

# HOT FLASHES

Fairfax County Retired Employees Association

May 2019

## Chairman's Message

May is always a busy month for us retirees! Our Annual Meeting will be Wednesday, May 1st At 10 AM. We will be meeting in the meeting room at the credit union's main branch again this year, 4201 Members Way, Fairfax. Invited speakers include Phil Hagen from Management and Budget; John Yeatman, the retirees' member on the Board of Trustees for the Employees Retirement System; Susan Kirkman from the Department of Human Resources; Jeff Weiler from the Retirement Administration Agency; and Joe Thomas, President/CEO of Fairfax County Federal Credit Union. Come hear what our July cost-of-living increase will be! We also will be recruiting some new members on the Board of Directors.



Then, the annual Senior Information Fair will be Wednesday, May 15th, 10 AM - 2 PM at American Legion Post 177, 3939 Oak Street, Fairfax. Representatives of County agencies and local vendors will be there to share useful information, and we will have a variety of free health screenings, as well. This annual event is open to everyone, so invite your family, friends and neighbors to take advantage of a wonderful opportunity to learn more about organizations/programs of interest to seniors.

There will be no Keep-in-Touch (KIT) luncheon that day, but you and your buddies

can get a delicious bite to eat at the Legion for a very reasonable cost.

On June 19th at 11:30, we will be back at Glory Days Grill in the Pan Am Shopping Center, 3059 Nutley Street SW, Fairfax for our monthly luncheon. The restaurant provides a separate room for FCREA attendees, we order from their regular menu, and each of us is responsible for the cost of our own meal, beverage, and tip. You can order a full meal or just have a sandwich, whatever you prefer that day!

I'm looking forward to seeing many of you at the annual meeting on May 1st , the Senior Information Fair on May 15th, and lunch at Glory Days Grill on June 19th!

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association

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## **Wine, Whiskers and Wags**

Annual fundraising event  
to feature silent auction,  
adoptable pets and  
training demonstrations

**WHO:** Friends of the  
Fairfax County Animal  
Shelter, nonprofit 501(c)  
(3)

**WHAT:** Wine, Whiskers and Wags (Family-friendly event)

**WHERE:** Paradise Springs Winery 13219 Yates Ford Rd. Clifton, Va. 20124

**WHEN:** May 19, 2019, from 1:00 - 5:00 p.m.

**WHY:** Annual community fundraising event

**ADDITIONAL DETAILS:** Tickets are required and may be purchased in advance for \$45 at [www.ffcas.org](http://www.ffcas.org); tickets may also be purchased at the event for \$55. Admission includes heavy hors d'oeuvres, beverages, a ticket for a glass of wine or a wine

# *Wine, Whiskers & Wags*



**WINE TASTING EVENT**  
*Paradise Springs Winery | Clifton, VA*

**Sunday  
May 19<sup>th</sup>**  
1-5 p.m.

Tickets available at  
[www.ffcas.org/wine](http://www.ffcas.org/wine)

tasting, a keepsake wine glass, dog demonstrations, participation in the silent auction and access to exhibitors. The event takes place in the Winery's beautifully renovated Red Barn, its patios and balcony, and the bucolic surroundings. Guests are invited to bring friendly dogs for outdoors only.

Event sponsors are still needed. Interested businesses and individuals should contact: [1 571-212-9858](tel:15712129858).

*Friends is the 501(c)(3) nonprofit fundraising partner of the Fairfax County Animal Shelter. By funding emergency medical care, parasite prevention, dental care and spay/neuter, Friends joins in the Shelter's effort to ensure every shelter pet is offered the best opportunity to find and remain in a loving forever home.*

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## Retirees Share.....

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 Chuck Higdon for the following:

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*Iquazu Falls*

Recently, Marilyn Tanner and

I took a South American vacation, visiting Brazil, Argentina and Chile (to include Easter Island). Two of the trip highlights were Iguazu Falls and Easter Island (a.k.a. Rapa Nui).



