

NEWSLETTER



FEBRUARY-MARCH 2020

Meeting Place: Arlington Community Church
6040 Wilson Blvd.
Arlington VA 22205

Meeting Date/Time:
Second Wednesday
12:30-2:30 usual time

Happy 2020! This mid-winter issue is the third of the four newsletters for this year, coming just at the time of what can be our worst weather. We've had only two minor snow storms this winter – both the day before an ARTA meeting! –but not bad enough for the weather to be a problem, even though APS did open late on January 8. We'll hope for not many such days this winter. Remember that for upcoming meetings in February and March, if Arlington schools are closed or open two hours late, ARTA does not meet that day – **unless you get notice of an executive decision to meet anyway if weather improves. See page 4.**

Announced below and on the next page are the **February 12** and **March 11 second Wednesday** programs and also the annual **joint March meeting** with Alexandria on the **third Monday** in March, **March 16**. The final 2019-20 newsletter issue (for **April and May**) will give you more details for our **April 8 meeting [no longer an auction, remember, but a program, Happiness 101]** and the **May 20 luncheon at the same location as last year, Fairfax Army-Navy Club**, both of which are mentioned later in these pages. If you have received a notice that you have not paid your dues for **2019-20, please see the note on page 9. If such dues are not paid before February 13, we will drop such individuals from membership, the directory, and any future newsletters.** Non-payers have been notified individually.

UPCOMING MEETINGS

February 12, 2020 DEEPLY ROOTED IN NORTH CAROLINA: DR. JUANITA P. MOSS
12:30-2:30 p.m. **Dr. JUANITA PATIENCE MOSS**, author, retired educator, researcher, lecturer, and family griot will join us on **Wednesday, February 12**, to share her latest book, *Deeply Rooted in North Carolina*. It tells the story of two runaway slave brothers forever separated after joining the Union Army.



Through the years, descendants of Pvt. Thomas Patience, Joseph Lawrence's great-great grandfather, and Pvt. Crowder Patience, Juanita's great grandfather, knew nothing of the other. Thanks to 23andMe DNA tests that supplied names of relatives, a 154-year-old mystery was solved. Her book "will be of interest to Civil War 'buffs' looking for a brand new story, as well as to descendants of Civil War veterans. For many African Americans, being able to call ancestral names brings a kind of closure," as during slavery, they "were counted a 3/5 of a person." Dr. Moss is the daughter of the late Cora and Charles Edgar

Patience, a renowned anthracite coal sculptor from northeastern Pennsylvania. After retiring as a New Jersey high school biology teacher, she developed an interest in genealogy which led her to

research Black Civil War soldiers whose service in white regiments had not been documented and she has written six books on that subject, along with a book about her father, *Anthracite Coal Art by Charles Edgar Patience*, and the book which will be her topic on February 12. At the present time she is researching seven distinct categories of Black soldiers who served the Union during the Civil War. **Dr. Moss will bring copies of *Deeply Rooted in North Carolina* to sell and sign. Each book with tax is \$28. Cash will be appreciated. All of her books are available via her website: www.journeyfromthepast.com.**

March 11, 2020 VIRGINIA WOMEN'S MONUMENT: MARY MARGARET WHIPPLE
12: 30- 2:30 p.m. The Honorable Mary Margaret Whipple, retired Virginia State Senator and former Arlington School/County Board member/chair, will present the March program, introduced by our own Karen Darner, retired state delegate [among other roles!] On October 14, 2019, the first seven of an eventual twelve statues were unveiled on Capitol Square in Richmond. Mary Margaret served as vice chair of the Women's Monument Commission and spoke at the dedication, noting that the women were from all walks of life, famous and obscure, but all shaping the history of the Commonwealth. Included are Native American chieftain Cockacoeske, Jamestown colonist Anne Burras Laydon, a frontierswoman, a dressmaker and confidante to Mary Todd Lincoln, and others chosen from more than four centuries of Virginia's history. The remaining five statues will be added as they are complete. Mary Margaret will have a Power Point presentation of this one-of-a-kind monument. More information can be found at <http://womensmonumentcom.virginia.gov/thetwelve.html>.



