



I N F O R M E R

Anne Arundel Retired School Personnel Association

February 2026

Volume 51 Issue 4



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Co-Presidents Kate Gilbert and Ray Bibeault



February is here, and while winter still lingers, we can sense the gradual shift toward warmer days. As we move through this month, we are hopeful for the first signs of spring and greater chances to get outside and enjoy the fresh air.

It's been a busy start to 2026, and we want to extend a heartfelt thank you to everyone who joined us at our Giving Back Night at Ram's Head Roadhouse. Your support made our scholarship fundraiser a resounding success, and we truly appreciate your generosity and enthusiasm!

Looking ahead, we're excited to announce two upcoming events you won't want to miss. Mark your calendars for the AARSPA gathering in Florida on March 10 and 11, where we'll reconnect and celebrate together. This is a great opportunity to have a quick fun in the sun getaway while joining your retired friends for a happy hour gathering and lunch. Also, our much-anticipated luncheon at the Ocean Pines Yacht Club is set for April 10—always a highlight of our spring calendar! Be sure to check this newsletter for details and sign-up information for both events. We hope to see you there as we continue making memories and supporting our organization.

We are continuing the updates on our AARSPA.org website and hope

it will be up and running soon with a fresh new look and easier navigation. In addition, we're working toward offering online registration and payments for our luncheons, and we're optimistic that this feature will be available for our September luncheon. As online payment processing can entail additional costs for organizations, we will be offering only the complimentary payment option via Zelle. For those unfamiliar, Zelle is a service provided by your bank that securely transfers funds directly from your account to our AARSPA accounts without incurring any fees. Please note that only members utilizing Zelle will be able to access our online registration and payment system once it becomes available. Stay tuned for more details!

We are currently seeking an individual with a strong passion for history to oversee the *Anne Arrundell County Free School Museum*. Following the passing of Karlie Everett in December, a dedicated committee has successfully continued operations, sharing Karlie's appreciation for this significant historic site. The group has maintained a robust schedule of events, as outlined in this newsletter. If you or someone you know is interested in taking on this role, please reach out to Ray Bibeault or Kate Gilbert; our

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email addresses can be found on the front page of this newsletter.

At the end of January, we had an invaluable opportunity to speak at an AACPS principals' meeting to share what AARSPA does for students and teachers in the form of scholarships and grants, as well as highlight how our other efforts support their communities. This outreach allows us to continue to build new connections and further our mission of supporting education throughout Anne Arundel County. We are thankful to Dr. Bedell, superintendent of AACPS, for his support in this effort and making sure we had an audience with principals.

We also want to share that the cost of printing and mailing paper versions of the newsletter is becoming increasingly prohibitive. Please be sure to read the message from our membership committee within this newsletter regarding this matter. We are actively exploring solutions to balance these expenses with our existing electronic and online newsletter options, and discussions are ongoing. A final decision on how to manage these costs will be announced soon.

THINK SPRING!!! It is coming soon,

Kate and Ray



News You Can Use: Vitamins and Supplements: Do we need them?

It is estimated that over 80% of Americans aged 70 or older take vitamins and/or supplements daily. Research shows that people in this age group are more likely to have vitamin deficiencies and need to get their required vitamins in this form. The reasons seniors are at risk of vitamin deficiencies vary; reduced appetite, slower metabolism, and interactions with certain medications are all factors. However, taking only those vitamins and supplements that the body actually needs is important. The only way to determine whether any supplements are needed is through blood tests and a conversation with a doctor.

It is important to know that dietary vitamins and supplements are not regulated by any federal agencies. Only about 5% of the National Institutes of Health's annual budget is allocated to nutrition research, and there are no federal agencies monitoring the quality of the supplements we take.

However, several nonprofits monitor the quality of these products. They include the NSF, USP, and ConsumerLab. These groups conduct rigorous testing to verify that the product is exactly what is listed on the label. Very often, testing reveals higher or lower levels of the listed ingredients and often detects contaminants. For this reason, many companies do not have their products tested. Only buy vitamins and supplements with one of these seals on the container.