Iguazu Falls is located on the Iguazu River, which flows along the border between Brazil and Argentina.

Depending on the water flow, there are collectively 250 separate falls, making it the widest water falls in the world.



*Restored Moai on Easter Island*

Easter Island is a small, remote Pacific island off the coast of Chile. It is best known for its nearly 1000 monumental statues called Moai. Moai vary in height and weight, with an average of 13 feet and 12 tons, while several are up to 33 feet and 90 tons.

Archaeologists estimate Polynesians most likely colonized the island around 1200 AD, and that the Moai statues were created between 1250 and 1500. They were carved



out of several quarries on the island, and some were moved as many as 15 miles away. Exactly how they were moved still remains a mystery today.

Chuck Higdon, Retired from DVS in 2010  
Marilyn Tanner, Retired from DPSM in 2009

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## Retiree Wellbeing Events

All retirees and their spouses are invited to join LiveWell for a series of workshops geared towards maintaining a healthy and active lifestyle.



These events will take place throughout the year and will include seminars, exercise demonstrations and health screenings. Registration is required for both workshops and screenings. Space is limited. Contact [LiveWell](#) with questions.

Upcoming events include:

Back to Balance: July 16, 10 am - 12 pm at the ACCA-CDC in Annandale ([contact info and map](#))

\* **Back Screenings:** 10 am - 11 am: Screenings will be conducted that will assess range of motions, neural functions, and overall strength.

\* **Back to Balance Workshop:** 11 am - 12 pm: This workshop will include a discussion and an interactive exercise class designed to help you improve your balance and prevent falls.

Bone Builders: September 26: 9:30 am-11:30 am at the Government Center, Fitness

Center

\* [Bone Density Screenings](#): 9:30 am - 10:30 am: Utilizes ultrasound technology to calculate bone density at the heel site.

\* [Bone Builders Workshop](#): 10:30 am - 11:30 am: This interactive fitness class will offer participants information on how to build muscular strength and bone density.

*LiveWell Mission - To Cultivate a culture of wellbeing that empowers, educates and engages Fairfax County employees and retirees to make life-long choices that promote total wellbeing - physical, mental, emotional, social, spiritual and financial.*

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## Volunteer

### Election Officers Needed!

Fairfax County needs Election Officers for upcoming 2019 elections. Election Officers must be registered voters in Virginia and complete required training and forms. You may choose to accept the \$175 stipend for a full day, or volunteer your time. ***There is a particular need for Language Election Officers in certain areas of the County who speak Korean or Vietnamese.*** Training begins in April.

Video: [Become a Fairfax County Election Officer](#)

Audio Podcast: [“The County Conversation” About The Need for Election Officers](#)

To apply, fill and submit the online form located at [www.vote4fairfax.com/apply](http://www.vote4fairfax.com/apply). For more information, you can call the office at [\(703\) 324-4735](tel:(703)324-4735), TTY 711 or visit the Office of Elections [website](#).

Residency in Fairfax County is not required.

It is a wonderful opportunity for those interested in the election process or public service, and we need civic-minded individuals to help make Election Day a success!

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**Do you love children and feel comfortable in a classroom?**





## Thanks for coming to our 2019 Annual Meeting!

Our Annual Meeting took place on March 28, 2019, at the Fairfax Branch on Members Way. The President/CEO, Joe Thomas and Board Chair, Bobbie Deegan presented an overview of our financial condition in 2018 and our future plans for 2019. Thank you to all who attended. We appreciate your support and your loyal membership.

## May 4th is our next shred event!

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!



Spring is the perfect time to take care of home renovation plans! And an FCFCU Home Equity Line of Credit (HELOC) is an affordable way to finance home projects!

How does it work?



- Borrow money using the equity in your home
- Use it on an as-needed basis
- Write checks or make online transfers to pay for expenses
- Available credit replenishes as you make loan payments

Apply online at [FairfaxCU.org](http://FairfaxCU.org) or stop by one of our branches today.

