

***HOT* FLASHES**

Fairfax County Retired Employees Association



November 2015



Chairman's Message

It was great to see so many of you at our annual picnic on September 10th at Nottoway Park in Vienna. For once, we had beautiful weather!

Our next function will be the Holiday Party. This year, we will again get together in The Waterford at Fair Oaks, 12025 Lee Jackson Highway, Fairfax, VA, on December 16th at 11:30. For just \$25, you will dine on a delicious buffet featuring oven-roasted turkey with bread stuffing and sliced roast beef. As those who came last year can attest, this is a beautiful setting and the food is delicious. Plus, there are no stairs to maneuver and Waterford staff will help those who need assistance negotiating the buffet line. To get the cost of each meal down to \$27.50 (FCREA will pick up the additional \$2.50 per meal), we had to guarantee a minimum of 60 persons. If only 50 people pay, FCREA will have to pay Waterford for 10 more to bring us up to the minimum – an extra \$250 out of the treasury. So help us meet the minimum by inviting your family and friends to join us at what is sure to be a fun event. They may win a door prize!

As usual for our holiday luncheons, we ask you to pay in advance. We've already had to make a sizeable deposit to hold the date, and The Waterford requires the balance on the day of the event based on the final number of attendees we give them. So please send payment with your reservation to help us cover the cost "up front." You will find a reservation form elsewhere in this newsletter. Send the form and your check to Dorris Medlin, 7705 Weber St, Annandale, VA 22003. The due date for reservations is December 7th, which is when we must give The Waterford a final head count. If you have questions, give Dorris a call at 703-256-6379.

During the holiday months, it is an FCREA tradition to collect food for a local food bank. This year, we have selected the food bank at which fellow retiree Marge Quick volunteers. If you would like to observe the spirit of the holiday season by donating non-perishable, "non-expired" food items to help families in need, please bring them to our Keep in Touch luncheon on November 18th and/or to the Holiday Party on December 16th. If you prefer to give the food bank a monetary donation, you may give it to our treasurer, Bobbie Deegan, and she will make sure it gets to the treasurer of the food bank.

Looking forward to 2016, dues will be due in January! If you are an annual member, please give Treasurer Bobbie Deegan \$5 to renew your membership for the coming year. We will continue to email Hot Flashes to all members free of charge, but if you prefer to receive a paper copy by mail in 2016, please send your \$5 subscription fee to Bobbie Deegan, as well. Bobbie's address is 4316 Knott St, Beltsville, MD 20705.

That's all I have for now. Don't forget to make your reservations for the Holiday Party, and see you on November 18th!

Sincerely,
Pam Martin, Chairman
Fairfax County Retired Employees Association

Keep In Touch Luncheon

(Third Wednesday of each month at 11:30 a.m.)

Old Country Buffet, Fair City Mall 9650 Main Street, Fairfax. Traveling east from Fairfax City on Main Street (Rt. 236), turn left at the light at Fair City Mall sign, which is across from Woodson H.S. The restaurant is on the left side next to Marshall's. Lunch at the Old Country Buffet will cost **\$9.50 per person**.

Map web Link: [Old Country Buffet map link](#).

Please call Dorris Medlin at 703-256-6379 if you plan to attend.

Save The Dates

Friday, November 20, 2015

Annual Arts and Craft Show sponsored by the EAC at the Fairfax County Government Center

Library retirees: Anne Maurer, Sharon Fadgen, Fran Milhauser and Ilze Long, will show and sell artistic creations including jewelry, knit shawls, hats, etc., picture cards, home accessories and much more !

Please come and join us

Monday, December 7, 2015

Important Information about Retiree 2016 Prescription Drug Benefits

Beginning January 1, 2016, some retirees will receive their comprehensive prescription drug benefits through a County-sponsored Medicare Part D plan called [Cigna-HealthSpring Rx \(PDP\) Employer Prescription Drug Plan](#). This only affects Medicare-eligible retirees and dependents, age 65 and older, who are currently enrolled in one of Cigna's retiree medical plans.

The County has scheduled one additional meetings to provided information:

Group Medicare Part D Transition Meeting

Monday, December 7 at 10:00 a.m.

Government Center Board Auditorium

Wednesday, December 16th

FCREA Christmas Luncheon at The Waterford at Fair Oaks.