While one may think that "taking an extra vitamin can't hurt," this isn't always true. Some vitamins can have serious side effects, especially when combined with certain medications or other supplements. Some examples are:

- Excess vitamin A is associated with decreased bone density.

- While excess vitamins are usually excreted in urine, others, such as vitamins A, D, E, and K, can build up and pose a risk of toxicity.

- Calcium and iron compete for absorption and should not be taken together, and too much calcium can lead to kidney problems

The best and safest way to get the vitamins we need is to eat a balanced diet and see your doctor. Always share with your physician all the medications, vitamins, and supplements you are taking so that any negative drug interactions can be ruled out. Remember, only a blood test can accurately determine if there is a deficiency. Also, if there is a deficiency, your doctor can often provide a prescription that may cost less than over-the-counter products.

As my doctor told me, "Americans have the richest pee in the world. The body gets rid of what it can't use." So stop wasting your money!



Check out the following pages:

**Anne Arundel Retired School
Personnel Association
(AARSPA)**



**National Retired Teachers
Association (NRTA)**

**Maryland Retired School
Personnel Association
(MRSPA)**

**Anne Arundel County Public
Schools
(AACPS)**

REMEMBRANCE

MEMBER DEATHS

R. Dare Brown
Christine M. French
Elaine E. Lebar
Wayne O. Morris
Shirley I. Mueller
Katherine H. Tartar
Ronald J. Wagner

FAMILY MEMBER DEATHS

Jackie Curran mother



GET WELL/THINKING OF YOU

Andy Borland
Charles Day
Michelle Day
Nancy Hahn
Phyllis Mentzell
Debbie Stottlemeyer
Bonnie Stroher

If you have information concerning AARSPA members, please contact the following people:

Anniversaries and Congratulations

Millie Gardner at milliegardner65@gmail.com or 443-784-2190

Deaths of AARSPA members and family members

Linda Poole at mlp2118@yahoo.com or 410-570-4020

Illnesses and Accidents, etc.

Dianne Rogers at wdsrogers@verizon.net or 410-647-7585

Membership Communication Update

Due to the increasing costs associated with printing and mailing the *AARSPA Informer* newsletter, the Executive Board has announced plans to transition to an all-digital email delivery system in the near future. This change is being made to help manage expenses while continuing to provide timely updates to all members.

Emeritus members will continue to receive the newsletter through traditional mail. We will be reaching out at a later date to consider individual requests for paper copies. Stay tuned!

MEMBERSHIP APPLICATIONS

Are you aware that a membership application is available on our website – www.aarspa.org? When you meet up with friends – at lunch, in the grocery store, at the post office – and they are not members, just remember we are only a click away to download a membership application form. We want to GROW!

MRSPA MEMBERSHIP BENEFIT!

Oasis Senior Living Advisors

Oasis Senior Advisors Help
You Find the Right Place

When you or your loved one begins searching for living arrangements suited to your care needs, the process can quickly become intimidating. Oasis Senior Advisors offers free, community-based referral senior housing assistance to aid in finding a place just right for you or your loved one.

Using our knowledge of local resources and our proprietary OasisIQ™ software, we work with you and your family to help match you with the senior living options that suit your needs and preferences.

Our personal one-on-one approach allows us to advise seniors and their families with compassion and informed data based on lifestyle, location, finances, health conditions, and more. Contact Kristie Kidd at 310-456-6378.

A **FREE** service providing experienced, professional help in finding the "right" senior living community
301.456.6378
Kriste Kidd



New Member Recruitment Incentive!

Earn a \$10 gift card for each **NEW MEMBER** you sign up as a **DUES DEDUCTION** member.



Automatic renewal means no membership interruption.
Write your name on the membership application as recruiter.

Return the completed application to:
MRSPA
8379 Piney Orchard Parkway, Suite A
Odenton, MD 21113

Questions: Email MRSPA at mrspa@mrspa.org
or call MRSPA at 410-551-1517

LAST CALL!

