

HOT FLASHES

Fairfax County Retired Employees Association

September 2016



Statue of George Mason at the George Mason Memorial in Washington DC (click on image for more information)

Chairman's Message

So how was your summer? One of our fellow retirees shares her adventures in this issue of Hot Flashes. I hope your summer was relaxing, because we have a busy fall ahead of us!

Open enrollment for the County's health insurance plans will be here soon. If you have County health insurance, watch your mail for the health insurance information sent by the Department of Human Resources! As soon as we know the schedule of County insurance briefings, we will post it on our website (www.retiredfairfaxcounty.com). Please make sure you attend a session!

Our annual picnic will be on Thursday, September 15th at 11:30 AM in Nottoway Park on Old Courthouse Road in Vienna. Hotdogs will be provided by FCREA. Bring a side dish to share, and come enjoy a beautiful fall day with your friends!

We already have a date for our holiday luncheon, too! It will be on December 21st, so save that date! We will be returning to The Waterford at Fair Oaks. We had a great turnout last year, and everyone had a great time. Let's have an even better turnout this year! Details will be in the November issue of Hot Flashes.

That's all I have for this issue. See you at the picnic on Thursday, September 15th and the Keep in Touch luncheons on Wednesday, September 21st and October 19th at our new meeting place, Pan Am Family Restaurant, 3051 Nutley Street, Fairfax.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association



October 2 to October 28

Open Enrollment Meetings

Oct 3rd: Government Center Meeting Time: 9-10 FAIR: 10-2 (Flu Shots available, Vendors available)

Oct 5 – Centreville Library, Time 12:30-3:30

Oct 12 – Government Center, Time: 9-11

Oct 17 – Sherwood Hall – Fort Hunt Road, Alexandria, VA, Time: 12:30-3:30

Oct 20 – ACCA Building – Columbia Pike, Annandale, VA, Time: 7:00 PM – only night meeting

Retirees Share A Moment

In this section we ask retirees to share any stories, anecdotes, anniversaries, travel tips, photos, health issues, etc., that you think may be of interest to other retirees. *If you send photos please identify each person in the photo, from what agency and when they retired.* Please send them to [FCREA](#) and as space is available and relevant they will be published.

RETIREE



Share a Moment

A Trip to the Emerald Isle, by Bobbie Deegan

My husband, Charlie, and I visited Ireland this summer. It was our first visit to the homeland of his grandfather, and we had a wonderful introduction to the Emerald Isle.



We stayed in Belfast, in Northern Ireland, and Dublin, in the Republic of Ireland. If you weren't sure which part of Ireland was which when you first arrived, you were soon set straight! Across the street from our hotel in Belfast was a wall-sized painting of a Dutchman, William of Orange, who brought Protestant rule to Britain in partnership with his wife, Mary from 1689 until 1702. (The College of William and Mary, in the colony of Virginia, was chartered by them and named in their honor).

In Dublin, on the other hand, they were commemorating the 100th anniversary of the Easter Rising, when armed Irish men and women seized key locations in Dublin and tried to drive the British out and establish an independent Irish Republic. They fought gallantly, but were outnumbered and out-equipped by the Brits, and Irish leader Patrick Pearse agreed to an unconditional surrender to prevent the deaths of additional non-combatants.

I wasn't there long enough to see many of the historic sites, but I now have a far better understanding of the English-Irish antipathy. It will be interesting to see how Brexit plays out in Ireland. Since Northern Ireland will be outside the EU and the Republic of Ireland will remain in the EU, there is talk about building a wall between the two to control immigration. It appears they have a way to go yet, but at least both sides are enjoying the peace.

It wasn't all politics.

In Belfast, we visited the museum where the Titanic was built. I confess I am more interested in the human side of the Titanic than I was in the technical side of shipbuilding (although the amount of detail in the architectural drawings was eye-opening). I was surprised to learn that even the tenders to the ship were class-oriented. Third-class passengers had a separate tender from that for first- and second-class passengers, and second-class passengers were in "the back of the boat" for their tender. Also in Belfast, we took a bus tour to the Giant's Causeway in County Antrim, Northern Ireland. The Giant's Causeway consists of 40,000 interlocking hexagonal basalt columns that were the result of a volcanic eruption 50-60 million years ago.

