

HOT FLASHES

Fairfax County Retired Employees Association

March 2019

Chairman's Message

We've made it through February. Spring will be here soon!

Thanks again to the many persons who brought canned and boxed goods in November and December to share with Fairfax FISH (For Immediate Sympathetic Help). Faye Quesenberry from FISH attended our holiday luncheon, and she was very appreciative of our retirees' generosity. FISH is just one of the organizations in Fairfax County that depends on volunteers to be able to serve the community. We also have FACETS and The Lamb Center, among others. I would like to highlight one of these groups in Hot Flashes from time to time. If you would be interested in writing an article focusing on the work that one of these groups does, please get in touch with me or Chuck Higdon, our Hot Flashes editor.



In Washington DC, March is the Windiest Month of the Year -- National Weather Service

Congratulations to John Yeatman on his re-election to be the retirees' representative on the Board of Trustees for the Fairfax County Employees' Retirement System. During his years as trustee, John has contributed significantly to the workings of the Board, as evidenced by the fact that his fellow Board members have elected him Vice Chairman. Thank you for your service, John!

Now it's time to dust off winter's cobwebs and venture out into the sunlight. Here's what your Board of Directors has planned for 2019 so far:

- Wednesday, May 1st, 10 AM: FCREA's annual meeting, to be held in the main branch of the Credit Union, 4201 Members Way, Fairfax. Vote for the new Board

members and find out what our COLA will be!

• Wednesday, May 15th, 10 AM – 2 PM: Our 8th annual Information for Seniors Fair, at American Legion Post 177 in the City of Fairfax. (This event will replace the KIT luncheon that would normally take place that day). The county's wellness program is sponsoring health screenings free of charge for all County retirees who get County health insurance coverage. Other participants will include Transportation, the Retirement Office, Benefits staff, the credit union, and the library system's Access Services Division, as well as Osher Lifelong Learning Institute, among many others. What other organizations would you like to see included? Share your suggestions with a board member or email them to FCREA99@gmail.com. Don't miss this special event!

The fair is open to everyone, not just County retirees. Invite your friends and neighbors to come with you, and share the information with your church group or community organization. The Board initiated the fair for three reasons: to provide an opportunity for our members to get their questions answered by representatives from county agencies; to give our members an opportunity to have free health screenings and get information on common medical conditions; and to provide a convenient way for all seniors to access a variety of services that might be of interest to them, such as transportation discounts.

Retirees who would like a table to sell their wares or vendors who would like to promote their products or services also are welcome to participate. Table rentals are just \$10. Email me at Pamela.Martin@fairfaxcounty.gov if you are interested.

As always, Hot Flashes Editor Chuck Higdon would appreciate your contributions to our newsletter. Is there a book you really enjoyed? Do you have a favorite recipe? Have you taken a trip? Email it to Chuck at FCREA99@gmail.com, or snail mail it to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705 and she will make sure that Chuck gets it.

Don't forget our Keep-In-Touch lunches on the third Wednesday of the month! For more information see the *FCREA Events* section below. Come join us at the next Keep-In-Touch lunch on March 20th.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

National Consumer Protection Week

Join the Fairfax County Consumer Affairs Branch in celebrating National Consumer Protection Week from **March 4 to 10, 2019**. National Consumer Protection Week is a national celebration of federal, state and local agencies and organizations who provide consumer education and resources throughout the year. The Consumer Affairs Branch will host consumer education booths, presentations and workshops during the week at venues throughout the county. The Consumer Affairs Branch is committed to ensuring that Fairfax County consumers have the tools and resources they need to understand their consumer rights, navigate the marketplace and make informed financial decisions.

For more information on each event listed below go to FC Consumer Affairs [Consumer Protection Week](#)

VIRGINIA DEPARTMENT OF TREASURY UNCLAIMED PROPERTY:

March 4: Sully Senior Center
14426 Albemarle Point Pl, Chantilly 9am-3pm

March 5: Herrity Building Lobby
12055 Government Center Pkwy, Fairfax 9am-3pm

March 6: FFX County Jennings Judicial Ctr
4110 Chain Bridge Rd, Fairfax 9am-3:30pm

March 7: James Lee Center
2855 Annandale Road, #101, Falls Church 9am-3pm

CONSUMER INFORMATION BOOTHS:

March 4:
Sherwood Regional Library, 2501 Sherwood Hall Ln, Alexandria, 10am-2pm
Reston Regional Library, 11925 Bowman Towne Dr, Reston, 4:30pm-8:30pm

March 5:
Kings Park Library, 9000 Burke Lake Rd, Burke, 10am-1pm
Thomas Jefferson Library, 7415 Arlington Blvd, Falls Church, 10am-1pm
Centreville Regional Library, 14200 St. Germain Dr, Centreville, 4pm-8pm