AARSPA IN FLORIDA

This year's annual **AARSPA in Florida** event will be held in Kissimmee, Florida, on March 10 and 11, 2026. Debbie and Bryan Groff have again graciously opened their house for socialization on Tuesday, March 10, from 4:30 to 7:00 p.m. This will be a wonderful opportunity to renew old friendships and create some new ones.

Then our general meeting and luncheon will be held at 11:30 a.m. on Wednesday, March 11, 2026, at High Tide Harry's Restaurant, which Debbie and Bryan highly recommend. We will be able to select from the extensive lunch and early bird menu, so we will not have to limit our selection to only three entrée items. Specific information and directions will be sent to you once we receive your completed reservation form below. There are numerous hotels in the area, but we will try to research some that we have used before for availability and prices.

Reservation forms must be received by Monday, February 23, 2026.



CUT AND RETURN THE COMPLETED RESERVATION FORM BELOW

Name: _____

Address: _____

E-mail address: _____

Telephone number: _____

Additional person/people in your party:

_____	_____
_____	_____
_____	_____

Even if you are not able to attend the luncheon on March 11, you are welcome to join us at the Groff's on March 10. To help determine how many refreshments to purchase, please indicate the number of people attending this event, including yourself.

_____ person/people will be attending the social at the Groff's on March 10.

Send your completed reservation form to:
Bob Kanach, 512 Augusta Drive, Arnold, MD 21012



**Anne Arrundell
County Free School
Museum**



CALENDAR OF EVENTS

Sunday, February 22, 2026
1:00 – 4:00 pm

Come meet and converse with George Washington. View themed artwork produced by students at Davidsonville Elementary

Sunday, March 22, 2026
1:00 – 4:00 pm

Maryland Day Celebration
Taste Johnnycake make butter, experience farm activities, write with walnut ink, and more

Sunday, April 12, 2026
1:00 – 4:00 pm

The Big Read Day
Come read and listen to some poetry about nature

Sunday, May 10, 2026
1:00 – 4:00 pm

Mother's Day
Come and make a Mother's Day card

Sunday, June 14, 2026
1:00 – 4:00 pm

Enjoy story time

Sunday, July 12, 2026
1:00 – 4:00 pm

Explore and learn all about the Free School Museum

Sunday, August 9, 2026
1:00 – 4:00 pm

Explore and learn all about the Free School Museum

1298 Lavall Drive, Davidsonville, Maryland 21035

**Maryland Day
Celebration 2026**

**Go Back in Time
for a Day of
Colonial Education
with the
Annearrundell
County Free
School Museum**

Celebrate Maryland Day
with us at the Free School

MARCH 22, 2026
1-4PM



Greetings!

Come join us at the Annearrundell County Free School Museum for a day of colonial education to celebrate Maryland Day Week!

We're going back in time to go to school!

Annearrundell County Free School Museum
1298 Lavall Drive, Davidsonville
MD, 21035
March 22, 2026
1pm-4pm

Join us for an exciting day of:

- 🍎 Meeting the farmer
- 🍎 Planting your own corn seed
- 🍎 Making your own butter
- 🍎 Eating authentic johnnycakes
- 🍎 Writing with a quill and black walnut ink
- 🍎 Playing lawn games and wooden toys

Best Regards,

The Annearrundell Free School Museum

**Celebrate America 250 at
the Anne Arrundell County
Free School Museum**

*Meet and Talk with George Washington

*See portraits completed by the Fifth Grade Class at Davidsonville Elementary

*View a 1970's George Washington Scrapbook

*Enjoy Some Cherry Pie

*Look at Books About George Washington

*Color Our George Washington Wall

Sunday, February 22, 2026
1 PM- 4 PM

1298 LaVall Drive, Davidsonville, MD 21035

To : Everyone is invited!

ALL ARE WELCOME

Free Admission!!

SCHOLARSHIP UPDATE

Spotlight on our 2025 Teacher Education Scholarship Recipients

Holden Fontaine (Southern High School)



Overall, my first semester has been fantastic at the University of Maryland. The class I have enjoyed the most is my Foundations of Educational Theory course. It explores the purpose of education, discusses education's greater societal role, and examines unique pedagogies. Thank you for assisting me to reach toward my goal.