The address is: 12025 Lee Jackson Memorial Highway, Fairfax, VA 22033; [Waterford at Fair Oaks map link](#)

Call Dorris Medlin at 703-256-6379 to hold a reservation. Cost: \$25 (checks payable to FCREA). Mail checks to:

Dorris Medlin

7705 Weber Street

Annandale, Va.

22003



Retirees Share A Moment

One of our retirees provided the following recipe for *Old Fashioned Fudge*. It looks great and from the ingredients sounds great!



2/3 cup cocoa
3 cups sugar
1/8 tsp. salt
4 1/2 tsp. butter
1 1/2 cups milk
1 tsp. vanilla

*Combine cocoa with sugar and salt. Add milk and bring to a boil, stirring frequently. Cook on medium high until small amount of mixture forms a soft ball when dropped in cold water (approx. 5-6 minutes). Remove from heat, drop in butter. Allow to cool until you can hold the pot in your hands without burning. Add vanilla and beat until mixture thickens. Pour into buttered pan. Cut into small squares. Savor each bite!

Have some news, information, recipes, etc., that you think FC Retirees may be interested in, please send them to the [Hot Flashes Editor](#).

Welcome New Members

Caroline Kerns - Office of Human Rights
Carol Keil, DFS/Office for Children
MaryAnne Martonik - Dept. of Family Services
Julie Smith - Juvenile Court Intake
Mary A. Stevens - Housing & Community Development

Sad News

Winna Joan (Jo) Cullen, 63 of Strasburg died Saturday August 22nd at Winchester Medical Center. She was born November 1, 1951 at Indiana Pa., daughter of Winifred Deyarmin of Strasburg and the late Ceibert Chalmer Deyarmin. Mrs. Cullen retired from the Fairfax County Government as a systems programmer. Surviving are her husband, Robert Cullen, daughter Christine Raeber of Nokesville; eight sisters; two brothers and two grandsons.”

Sharron Hill-Wilson, 71, a retiree and long-time member of the Fairfax County workforce, passed away on October 13, 2015 after a courageous battle with cancer. She was an original member of the FAMIS team back in the eighties when large mainframe systems were being implemented in the County and then became an integral part of the CASPS implementation in the late nineties. She finished her career with the Department of Finance. Our deepest condolences to Sharron's family and friends

FCREA Officers

Chairman: Pam Martin
703-323-4929

Past Chairman: Joe Blackwell

Vice Chairman: Joyce Gerhart

Secretary & Hot Flashes Editor: Chuck Higdon
FCREA99@gmail.com

Treasurer & Membership Chair: (& send dues payments/address changes to):
Bobbie Deegan
4316 Knott Street, Beltsville, MD 20705
301-937-7070 or BobbieDeegan@aol.com

Board Members: Dorris Medlin, Barbara Miskimmin, & Kay Wintermoyer

Retirement Board: John Yeatman

Travel Coordinator: Betty Powell

Sunshine: Dolores Testerman
703-273-1295

Fairfax County Retirement

10680 Main St., Suite 280, Fairfax, VA 22030
1-800-333-1633 or 703-279-8200

FCREA Website

DUES ARE DUE!

Annual members, it is time to renew your dues for 2016, still just \$5.00 a year!

Next year, we will continue to email our bi-monthly newsletter, Hot Flashes, to the email address we have on file for lifetime members and those annual members whose dues are current. Newsletter editor Chuck Higdon uses a product called "Mad Mimi" to create and distribute Hot Flashes electronically. Please update your contacts list to accept emails from fcrea99@gmail.com. If you haven't been receiving Hot Flashes in your email, do we have your current email address? If so, please make sure Chuck's email hasn't been going into your spam folder! If we do not have your current email address, please contact Bobbie Deegan at BobbieDeegan@aol.com or by phone at 301-937-7070. Bobbie will update the FCREA Membership List and notify Editor Chuck to update the newsletter distribution list.

If you prefer to receive a paper copy of Hot Flashes in the mail, it is time to pay that subscription fee, too – also \$5.00 a year. This subscription fee helps cover the cost of copying and postage, so we don't drain the treasury.

Please make your check payable to FCREA and mail it to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705.

Wondering if you can change your membership from annual to lifetime? Yes, you can. Just send your lifetime dues check to Treasurer Bobbie Deegan with a note that you want to convert your membership. Would you like to pay your dues and/or subscription fee for more than one year? That's fine, too. Not sure whether you are a lifetime or annual member? Give Bobbie a call at 301-937-7070.

And Finally....

Back in my day we didn't watch TV while we ate dinner, we actually talked to each other. What a concept!

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'.."

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