

HOT FLASHES

Fairfax County Retired Employees Association

September 2018

Chairman's Message

Have you had a great summer? Share your adventures with your fellow retirees in Hot Flashes. Just email them to our great newsletter editor, Chuck Higdon, at FCREA99@gmail.com, and he'll take it from there.

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! The schedule of County insurance briefings is included in this issue of Hot Flashes. It also is posted on our website (www.retiredfairfaxcounty.com). Please make sure you attend a session!

Our annual picnic will be on Thursday, September 27th 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!

Travel Coordinator Betty Powell has arranged a bus trip to the Sight and Sound Theater in Lancaster, PA on November 14th. This day trip is always a lot of fun. See the section below **FCREA Events**, for more details. Please plan to join us, and invite your family and friends, too! The more the merrier!

Our holiday luncheon will be on December 19th at 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!

That's all I have for this issue. See you at the picnic on Thursday, September 27th and the Keep in Touch luncheons on Wednesday, September 19th and October 17th at the Glory Days Grill in the Pan Am Shopping Center, 3059 Nutley Street, Fairfax.



Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

2019 Fairfax County Retirees Open Enrollment Meetings and Health Fair Schedule

OPEN ENROLLMENT

Retiree Health Fair & Meetings Retiree Open Enrollment from October 9 – November 30, 2018		
Centreville Regional Library 14200 St. Germain Drive Centreville, VA 20121-2299	Wednesday, October 3, 2018	Meeting from 1 pm – 3 pm
Fairfax County Credit Union 4201 Members Way Fairfax, VA	Monday, October 15, 2018	Meeting from 10 am - Noon
ACCA-CDC 7200 Columbia Pike Annandale, VA	Wednesday, October 17, 2018	Meeting from 7 pm - 9 pm
Sherwood Regional Library 2501 Sherwood Hall Lane Alexandria, VA 22306	Thursday, October 18, 2018	Meeting from 1 pm - 3 pm
Fairfax Credit Union Health Fair & Flu Shot Clinic 4201 Members Way Fairfax, VA	Monday, October 22, 2018	Health Fair & Flu Shot Clinic 10 am – 2 pm
Fairfax County Credit Union 4201 Members Way Fairfax, VA	Wednesday November 14, 2018	Meeting from 10 am - Noon

Also please note that:

The Fairfax County Open Enrollment Health Packages will be mailed out the first week of October. A Post Card reminder will be mailed around Sept. 9th.

Also, the Open Enrollment period for Fairfax County Retirees is almost 2 months.

Putting for Pets



Enjoy a great day of golf while helping Friends support the welfare of our county's shelter pets.

Putting for Pets Captain's Choice Golf Tournament
Thursday, September 20, 2018 Twin Lakes, Oaks Course
11:30 a.m. lunch and registration
1:00 p.m. shotgun start

Singles or groups of fewer than four players are always welcome and will be paired with other players for an enjoyable round. To keep the pace, we play a single bogie stroke limit on each hole. Therefore, the max score on any hole is one over par.

\$140 per golfer includes 18 holes, lunch, dinner, beer, beverages, raffle, silent auction and more! For reservations go to: www.fcas.org/golf

Friends of the Fairfax County Animal Shelter is the 501(c)(3) nonprofit fundraising partner of Animal Shelter. By funding emergency medical care, behavior training, 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.



NV Rides

Safe Driving as You Age

Tuesday, October 23, 10:00 am- 2:30 pm

Exhibitor Fair opens at 10 am, Speakers start at 11 am

NV Rides will host a FREE event including speakers and workshops offering tips and best practices to help you stay on the road safely, and for as long as possible.

Workshop highlights will include:

- Steps you can take to ensure safety
- Using technology to find transportation
- Tips on keeping your body and mind healthy
- How to help your non-driving neighbors
- Securing safe and reliable transportation after you stop driving
- A light lunch will be provided.

If you plan to stay for lunch, an RSVP is required by October 18, for planning purposes. RSVP to Gina Cocomello at 703-537-3070 or ginac@nvrider.org

Location: Reston Community Center Hunter Woods, 2310 Colts Neck Road, Reston

Cost: FREE

NV Rides is a program supporting a network of volunteer driver programs, and is a partnership between the Jewish Community Center of Northern Virginia (the J), Fairfax County, and Jewish Council for the Aging (JCA).



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 Evelyn Grieve and Karen Harwood for the following articles.



Bill & Evelyn Grieve

Bill and I both worked for the County. Bill worked as a Site Inspector for DPW, and he retired in October 2011. I worked in HR as an IT Division Director and I retired in July 2014. We are both very grateful for our careers with the County and for the pension plan that has allowed us to pursue our passions. I'm the Co-founder and President of the Friends of the Fairfax County Animal Shelter. Karen Diviney and I founded the 501©(3) in 2006. Since I retired, I have been able to devote more time to help pets at the Shelter find their 'forever home'.