March 6:
Burke Center Library, 5935 Fred Oaks Rd, Burke, 10am-1pm
Oakton Library, 10304 Lynnhaven Pl, Oakton, 10am-1pm
Patrick Henry Library, 101 Maple Ave E, Vienna, 3pm-7pm
Pohick Regional Library, 6450 Sydenstricker Rd, Burke, 4:30pm-8:30pm

March 7:
Chantilly Regional Library, 4000 Stringfellow Rd, Chantilly, 4pm-8pm
Tyson-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church, 5pm-8pm

March 8:
John Marshall Library, 6209 Rose Hill Dr, Alexandria, 10am-2pm
Herndon Fortnightly Library, 768 Center St, Herndon, 10am-1pm
Richard Byrd Library, 7520 Commerce St, Springfield, 2pm-5:30pm

CONSUMER AFFAIRS PRESENTATIONS:

March 4: HomeFit Workshop; 1pm-2pm
Fairfax County Government Center
12000 Government Center Pkwy, Conference Room 8
Fairfax

March 5:
Resale Disclosure Packet & Certifications; 12pm-1pm
Fairfax County Government Center,
12000 Government Center Parkway, Conference Room 4/5
Fairfax

March 6:
Funeral Planning; 10:45am-11:45am
Mason District Government Building
6507 Columbia Pike
Annandale

Cable TV: Getting What You Pay For; 12pm-1pm
Fairfax County Government Center
12000 Government Center Parkway, Conference Room 4/5
Fairfax

Protecting Against Identity Theft; 7pm-8pm
Financial Empowerment Center
8350 Richmond Highway, Suite 125
Alexandria

March 7:
Internet and Phone Scams; 12pm-1pm
Fairfax County Government Center
12000 Government Center Parkway, Conference Room 4/5
Fairfax

How to Protect Against Identity Theft; 7pm-8pm
George Mason Regional Library
7001 Little River Turnpike, Small Conference Room
Annandale



RETIRED

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 Judy Anderson for the following:



Judy Anderson

I retired from the Public Library early in 2001. Thirty years within the library system had brought me gratifying contact with hundreds of the system's staff. My last two positions, Training Coordinator and Deputy Director, introduced me to many more general County employees. All these personal contacts were sorely missed as I set out to live the next thirty years.

What I especially appreciated when newly retired was not marching to a schedule. In a library one has an hourly assignment to be where the public needs to be served. I was used to very long hours away from home, and focused my time better than I realized when I was home. Retirement gradually brought a delightful erosion of nearly all focus. Some days I wonder where the hours go. What I missed the most by being retired was Tech Support and the infoweb.



The main activity that has sustained me in these past years has been joining the League of Women Voters and working to assist the Prince William County Election Office. I have enjoyed bright and committed women and men who volunteer their skills to register new voters in high schools, at citizenship ceremonies and throughout the community. This has brought me the opportunity to meet inspiring public figures, authors, and academics who have advanced my civic education. I highly recommend this non-partisan organization to any readers who are unsettled by the current state of public affairs.

My homefront has shifted toward the renovation of our second house, a 100-year-old coastal farmhouse in Mathews County, VA. For several years my husband Roger and I have planned to elevate the house above sea level and make various improvements. As the photo shows I now have a 12-step program of my very own, and that work continues to dominate our time.

Recipe for Sauerkraut Salad

From: Bobbie Deegan

I got this recipe from my mother-in-law "back in the day" when we both cooked! It is so easy to make, and it is so good!

2 pounds Double H sauerkraut [the one in the bag], drained

1 cup sugar

1 cup celery, chopped

1/2 cup green pepper, chopped

1/2 cup onion, chopped

1/2 cup salad oil

1/4 cup vinegar

Celery seed, to taste

Sweet red pimento, for color (optional)

Put sauerkraut in a colander, rinse in cold water and drain thoroughly. Move it to a mixing bowl and add remaining ingredients. Mix well. Refrigerate overnight.



The Fairfax County Solid Waste Management Program will be sponsoring one secure document shredding event in each supervisory district per calendar year. These events are only open to Fairfax County residents along with residents of the Towns of Vienna, Herndon and Clifton and the Cities of Fairfax and Falls Church. Documents from businesses will not be accepted.

Please Note: Shredding events start at 7 a.m. and conclude at 11 a.m. All cars must be in line by 11 a.m. These are drive-through events and residents will be asked to remain in their vehicles. For everyone's safety, you will not be able to stand by and watch your paper being shredded.

For more information go to: [Document Shredding](#)

Date	Location	Address	District
March 23, 2019	North County Human Services	1850 Cameron Glen Drive, Reston 20190	Hunter Mill
April 13, 2019	Rolling Valley Park & Ride	9220 Old Keene Mill Road, Burke 22015	Springfield
April 27, 2019	South County Government Center	8350 Richmond Highway, Alexandria 22309	Lee
May 11, 2019	I-95 Landfill Complex	9850 Furnace Road, Lorton 22079	Mount Vernon
June 15, 2019	Sully Government Center	4900 Stonecroft Boulevard, Chantilly 20151	Sully
June 29, 2019	Kilmer Middle School	8100 Wolftrap Road, Vienna 22182	Providence
July 13, 2019	Mason District Government Center	6507 Columbia Pike, Annandale 22003	Mason
August 10, 2019	Langley High School	6520 Georgetown Pike, McLean 22101	Dranesville
September 14, 2019	TBD	TBD	Braddock



Are you a Fairfax County Government Retiree lives in the Washington DC Metropolitan area?

