more. Grocery shoppers are especially needed in the Falls Church/Annandale area and mealtime companions are needed in Alexandria!

If you would like to make a meaningful difference in the lives of others, learn more here [Volunteer Solutions](http://bit.ly/volunteersolutions) (<http://bit.ly/volunteersolutions>) or call 703-324-5406.



## Retirees Share a Moment

In this section, we ask you to share a story, anecdote, recipe, anniversary, travel tip, photo, health issue, etc., that you think may be of interest to other retirees. Please send them to [FCREA](#) and as space is available and relevant, they will be published.

Our thanks to Mary Stevens for the following:



*Mary Stevens at Taos Pueblo, New Mexico*

Before retiring, my husband John and I had decided we wanted to see parts of the United States west of the Mississippi, particularly national parks and sites related to his interest in Native American history and culture. Our plan was to start with a visit to the Four Corners area of the Southwest (Arizona, New Mexico, Colorado and Utah). Due to the vastness of this area, it has involved more than one trip. In the

past few years we have visited all four states, and still have not seen everything we hoped to see. But it has been an awe-inspiring, eye-opening experience each time. Following are just a few of the places we visited.

First, we traveled to Santa Fe, New Mexico, a historic town with many art and history museums, great food and lots of music and other activities. Santa Fe also is convenient to other places we wanted to visit, like Taos, where we met a jewelry shop owner who grew up in Fairfax County and moved to Taos 20 years ago. Taos Pueblo is one of the oldest continuously occupied Native American communities in the country. The multi-story adobe pueblos (homes) are well maintained and the Navajo residents were very welcoming. We drove out to the Rio Grande Gorge Bridge for an amazing view from the 10th highest bridge in the USA, and saw a herd of big horn sheep climbing the incredibly steep sides of the gorge below. Breathtaking.



*John Stevens*

In southwestern Colorado, we spent a day at Mesa Verde National Park, which contains more than 5,000 ancestral archaeological sites. We climbed down “stairs” (some made of rocks) and followed a narrow rocky trail along the edge of a cliff to view one of the cliff houses. We then climbed a rustic ladder (actually, three long ladders tied together) back up to the road. We also spent a couple of days in a remote area of Colorado at a guest ranch where we saw the most spectacular night skies.

Monument Valley, in Utah, is probably familiar to anyone who has watched old westerns (John Wayne era). Most of his cavalry movies were shot here. Today,

many commercials are shot here (mostly auto and truck ads). The terrain is so different, with sandstone buttes and mesas as far as the eye can see. Arches National Park in Moab was, by far, the busiest park we visited and visually a photographer's paradise. It was a great visit except when every bus seemed to converge and unload at the same time at the same arch.

In Arizona, we visited Window Rock, the capital of the Navajo Nation. At the Navajo Nation Museum and Veterans Wall, we met some local Navajo vets who were pleased to meet a fellow Vietnam veteran (my husband John). During our travels, we have met so many friendly folks who were often surprised and grateful that someone from Virginia would be traveling out there. We are already are looking forward to our next trip.

*Contributor Mary Stevens retired from the County in 2011. Mary worked at the Department of Housing and Community Development, Management and Budget, and Reston Community Center. Her husband, John Stevens, retired from the Department of Information Technology.*

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4000 years later and we're back to the same language... 🤔 😂



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## **MAKE US STRONGER BY VOLUNTEERING!**

Fairfax County FCU encourages members interested in Credit Union operations and in assisting fellow members to consider our volunteer opportunities. Members in good standing may consider running for the Board of Directors or volunteering on our Supervisory Committee or Asset Liability Committee. The Supervisory Committee ensures that internal controls are effectively maintained and members' interests are protected, and the Asset Liability Management Committee works with management to set investment, interest and loan strategies, and interest rates.

For more information or to apply for one of these positions, please call 703.218.9900, ext. 1219, and leave a message with your name and contact information. Thank you for contributing to the Credit Union!

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Check out the [Credit Union's Quarterly Newsletter](#) for current promotions, news and events.

Not a credit union member yet? You are eligible to join! Open an account today and start reaping the FCFCU's benefits!

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## **FCREA Events.....**



**Keep In Touch Luncheon**

The *Keep In Touch Luncheon* meets at 11:30 on the third Wednesday of every month (except May and December) at the Glory Days Grill, in the Pam Am Shopping Center.

The address is:  
Glory Days Grill,  
3059 Nutley St, Fairfax, VA.

[Map](#)

Phone: (703) 204-0900

We order from a menu and each person is responsible for his/her own meal, drink and a tip.

No reservations are required.

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### **Save the Dates**

We know it is early, but all of our calendars fill up quickly, so get these dates on yours!

May 1, 2019 - the FCREA annual meeting

May 15, 2019 - the FCREA Senior Information Fair

December 18, 2019 - the FCREA Holiday Luncheon

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### **FCREA Board Meetings**

The FCREA Board of Directors meets at 9:30am in the Fairfax County Credit Union ([Fairfax Branch](#)) on the third Wednesday, starting in January and then every other month except May. All FCREA members are invited to attend.

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## **FCREA Membership**

### **Members we have lost track of.. .**

That is, their email and/or mailing addresses are no longer valid. If you are in contact with these members, please ask them to provide us their current information by emailing it to [FCREA](#) or [Bobbie Deegan](#).