I'm also able to spend more time gardening. Bill loves playing golf and we have been able to travel both internationally and within the US.



Evelyn & Eddie

We also enjoy spending time at our house in the Outer Banks. In August I'll be going to camp in Colorado. Who said you have to 'grow up'!

- Evelyn Grieve, retired from DHR in 2014
-

County Retirees Experience Africa

Nine Fairfax County retirees (including a former member of the Board of Supervisors) joined six other fellow travelers on a “trip of a lifetime” safari to Africa this past May and June. Susan Mittereder (Government Relations), trip organizer, was joined by retirees Sara Simmons (Civil Service Commission), Marcia Wilds (Management and Budget), Brenda Gardiner and Trudy Brisendine (Human Services), Michael Frey (former Sully District Supervisor), and Becky Curran, Michael Long, and Karen Harwood (County Attorney.)

Their journey began at a private game preserve in the Kruger area of South Africa where the group went on daily game-viewing drives in open, tiered safari vehicles. It was an auspicious beginning, as the group saw the “Big Five” (rhinos, lions, elephants, Cape buffalo and a leopard) in one day, a truly rare occurrence! Other daily sightings included various antelopes, zebras, warthogs, giraffes, and a wide variety of colorful birds, among many other species.

Over the course of the 17-day “wing” safari, the group generally flew in small planes to remote sites where they spent three nights each in permanent tented camps located in the bush in Hwange, Kafue, Chobe and the Okavango in the countries of Zimbabwe, Zambia, and Botswana, respectively. Each permanent tent had solar electricity and a bathroom, but no heat. While Fairfax County was enjoying spring and early summer, it was early winter in these countries. The group quickly became spoiled by the hot water bottles that they found in their beds at night. The camps were not fenced and mornings would often reveal tracks of lions, leopards, hyenas, and other nocturnal visitors.

A typical safari day began with breakfast followed by an early morning game-viewing drive. Before returning to camp for lunch, midmorning tea and coffee would be served in the bush. During one morning tea break, a “tower” of a dozen giraffes looked on with curiosity. After lunch back at camp, one of the local guides would give a talk about the history and culture of their country. The group would then head out for a late afternoon game-viewing drive that would conclude with “sundowners” (happy hour) being served out in the bush as everyone enjoyed a breath-taking African sunset. Upon return to camp, following a delicious dinner prepared by the camp chef, the group would often enjoy time together around a campfire, taking in the Southern Cross, the Milky Way and a million other stars shining in the magnificent night sky. The calls of lions and hyenas in the distance became a welcome nighttime lullaby.

While in Zimbabwe, the group visited a typical African village and the St. Mary’s Primary School, where they were able to interact with students and teachers. Much-needed school supplies and soccer balls brought by the group were greatly appreciated.

After the last camp, the main trip concluded with helicopter rides and zip lining at Victoria Falls, and a farewell sunset dinner cruise on the Zambezi River. Half the group then flew back home through Dulles Airport while half continued on to Cape Town, where they enjoyed a few days of fine dining, touring the surrounding areas of Cape Point and Stellenbosch, and taking in the sights and ambience of this artsy and beautiful international city.

Have YOU traveled to Africa? No? Take it from your fellow retirees — put that trip at the top of your bucket list!

- Karen Harwood, retired from the Office of the County Attorney in July 2009



Row 1 (l-r): Guide Lastie, Michael Frey, Trip Leader Charles Chiwaura; Row 2 (l-r): Michael Long, Trudy Brisendine, Brenda Gardiner; Row 3 (l-r): Becky Curran, Karen Harwood; Row 4 (l-r): Sara Simmons, Marcia Wilds, Sue Mittereder

Volunteering

Boomers and Older Adults

VENTURE INTO VOLUNTEERING FAIR

Your time and talents can create meaningful change in our community – find out how at the Venture into Volunteering Fair!

Community and county agency representatives will be on hand – to discuss a wide range of opportunities including helping kids with homework, delivering meals on wheels and teaching a class at a senior center.

www.fairfaxcounty.gov/olderadults

**Thursday
September 13, 2018
10:00 am – Noon**

United Baptist Church
7100 Columbia Pike
Annandale, VA 22003

FREE PRIZES AND REFRESHMENTS!

Sponsored by Fairfax County's Volunteer Solutions, The Fairfax County Park Authority, AARP, The Positive Aging Coalition, RSVP Northern Virginia (Volunteer Fairfax, Volunteer Alexandria and Volunteer Arlington). *This is not an AARP event. Any information you provide to the host organization(s) shall be governed by its private policy.*

AARP Virginia Real Possibilities Fairfax County Department of Family Services

For information call 703-704-6075 , TTY 711 or email: jeannine.purdy@fairfaxcounty.gov

A publication of the County of Fairfax, Virginia, September 2018. Reasonable accommodations will be provided upon request. Call, 703-324-5406; TTY 711. To request this information in an alternate format, call 703-324-5870; TTY 711. For information on how to reach this location using public transportation, visit www.fairfaxconnector.com 703-339-7200; TTY 703-339-1608 or www.wmata.com 202-637-7000; TTY 202-639-3780.