The Benefits Division has begun offering a new monthly workshop: Planning for Retirement Part II: Benefits, as part of our continuous effort to better prepare active employees for their post-work life. This half-day class is open for any merit employee interested in learning more about their benefits, post-retirement. This class does not include pension plan discussion. We would like to invite retirees to participate in our Retiree Panel Q & A that is scheduled at the end of each workshop. We would like to have four retiree volunteers on each panel and plan to set up a rotating pool to accommodate everyone schedules. If interested or for more information, please contact Agnetta Palacios via email at Agnetta.palacios@fairfaxcounty.gov .



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FairfaxCU.org

What's Going On at Fairfax County Federal Credit Union?

Join us at our Annual Meeting!

Our Annual Meeting will take place at 12 pm, March 28, 2019, at the Fairfax Branch on Members Way. The meeting will include an overview of our financial condition in 2018 and our plans for 2019. Please join us!

Mark your Calendar – our next Shred Event has been scheduled!

Protect yourself from fraud by shredding your personal documents for FREE 9 am – 12 pm, on May 4 at our Fairfax Branch location at 4201 Members Way. Identity theft is very common, so shredding documents containing personal financial information is a good strategy for minimizing risk of becoming a victim of fraud. This is also a great opportunity to do some spring cleaning of your file cabinets as well! Feel free to spread the word to family and friends.

*Because the event is limited to a 3-hour window we are allowing no more than 5 boxes per person (approximate box size is 10"H x 18"W).

We hope to see you there!

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!

Visit our website, stop by a branch or call us for details! FairfaxCU.org - 703.218.9900 opt.3. Federally Insured by NCUA. Equal Housing Lender.

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.



Save the Dates

May 1, 2019 - FCREA annual meeting

May 15, 2019 - FCREA Senior Information Fair

December 18, 2019 - FCREA Holiday Luncheon

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.

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](#)

-Mary Allen

-Dianne Cobb, retired from Human Services in 2006

-Maxine Coleman, retired from Human Services in 2001

-Bobby Craig



New Members

- Linda Cushing, Retired from Housing on 1/19/19

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](#).

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

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

Treasurer & Membership: Bobbie Deegan
4316 Knott Street
Beltsville, MD 20705

301-937-7070 or email: 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

Fairfax County Retirement

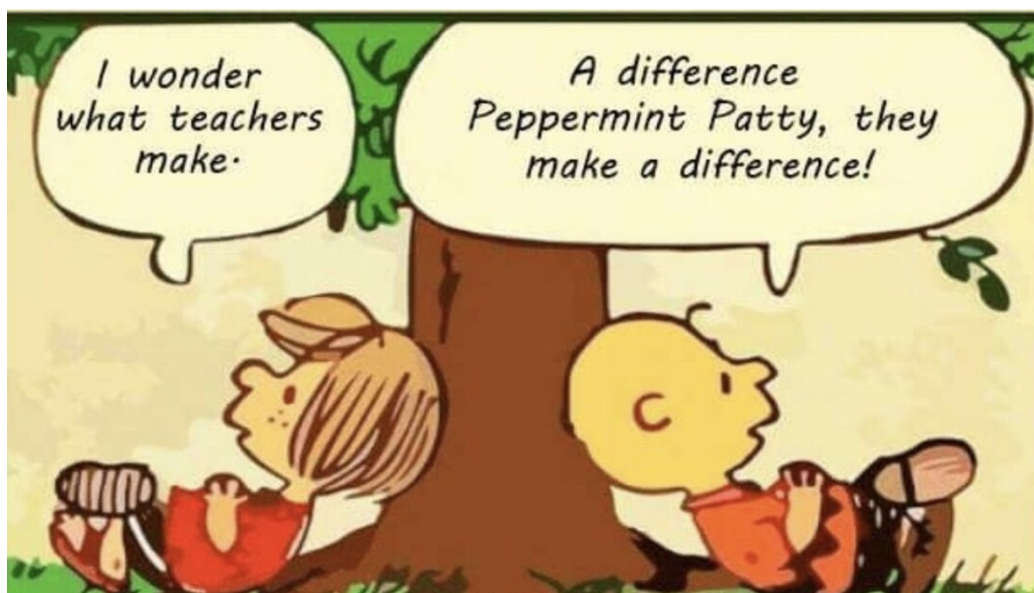
12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300

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

[FCREA Website](#)

And Finally ...

Teachers





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