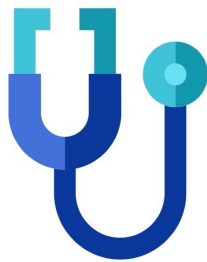
In Dublin, we took a tour of Trinity College and traveled to the coast to see the Cliffs of Moher, Ireland's most visited natural attraction. The cliffs stretch five miles along the Atlantic coast of County Clare. We also visited the Guinness Storehouse, where we learned the correct way to pour a pint, and toured the Bushmills Distillery, where they used to make whiskey. And of course we had some Irish stew in a local pub and watched some Irish dancing! It was a wonderful trip.

Retirees Benefits Focus Group

The Focus Group did not meet in August. The next meeting is scheduled for September.

As a reminder: The Retirees Focus group was created by the FC Department of Human Resources and is chaired by John Clough, Fairfax County HR Division Director, Benefits. The purpose of this focus group is to "leverage the group's experiences to increase the effectiveness of communications between the County and retirees; to help the County keep a pulse on retirees' thinking and to be a sounding board for new ideas."

If you have any ideas about what the County's HR Department can do to improve service or communications with retirees, please send them to [FCREA](#) or send them to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705 and she will make sure it gets to Chuck Higdon. Your suggestions will be forwarded to the focus group.



County Health Benefits: Did you know?

Did you know that Fairfax County Government has a Duplicate Billing/Overpayment Award Program? This program was designed by the Benefits Division to encourage employees and retirees to review their medical bills carefully. If you are a participant in one of the self-

insured Cigna plans and you find an error of more than \$50 in your medical bills, you could be entitled to receive a financial reward of half the amount saved, up to \$1,000. This extra layer of oversight helps to keep claims cost down for everyone. If you believe you have found an error in a bill you received for medical treatment contact the Department of Human Resources – Benefits Division at (703) 324-3311.

Lea Anderson,
Senior Benefits Specialist
County of Fairfax – Department of Human Resources

The Fairfax Circuit Court Historic Records Center

The Historic Records Center (HRC) is located in Suite 1600 of the Fairfax Historic Courthouse (4000 Chain Bridge Road). We are open Monday through Friday, 8:00 am – 4:00 pm. The Historic Records Center houses court records dating back to the formation of Fairfax County in 1742 up through the early 1900s.

Among our holdings, you may find marriage information/licenses; birth and death information; probate records and deeds; court order books; assorted military records relating to the Revolution, War of 1812, Civil War, and Southern Claims; and tax records.

We are open to the public and invite you to visit! We serve genealogists, historians, and citizens interested in local history.

HRC Staff offer tours of the Historic 1799 Courthouse and Records Showroom on Fridays at 11:00 am and 3:00 pm. No reservation needed – meet under the arcade of the 1799 Courthouse (facing the cannons).

Visit our website and sign up for our monthly “[Found in the Archives](#)” newsletter.

For more information, please call 703-246-4168 or [email](#) us.

Heather Bollinger
Fairfax Circuit Court Historic Records

The HRC is one of the participants in the FCREA Annual Senior Information Fair. We want to thank them and encourage any retiree with an interest in Fairfax County history to visit their location.

- the FCREA Editor

FCREA Membership

Your FCREA has lost track of some lifetime members; 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 with their current information by emailing it to [FCREA](#) or [Bobbie Deegan](#).



Donald Lederer, retired from the Park Authority in 1990
Eric Assur, retired from the Juvenile Court in 2000
E. Charlotte Barkley, retired from DIT in 2001
Lucy Jane Ferguson, retired from the Library in 2008
Millicent Sawyer, retired from DFS in 2000
Rhoda G. Burch, retired from the Services Board in 1983

Anything you can do to help will be appreciated.

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. Prospective members should contact [Bobbie Deegan](#). An annual membership is \$5, while the cost of a lifetime membership is minimal, \$50.