Save the Date!

Are you interested in volunteering, but not sure where? Come meet various representatives from local organizations at the *Venture Into Volunteering Fair*.

No RSVP needed.

Free prizes and refreshments.

Questions?

Email:

[VolunteerSolutions](mailto:jeannine.purdy@fairfaxcounty.gov)

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fit in your pocket.



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If you're looking for a place to park your savings and maximize your earning power, all while having liquidity, our Money Market Account could be your best option.

- Open your account with a minimum \$2,500 deposit
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- Money Market IRAs also available
- Got friends who are still working? Tell them about it! They can maximize their earnings with Direct Deposit of their paycheck!

Check out our GREAT RATES [here!](#)



Save the date for our next FREE community Shred Event!

Saturday October 13th - 9 am-12 pm

Members Way Branch – Parking lot

4201 Members Way, Fairfax, VA

Come to our FREE Shred Day event performed by TrueShred, and help protect yourself from fraud. 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 autumn 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).

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! Fairfax County Federal Credit Union – 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.

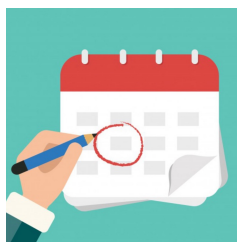
The address is:
Glory Days Grill,
3059 Nutley St, Fairfax, VA.

[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.



Dates to put on your calendar:

FCREA Annual Picnic on September 27th at Nottaway Park, Shelter 1, in Vienna.

[Website & Directions](#)

FCREA Christmas Luncheon, December 19, 2018, at the Waterford in Fairfax (very near Fair Oaks Mall)



Sight and Sound Theatre Trip

It's time for a day trip to the Sight and Sound Theatre, in Lancaster, Pa. to see the 3 p.m. presentation of the play, *Jesus*, which has gotten excellent reviews. For more information on the play and theater go to: [REVIEWS](#).

The cost, not yet determined, does include lunch. As soon as we know the cost we will issue a special edition of Hot Flashes. The reservation is for 52 attendees.

The bus will leave from the Fairfax County Credit Union ([Fairfax Branch](#)) on Wednesday, November 14th at 8:00 a.m. and return at approximately 9:00 p.m. The bus will make a stop for dinner at a "fast food" location for dinner at your expense.

If you are interested in the trip, email [Betty Powell](#) or call: 703-273-3216.

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](#).

Catherine McGuire, retired from Police in 2014

Ivy Richards, retired from EDA in 2012

Lucia Robinson, retired from DIT in 1987

Elizabeth Sanders, retired from Reston Community Center in 1986



New Members

- Linda Cornish Blank, Retired from Planning & Zoning in January 2018
 - Susan I. Johnson, Retired from Finance in February 2016
 - Ellyn T. Kay, Retired from Consumer Affairs in January 2016
 - David J. Molchany, Retired from Office of the County Executive in June 2018
 - Susan P. Mazingo, Retired from Facilities Management in Jun 2018
 - Karen Harwood, Retired from Office of the County Executive in July 2009
 - Shiva K. Pant, Retired from Transportation in January 1999
 - Monna Rice, Her late husband, John Rice, retired from the Cooperative Computer Center in 1994.
 - Denise Spencer, Retired from Circuit Court in June 2018
-

Encourage Others to Join your 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](#).

Recognition & Award



Betty Powell

Betty Powell, an active member of the FCREA Board for many years, was recognized as the Volunteer of the Year by the Women's Club of Fairfax, at the InterService Club Council of the City of Fairfax's annual award ceremony.

Since 1956, the Women's Club of Fairfax has been a unified group of women dedicated to enhancing the lives of families and strengthening their communities through service. The InterService Club Council is a membership organization devoted to the exchange of information, issues and ideas for the mutual betterment of the larger community, and hosts the annual Volunteer Recognition Ceremony.

The following was read at the recognition ceremony:

Betty has been a member of the WCF since 1992. During her time with WCF she has tirelessly committed herself to Club activities and volunteers with true spirit and passion. In addition, Betty volunteers for Operation Christmas Child, Celebrate Fairfax, FCREA, Northern Virginia Football Hall of Fame, and the Fairfax Baptist Church.

The entire FCREA Board congratulates Betty.

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 ...

Strange facts about the U.S.



More people live in New York City than in 40 of the 50 states.



The word "Pennsylvania" is misspelled on the Liberty Bell.



There is enough water in Lake Superior to cover all of North and South America in one foot of liquid.



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