This **March 11** meeting will also be our annual fund-raising event with a **gift card raffle**. See Sandi Green's article on **page 3**

March 16, 2020 ANNUAL MEETING WITH ALEXANDRIA: HUMAN TRAFFICKING
12:30-2:30 pm For many years, in November and March, Alexandria and Arlington RTAs have invited each other to a meeting; they visited us in November 2019, and March 16 is our turn to visit them. The program on human trafficking will be led by the Alexandria Police Department's Detective **Betty Sexsmith**. Human trafficking involves recruitment, harboring, or transporting people into a situation of exploitation through the use of violence, deception, or coercion, forcing them to work against their will. In other words, trafficking is a process of enslaving people, coercing them into a situation with no way out, and exploiting them. We know this goes on in many places, but this will be a local viewpoint.

The Alexandria meeting place has varied over the years. Note that this year it is at a different church, **Fairlington United Methodist Church, 3900 King St, Alexandria, VA 22302** – easier to find than the former library site, at least, **as it is right off I-395, exit 5, the King Street/Route 7 exit going EAST**. The church will be almost immediately on your right. They meet in the fellowship hall and will have signs posted to direct you there. **[At their meeting, they serve the food after the speaker so eat a snack before you go!]**

IMPORTANT NOTE

Make note of the phone number to call if you aren't sure whether ARTA will meet on a day that snow has fallen. Our meeting is based on whether the Arlington schools open late or not at all – if **either** occurs, we **don't meet unless the weather improves and ARTA's president makes a determination that we can safely meet, in which case you will receive an email to that effect.** The schools' emergency alert number is **1-866-322-4277**, and announcements are up by 6 am. For the meeting on **March 16**, be alert to Alexandria's announcements if the weather is bad that day.

FROM THE DESK OF PRESIDENT NANCY:

Dear ARTA Members,

HAPPY NEW YEAR and every wish for a 2020 filled with new adventures! ARTA's first Arlington Community Fund scholarship recipient, **Paola Gonzalez**, reached out before the holidays and last week to share her sophomore-year progress at George Mason. She wrote, *"First semester of my sophomore year went well. I can't believe that my second year is almost over! At the same time, I am looking forward to starting this semester, as I will be assisting in a research project at a local elementary school. We will be investigating pattern learning and how it influences academic performance."* Paola seems to enjoy working with elementary students, as she volunteered during the holidays at a community center working with third to fifth graders on their homework and reading. Sounds like a future teacher to me!

I hope your plans for 2020 include joining us for the three exciting meetings ahead, February-April. As many of you have done since our move to Arlington Community Church, do plan to bring food for one, or all, of the meetings and arrive early to help set up and/or stay and help clean up. The congeniality of our set-up, "light lunch," and clean-up experiences has highlighted our time together! As always, thank you for being a part of the ARTA village!

~ **Best, Nancy**

GIFT CARD FUNDRAISER

We have a **GIFT CARD fundraiser** coming up at our **March 11** meeting. **I need donations** of gift cards to local stores, groceries, Home Depot/Lowes, etc. in the amount of \$25 each. I will display them in envelopes the day of the fundraiser and members in attendance have the opportunity to purchase tickets in the amount of \$5 each or 5 for \$20. Tickets are drawn and gift cards are won. All money goes to our scholarship fund. This is a fun time for all and I hope to see you there.

Please bring your gift cards to our **February 12** meeting or mail them to: **Sandi Green, 911 Jaysmith Street, Great Falls, VA 22066**. If you have any questions, please contact Sandi on her cell 703-475-6473.

Sandi Green, Fundraising Chair

Arlington Retired Teachers Association (ARTA) Scholarships

In the September-October 2019 issue of the *ARTA Newsletter* we told you about the transition of our scholarship funding from the Arlington County Scholarship Fund for Teachers (ACSFFT) to ARTA due to the dissolution of ACSFFT. ARTA is now partnering with the Arlington Community Foundation (ACF), a local non-profit, to receive donations to the ARTA Scholarship Fund as well as accept applications from graduating seniors of Arlington Public Schools each year. ACF will then follow their established process for awarding scholarships from funds received, according to the guidelines set up by ARTA.

Within the next month all members of ARTA will receive a letter from the ARTA Scholarship Chair, Cathy Eckbreth, outlining the process we have established. Members will no longer make donations to ARTA but instead will donate directly to the **ARTA fund** with the Arlington Community Foundation. The letter you receive will include instructions on how to do this as well as an envelope in which to mail your donation.