Adelaide Barry

Thelma J. Bartholomew Retired from DFS in 1991



Robynn M. Berquist  
Lynda Bismark Retired from DTA in 1999  
Colette W. Brennan Retired from Parks in 1996

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## **New Members**

- David Burke, Retired from CSB on 12/31/18
- Isak Dorot, Retired from Public Works on 12/31/18
- Connie J. Floyd, Retired from Circuit Court on 12/14/18
- Thomas J. Hittinger, Sr., Retired from Office to Prevent and End Homelessness on 12/11/18
- Marcel Jefferson, Retired from Office of Strategy Management on 11/21/18
- Michael Long, Retired from County Attorney's Office in 2013
- Daria Parnes, Retired from FC Public Library System on April 3, 2017
- Mary Wiggington, Retired from the County in 2018

### **To Join FCREA .. .**

Any retired Fairfax County employee or surviving spouse is eligible to become a member of the Association. As you know, we use Hot Flashes to provide retirees with County benefits information, news about other retirees, and other information we believe may be of interest. The association has an Annual Membership Meeting in May and sponsors several events all year, to include monthly luncheons, a Senior Information Fair in May, an annual picnic in September, and a holiday luncheon in December.

Prospective members should contact [Bobbie Deegan](#). The cost of a lifetime membership is just \$50. For a membership application [click here](#).

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## **FCREA Officers**

Chairman: Pam Martin  
703-323-4929

Past Chairman: Joe Blackwell

Vice Chairman & Sunshine Committee Chair: Joyce Gerhart

703-560-4785 or email: [ggerhart2@verizon.net](mailto:ggerhart2@verizon.net)

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill and/or have passed away to Joyce.

Secretary & Hot Flashes Editor: Chuck Higdon

[FCREA99@gmail.com](mailto:FCREA99@gmail.com)

Treasurer & Membership: Bobbie Deegan

4316 Knott Street

Beltsville, MD 20705

301-937-7070 or email: [BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

Please send membership forms, dues and/or address changes to Bobbie.

FCREA Board Member: Randy Creller

Retirement Board: John Yeatman

Travel Coordinator: Betty Powell

703-273-3216 or email: [bpowe1@aol.com](mailto:bpowe1@aol.com)

#### **Fairfax County Retirement**

12015 Lee Jackson Memorial Hwy , Suite 350, Fairfax, VA 22033-3300

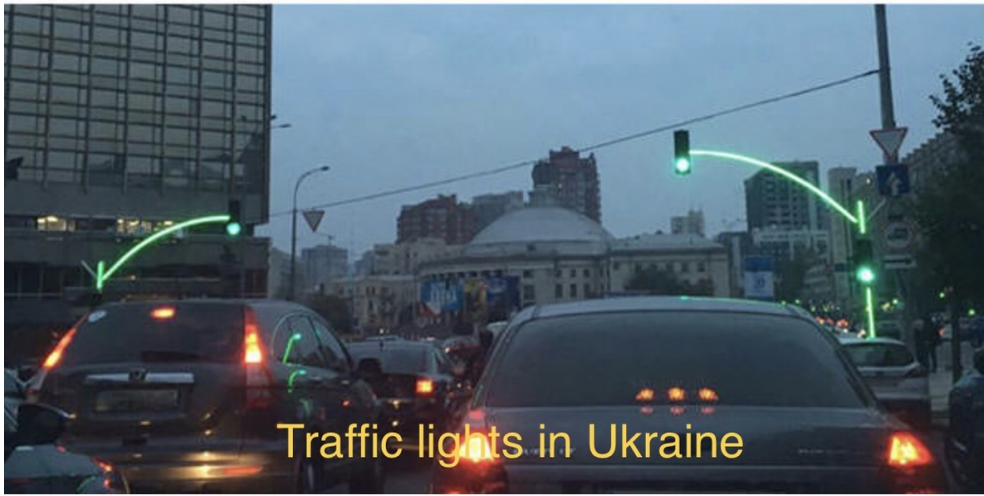
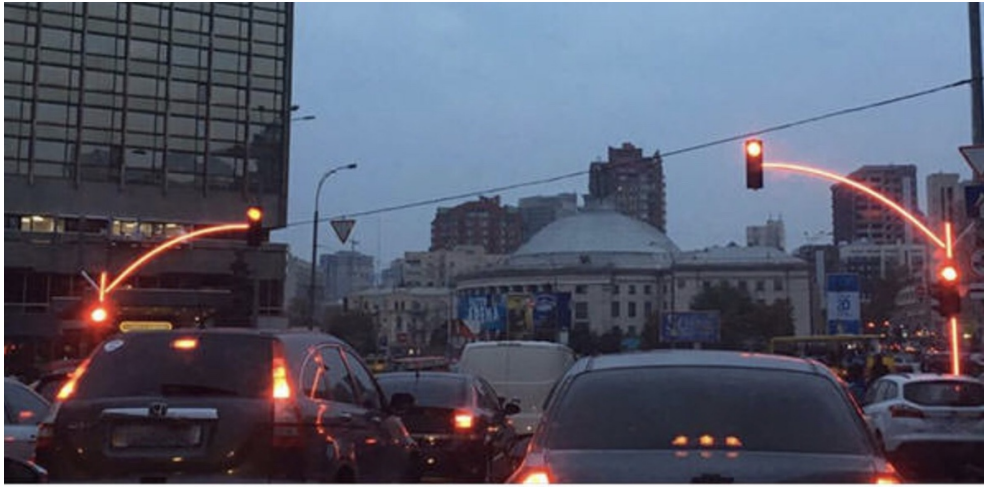
1-800-333-1633 or 703-279-8200

**[FCREA Website](#)**

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## **And Finally ...**

**Some great ideas**



Traffic lights in Ukraine



Water fountain allows water to flow down so dogs can drink too



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