Please help expand our membership



New Members

Mary Ellen Cole
Retired from Libraries on May 31, 2016

Inez Frank
Retired from Administration for Human Services in 2015

Molly Norris
Retired from Housing & Community Development in June 2013

Rosario Carrera
Retired from Office of Public-Private Partnerships in February 2016

R. Jeanette Van Gelder
Retired from Family Services in June 2016

Fairfax County Office of Retirement Systems

RETIREEES - Watch for a new format of your Direct Deposit Pay Advice from the Retirement Systems coming through the mail in July! Most retirees should have received their July Pay Advice last week. The format is new and different, and way more secure, as they have adopted a folded, pressure-sealed design. As has been the case for the past few years, the Retirement Systems will only be mailing Pay Advices in January, July and December. Visit the Retirement Systems website for a sample Pay Advice with call-outs explaining some of the new features. In addition to the new format, this month's pay includes your 1.0% COLA effective July 1.

Visit and look under "[Announcements](#)". Or navigate directly to the sample [Pay Advice](#).

-Carol Patterson
Communications Manager
Fairfax County Retirement Systems



FCREA Events.....

Keep In Touch Luncheon

The FCREA *Keep in Touch Luncheons* meet at the Pam Am Restaurant located in the [Pam Am Shopping Center](#) at 3051 Nutley St, Fairfax VA 22031. The restaurant provides a room for FCREA attendees. We order from a menu and each person is responsible for his/her own meals, drinks and a tip.

The *Keep In Touch Luncheon* meets the third Wednesday of every month (except May) at 11:30.

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



Sight and Sound Theatre

Sight and Sound Theatre Trip

Its time for a day trip to the Sight and Sound Theatre in Lancaster, Pa. to see [Samson](#)! We will leave from the Fairfax County Credit Union on Thursday, October 20th at 8 00 a.m. and return at approximately 8 00 p.m. The cost is 125.00 per person and includes lunch at the Hershey Farm Restaurant. I have placed 50 tickets on hold. If you are interested in the

trip, email [Betty Powell](#) or call: 703-273-3216.

FCREA Annual Picnic

A final reminder that the FCREA annual picnic will be on Thursday, September 15th, at 11:30 at [Nottoway Park](#) on Old Courthouse Road in Vienna. Hotdogs and drinks will be provided by FCREA. Bring a side dish to share, and enjoy a beautiful fall day with your friends!

The address is : 9610 Courthouse Rd., Vienna, VA 22181.

FCREA Holiday Luncheon

The annual FCREA holiday luncheon is scheduled for December 21st at the [Waterford near Fair Oaks mail](#).

12025 Lee Jackson Memorial Highway

Fairfax, VA 22033

Phone: (703) 352-3200



Get Well messages for:

Eva Lindsey broke her hip, had hip replacement surgery and is recovering at home. Eva, who worked for Housing and Community Development and FMD, retired in 1992.

Gerri Buroker is recovering from a knee injury. Gerri worked in Human Services and retired in 2004.

James Gorby had heart surgery in early August. Jim's wife, Sue, says he is recovering quite well at their home. Jim retired as Director of the Department of Vehicle Services in 2011.

We also extend our get well wishes to Florence Greer and Jane Paterson, who have been "not feeling too well."

Condolences

Ray Birch's brother, Ralph, recently passed away. Ray retired from the Department of Finance in 1977.

John J. "Jack" Adair passed away peacefully surrounded by family on Friday, July 15, 2016. John worked in the Financial and Program Auditor Agency and retired in 2010.

FCREA Board Meetings

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



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
BobbieDeegan@aol.com

Board Members:

Dorris Medlin
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](#)

And Finally..

Be careful about reading health books. You may die of a misprint.

Mark Twain

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I don't feel old. I don't feel anything until noon. Then it's time for my nap.

Bob Hope

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We could certainly slow the aging process down if it had to work its way through Congress.

Will Rogers

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Don't worry about avoiding temptation. As you grow older, it will avoid you.

Winston Churchill

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When a man retires and time is no longer a matter of urgent importance, his colleagues generally present him with a watch.

R C Sherriff.

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Half our retirement life is spent trying to find something to do with the time we have rushed through life trying to save.

Will Rogers,

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Retirement is when I stepped aside for a less experienced and less able man.

Scott Elledge.

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