Shyann Giunta (North County High School)



I have joined the field hockey team at Hood College and we made it to the playoffs for the first time in about 20 years. My favorite class, relevant to my major Early Childhood Education, is Math 106. It is about how to teach elementary math-like principles of adding, subtracting, and multiplication. Your scholarship has enabled me to continue my educational journey.



Charlotte Crabtree (Broadneck High School)



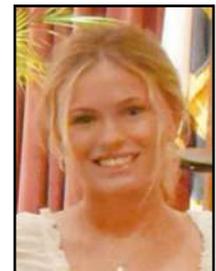
The first semester has been so exciting at St. Mary's College! One of my favorite classes have been Educational Psychology. It has changed my view of education from a systemic level, and has allowed me to gain insight into the cognitive processes behind learning, as well as, what motivates both students and teachers. I have co-founded an English Club which has been a great opportunity to connect with others who share my passion for literature. Thank you for believing in me.



Abigail Jeffers (Severna Park High School)



I am really enjoying the Ohio State University and am beginning to find my home here! Building upon my experiences in high school, I joined Best Buddies and am playing on both of the intramural volleyball and basketball teams. I have achieved all A's in the following classes-English, Explorations Seminar, and Classical Mythology. I want to thank you for your support. It has meant a lot to me.



On the Go With AARSPA



Stone Gables Estate

On December 4, AARSPA members and friends celebrated the season by taking a bus trip to Stone Gables Estate in Elizabethtown, PA. A delicious meal was served, and many Christmas delights were viewed. The best part of the experience was a performance of *A Christmas Carol*.



Legislative Report

The new legislative session is now underway, having started on January 14th. This is an election year and a very tight budget year with a new Speaker of the House, Joseline [Peña-Melnyk](#). This will not be a year for costly new programs.

As of January 15th, 556 bills from the Senate and House have been pre-filed. These bills address topics including the Longevity Ready Maryland Act, cannabis regulations, gun control, election laws, Alzheimer's and dementia services, consumer protections, prescription drugs, energy conservation, and more.

Our very own AARSPA member, Virginia Crespo, serves as the MRSPA Legislative Aide (Maryland Retired School Personnel Association) and is closely monitoring the bills throughout the session that affect us at the local and state levels.

Our state association, MRSPA, advocates for its nearly 13,000 members and works to protect defined pensions and a secure retirement for all Marylanders. This year's priorities include Pension Protection, Health Care, Safety Education, Technology, Civic Participation, Consumer Protection, Quality of Life, and Long-Term Care. Visit their website, mrspa.org/legislation, now and throughout the session for more details on these priorities, how to take action, the Legislative Process itself, and the recent MRSPA Legislative Workshop, held virtually on January 27.

Sharyn Doyle

Legislative Chairperson



Scholarship Memorials

With each donation we receive, we become all that much closer to our goal. The selected scholars will have an opportunity to make a difference, to inspire greatness, and to shape a brighter tomorrow. Thank you for making a difference through your compassion and generosity.

In memory of...

Richard Berzinski

Karlie Ann Everett

Peggy Johnston

DATES TO REMEMBER

MEETING DATES

Executive Board Meetings -10:00 a.m.

April 9, 2026 MRSPA Office, Odenton
 June 11, 2026 Free School

General Membership Meetings - 10:30 a.m.

February 12, 2026 Renditions Golf Course
 Davidsonville
 May 14, 2026 Two Rivers Steak and Fish House
 Pasadena (Memorial Service)



OTHER DATES

March 10-11, 2026 Florida Get Together
 Kisimmee and Orlando
 March 23, 2026 Deadline for April *Informer*
 April 10, 2026 AARSPA on the Eastern Shore
 Ocean Pines Yacht Club
 May 5, 2026 MRSPA Annual Business
 Meeting at Turf Valley Resort

It's MRSPA Foundation Raffle Time!