We look forward to continuing our goal of helping young people interested in becoming future teachers to be successful in college and join our profession.

Cathy Eckbreth, ARTA Scholarship Chair

LOOKING BACK

The November 13, 2019, meeting drew fewer members than usual but included a few guests from Alexandria in our semi-annual exchange month. A significant segment of time was devoted to **Christopher C. Schons**, Recruiting Assistant, U.S. Census Bureau, who explained that the constitutionally-mandated **Census 2020** requires that the US Department of Commerce's Bureau of the Census hire hundreds of people temporarily in Arlington and the rest of northern Virginia over the next few months to help carry it out. The pay is good (\$25-\$27.50/hour in Arlington) and the hours are flexible. Mr. Schons emphasized the monetary value to Arlington and other localities is about \$2000 per person per year of federal funding, so persons missed are a big financial loss to local governments. The personal information collected is sealed from public view for 72 years. For more information and to apply, please visit 2020census.gov/jobs. [Editor's note: I was excited when the 1940 census was finally released online a few years ago and I could look up my family – though pleased to see my name listed, I was disappointed to be described as “illiterate” – but my age was correctly listed as 1½ years old!]

The real program on November 13 was presented by **Nadine James**, a fellow Board member of Reading Is Fundamental (RIF) with our president, Nancy King. Nadine was formerly a reading teacher with Fairfax County Schools and became interested in recording family stories through Grandparents' Day pictures and stories. She recounted how she and friends put together the book she was speaking about, *Memoir Your Way*, a group project by the Memoir Roundtable, giving guidance for recording memories. She said to record what comes to mind – a favorite memory of the season, an important person or place, a sight, smell, taste, etc. The chapters of the book include how to do interviews/stories; a scrapbook with pictures; culinary/recipe stories, a graphic novel of an incident; a quilt with fabric stories, and writing family stories.

Also at the November meeting, **Treasurer Randy McKnight** explained that the ARTA accounts at Wells Fargo and United Bank have been closed, with funds now in two accounts, for business and savings, at the Arlington Community Federal Credit Union. Nancy King and Cathy Eckbreth both spoke on scholarships through the Arlington Community Foundation [see other info on page 3 in this newsletter.]

The musical program and holiday gift-giving opportunity combined to make our **December 11, 2019**, meeting the best attended of the year, luring some old members who hadn't been recently or at all and some who couldn't stay but who came just to drop off gifts for the Mary Marshall Assisted Living folks. A huge collection of gifts formed as people arrived and dropped them off at three waiting cars in the parking lot, later to be delivered to the home. [Some people wanted to know more about its location – check the Arlington County info at <https://aging-disability.arlingtonva.us/marymarshall>]

After sufficient time to finish eating, we moved to the sanctuary at Arlington Community Church, the location of their only piano, to hear young virtuoso **Chris Urquiaga** perform an exciting musical program combining a majority of holiday music [as we had requested] with a couple of his own compositions and traditional standards. In a similar vein with last year, he involved the audience, getting us to sing refrains and some holiday favorites. As the program was ending, a voice from the audience called out “Can you come back next year?!” and we had a little chat about that – we hope he can, but he can't commit so far in advance!

The **January 8, 2020**, traditional seated luncheon at Goodwin House Bailey's Crossroads drew a good group of 25 to visit and eat in the dining room there, and everyone had a most enjoyable time visiting in the relaxed setting. Though we were told they are looking for a new chef, whoever was cooking the food that day did a good job as it was delicious! The weather did not deter those of us at the luncheon, though Arlington Schools did open late that morning – just as in December when it snowed the day before, President Nancy King announced the night before that the noon luncheon would proceed as scheduled, though the 9:30 a.m. Board meeting was canceled since the weather was bad enough earlier that morning for a two-hour schools delay.

LOOKING AHEAD: APRIL AND MAY 2020

April has traditionally been a fund-raising month for ARTA scholarship money, but with the switch to the Arlington Community Foundation as administrator of the scholarship money, the process starts earlier and the money is needed earlier – thus the raffle in March, explained on page 3. The **April 8** meeting will feature just a program by the gentleman whose presentation last year we much enjoyed – **Paul Singh**, this time speaking on the topic *Happiness 101* – a nice cheery subject for our first spring meeting!