*\*A HELOC is a home equity line of credit that uses the equity in your home as collateral for a loan. Rates subject to change without notice. Loan approval is subject to credit evaluation. Federally insured by NCUA. Equal housing lender.*

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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!**

Visit our website, stop by a branch or call us for details! [FairfaxCU.org](http://FairfaxCU.org) - [703.218.9900](tel:703.218.9900) opt.3. Federally Insured by NCUA. Equal Housing Lender.

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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](tel:(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.

## **FCREA Senior Information Fair**

**Wednesday, May 15, 10am to 2pm**

The Annual FCREA Senior Information Fair will be held at the American Legion in Fairfax City. This event is open to all FCREA members, friends, and other seniors. Approximately 20 organizations will attend and provide information of interest to many seniors.

Also, Virginia Hospital Center will provide free screening to County Retirees and Spouses for cholesterol levels and blood pressure.

Additionally, the County's HR department will offer two classes. Space is limited and there is no registration, so if interested, please be prompt.

- Tai Chi class 11 am-12 pm
- Cooking demo 1 pm-2 pm (healthy cooking demo with Chef Cynthia Anderson presenting "Simple Cooking with Heart" in partnership with the American Heart Association and Virginia Hospital Center)

Lunch is available at the American Legion at a very reasonable cost, so make it an "afternoon out" with your friends.

[Map to American Legion](#)

Please join us!

## **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](#)

Juliet D Dill  
Hoa Doan  
Mary C. Dunn  
Marilyn Jill Freeman

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### New Members

- Kris Abrahamson, Retired from Planning & Zoning on 12/25/2018
- Barbara Beatty, Retired from Health Dept. Laboratory on 12-31-2018
- Mary M. Caskey, Retired from DFS in February 2019
- Barbara Greer, Retired from DFS- Office for Children on 3/15/2019
- Anthony (Tony) H. Griffin, Retired from the County Executive's Office in April 2012
- Margit Hanna, Retired from Health Dept. on 9/5/2018
- Ronnie Higgins, Retired from Planning & Zoning on 12-25-2018
- Susan Langdon, Retired from Planning & Zoning on 4/9/2014
- Delores G. Leonard, Retired from Family Services on 4/12/2008
- John D. Lopez, Retiring from Housing on 4/29/2019
- Lorraine "Lori" McLean, Retired from the Health Dept. on 9-8-2017
- Mira K. Sheth, Retired from Dept. of Taxation on 3-5-2019
- Guy Tomberlin, Retired from Land Development Services on 3/1/2019
- Sandra J. Ward, Retired from Fire & Rescue on 12/21/2018



## Condolences

Edith V. Beitzel, 72, of Clifton, VA, passed away peacefully, surrounded by her loving family on February 13, 2019.

She was employed by Fairfax County Fire & Rescue when she retired in 2008 and most recently enjoyed volunteering at Green Spring Gardens, in Alexandria, VA, as a Master Gardener. For her obituary go to [Dignity Memorial](#).



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Jean Elizabeth Stickley Hamill, 92, of Bridgewater, Va., passed away Friday, Nov. 3, 2017, peacefully while in the company of family members at Bridgewater Retirement Community. She retired from Tax Admin in 1983. Jean's [obituary](#).

### 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](tel:703-323-4929)

Past Chairman: Joe Blackwell

Vice Chairman & Sunshine Committee Chair: Joyce Gerhart

[703-560-4785](tel: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](tel: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](tel: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](tel:1-800-333-1633) or [703-279-8200](tel:703-279-8200)

**[FCREA Website](#)**

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**And Finally ...**

**Words Matter .. ...**





**FAIRFAX COUNTY<sup>®</sup>**  
**FEDERAL**  
**CREDIT UNION**  
FairfaxCU.org

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