The MRSPA Community Service and Scholarship Committees provide tremendous support to students and staff in our schools across Maryland. Therefore, we are seeking **donations** to the *MRSPA Foundation* so that we can continue our work. Again this year, raffle tickets will be purchased solely through the MRSPA newsletter and through local association newsletters using the form below. All donations are tax deductible and come with our thanks and appreciation!

Your name will be entered into a drawing upon receipt of your donation based on this criterion: Donations of \$10 will earn 1 raffle ticket while donations of \$25 will earn 3 raffle tickets incrementally. MRSPA staff will write your name on the correct number of tickets and send your ticket stubs to you in the US Mail when we receive your check. The drawing will take place at the May 2026 Annual Business Meeting, whether held in person or virtually. You can win the \$300 cash first prize, a Maryland-themed basket valued at \$175 second prize, or one of 5 third place themed baskets valued at \$125: Cooking, Game Night, Wine Lover, Book Worm, and Sports Lover. Out-of-state winners will receive gift cards in lieu of basket contents.



Entering the drawing is fun and easy!

1. Make your check payable to **MRSPA Foundation**.
2. Write **MRSPA Foundation Raffle** on the FOR line.
3. Date and **sign** your check.
4. **Mail** check and completed form to:

MRSPA
 8379 Piney Orchard Parkway, Suite A
 Odenton, MD 21113
before March 20, 2026.

Will you send a donation today?



MRSPA Foundation

Your Name: _____

Your Address: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____



**AARSPA on the Eastern Shore
Ocean Pines Yacht Club
1 Mumfords Landing Road
Ocean Pines, MD 21811
410-641-7501**



We're excited to invite you to another luncheon on the Eastern Shore, and once again we'll be at the Ocean Pines Yacht Club! We've scheduled the luncheon for Friday, April 10, 2026, starting at 12:00 p.m. We're really hoping to see members from the Eastern Shore and Delaware there. The cost for each entrée, plus a soft drink, is \$40.00. A cash bar will also be available!

The luncheon entrée choices are:

- Bowl of clam chowder and a winter salad
- Chicken salad on a croissant, sweet potato fries
- Crab cake sandwich, chips & pickle
- Galley sandwich – smoked turkey, shaved roast beef, gouda cheese, and fries
- The desserts will be assorted cookies and brownies

All reservations must be received no later than Tuesday, March 24, 2026.

If you know of a retired employee of the Anne Arundel County Public Schools System who is not a member but might be interested in joining us, please invite them to this luncheon. Maybe we can convince them to become a member!

Send the reservation form below along with the payment to: Bob Kanach, 512 Augusta Drive, Arnold, MD 21012. Again, the reservation and payment must be received no later than Tuesday, March 24, 2026.



Contact person: _____ Phone number: _____

Email address: _____

Name	Clam Chowder	Chicken Salad	Crab Cake	Galley
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Total due: \$_____ Please make checks payable to AARSPA. Mail this form and payment to:

Bob Kanach, 512 Augusta Drive, Arnold, MD 21012

_____ Please check here if this is your first time at an AARSPA luncheon

_____ Please check here if you are an emeritus member, that is 90 years or older. You do not have to pay!



Anne Arundel Retired School Personnel Association
 2644 Riva Road
 Annapolis, MD 21401





Scholarship Fund Donation

Scholarships are of the utmost importance to ensure the contribution of quality teachers entering the education profession.

I wish to make a donation to the scholarship fund.

Donation Amount is: _____

In memory of: _____

In honor of: _____

for:

_____ birthday _____ anniversary

_____ other (please indicate) _____

Please make checks payable to:

Anne Arundel Retired School Personnel Association
 or for

Tax Deductible Donations, make checks payable to:
 Education Foundation of AACPS

Mail checks to:

Matilda Barckley
 8238 Great Bend Road
 Glen Burnie, MD 21061

Name and Address of the honoree:

We will inform the honoree(s) and/or the family of the deceased that a gift has been made to the scholarship fund.

Send notice of my donation to:

Name _____

Address _____

Donor's Name _____

Address: _____

For questions, please contact:

Matilda Barckley barckleya@comcast.net 410-768-3408