As has been mentioned before, our **May 20 luncheon** will conclude the regular meetings for the school year – note that this will be the **third Wednesday** in May, not the usual 2nd Wednesday regular meeting date or usual 4th Wednesday luncheon date. Since for the past two years, those attending the luncheon have really liked the new location in Fairfax, we will meet there again this year: **the Fairfax Army Navy Country Club** for a delicious spring buffet luncheon. **Mark your calendars now for this year's date of May 20 – the 3rd Wednesday -- and plan to come!** Details and directions will be included in the next newsletter, which should reach you in early April.

IN MEMORIAM

It is always sad to announce the death of our valued ARTA members, and we extend our sympathy to the families of those listed below.

JULIAN ULMAN STEIN (October 21, 1925-September 22, 2019), always known to his friends as “Buddy,” was a Navy veteran of World War II, having served aboard the aircraft carrier John Hancock in the Pacific Theatre. After returning to civilian life, he began a long career as teacher, coach and consultant. Early on, he taught physical education, and was a notably successful coach of Track and Cross Country at **Wakefield High School in Arlington, VA until 1965**. At Wakefield, also, he married fellow teacher Carolyn Mahoney, beginning a loving partnership which would endure until his death. In the second phase of his career, he became known internationally for his contributions in the area of physical fitness for people with mental and physical disabilities. He was devoted to that work, and for many years, he traveled around the world, speaking, writing, consulting, and conducting workshops for professionals in the field. Finally, even Buddy had to retire, though he continued to stay in touch with colleagues, former students, and men from those long-ago Track and Cross Country squads. In retirement, he and Carolyn lived in Anderson County, TN. He was a longtime member of the Jewish Congregation of Oak Ridge, and was interred in that cemetery following a graveside service.

MAURA "LYNN" LEAVITT (March 7, 1946-November 16, 2019) passed on to a better place after a long difficult battle with cancer. She fought the disease with the same gentleness, grace and dignity which she displayed throughout her life. Born in Buffalo, New York, she received a Bachelor's Degree in Elementary Education from Elmira College, in New York, and a Master's Degree in Education from George Washington University, in Washington, D.C. A lifelong educator, she established residential youth drug programs, taught inmates in the Arlington County, Virginia, detention facility, taught alternative high school programs, and for the majority of her career taught at Drew and McKinley Elementary Schools in the Arlington County public schools, retiring in 2007. After moving to The Villages in Florida in 2012, Lynn's love of working with children led her to tutor at Wildwood Elementary School for the past six years through Tutors for Kids, a local non-profit. She also served on the Board of Tutors for Kids for five years. In retirement, in addition to working with children, Lynn loved traveling, gardening, working out, golf, and getting together with friends. A memorial service to honor Lynn will be held at a future date with details to be announced. Thanks to **Karen Scheer** for informing us about Lynn's death.

Just at press time, we learned of the death of former ARTA member **Sharon Williams**, whose ARTA membership lapsed after she no longer remembered to renew. Thanks to **Adela Eannarino** for sending this information: “**Sharon Williams**, a librarian for many years in Arlington, passed away on January 18, 2020, of Alzheimer’s Disease. She worked at Kenmore Junior High School, Yorktown HS, Carlin Springs ES and Wakefield HS and retired in 1999. She also was a public librarian in Arlington before coming to the school system. Sharon is survived by her husband, Jerry, daughters, Suzanne, Lisa and Shannon, 7 grandchildren and 3 great grandchildren. Condolences can be sent to Mrs. Shannon Briglia, 100 Niblick Drive, SE, Vienna, VA. 22180.”

We also extend sympathy to our members in these ARTA-related deaths:

Fred Hufford’s mother, Caroline Hufford Anderson, died on September 24 at Goodwin House where she had lived since 2008. She will be remembered there as the sculptor who made “Woman Power”, a tall metal figure with curlers on a movable head, and “The Promise”, a large metal circle encompassing two figures forming an arch, in the Knoll Garden. She left behind an adoring family and many friends who will greatly miss her loving presence.

Jane Stringfellow’s husband Charlie died in Santa Fe, NM, on November 15, 2019. Burial at Fort Myer with full military honors has just been announced for **February 18, 2020**, and details will be sent to you by email.

Pamela Salmon and **Marcela Von Vocano**, both ESOL/HILT retirees, lost their husbands during the holiday season: Pam's husband, **Paul**, passed away on January 4, 2020, and former member Marcela's husband, **Arturo**, passed away on December 26, 2019. She has recently gone to Bolivia for two months. Also, **Sue Randall’s father** died in December 2019.

LEGISLATIVE UPDATE

We are happy that our former Legislative Chair, Jeanne Trabulsi, has rejoined ARTA and is again our chair! But she does live in Front Royal now so local Arlington politics won’t be on her radar. With the legislature currently in session, here’s a brief post from her:

“In a historic day at the polls in November, and with the help of legions of VEA volunteers, Virginia’s voters showed their support for public schools by electing a pro-public education majority into both houses of the General Assembly of Virginia— taking the house and senate for the first time in 24 years. In so doing, they laid the groundwork for reinvestment in Virginia students and in Virginia teachers.

“The work of the new General Assembly, which is in session from January 8 to March 7 and will include deliberations on a new budget, is now clear: overturning school funding cuts made during the Great Recession of 2017-2019 (Our schools are still getting eight percent less state funding than they were a decade ago.); and raising teacher pay. For the record, although Virginia ranks near the top of the list of wealthiest states, it ranks 34th in teacher pay. It is estimated that teachers in the Commonwealth earn \$8,500 under the national average.”

Our local Arlington senator, Barbara Favola, made these comments as part of her most recent report after Week 2 of this year’s General Assembly:

“Equal Rights Amendment - Yes, both the House and Senate voted to ratify the Equal Rights Amendment! It was heartening to be able to remind my male colleagues that they too would be protected from discrimination on the basis of sex under the ERA language. When the respective bodies pass the ERA resolution from the other body, Virginia will become the 38th state to ratify the amendment. This means that the legal requirement for inclusion in the U.S. Constitution will have been met, but questions do remain about the timing of our action, given that the congressional deadline has passed. We expect legal challenges to the ratification process but a major hurdle has been conquered. Thank you to the organizers and advocates from the ERA movement, the League of Women Voters, the AAUW and many other groups.

“Gun Safety - This past week, the Senate passed three common-sense gun safety bills. These bills granted localities authority to regulate firearms, reinstated the one hand gun a month limit, and implemented a more complete universal background check requirement. Although vocal opponents of these measures appeared at town hall gatherings and spoke at committee meetings, enough lawmakers were elected on a gun safety message to make the change voters wanted. I was incredibly proud to be part of that change. It is worth noting that more than 80 percent of Virginians support these measures.

“The local authority bill and one hand gun a month bill passed on party-line votes, but the universal background check proposal passed with bi-partisan support. The background check bill included language excluding certain transfer transactions. Although this language was not ideal, I felt it was important to vote for a vehicle that the Senate could send into conference with a House bill. The exclusion language made the background check bill acceptable to a few Republicans, enabling the bill to pass with 21 Democratic votes and three Republican votes.”

HEALTH INSURANCE NOTES

While we are happy that those of us with Medicare and United Healthcare as supplementary are continuing with a bonus seventh year with the same company, no changes in coverage, and just a small rate increase this year, this will likely be the last year of the extended UHC contract – but I said that last year and things didn’t change for us because they had so many staff changes that APS did not start earlier to look at other options, as they had planned. Stay tuned; the Health Benefits Committee may finally be called into action in the spring.

A related issue: The VRS Health Insurance Credit: Make sure that you are still getting the full **health insurance credit** you’re due, which comes through your VRS monthly pension. APS personnel sent in to VRS all the updated amounts for UnitedHealthcare [and most of us are probably getting the maximum credit, anyway] so check to see that you are getting the correct amount. You can call the VRS Customer Contact Center: **1-888-VARETIR (1-888-827-3847) if you want to be sure!** [The credit is \$4 per month times years taught if you had at least 15.] **And a reminder:** if you are not yet 65 but will be that age soon, you must apply for Medicare, and then take your new card to **Ann Irby** at the Ed Center to be transferred into the appropriate APS health insurance plan, either UnitedHealthcare or Kaiser Medicare.

REQUESTS/REMINDERS/ANNOUNCEMENTS

A reminder that if you learn of a member’s **death** to please immediately notify **our president, Nancy King (703-978-8017/703-408-9369 or nw_king@yahoo.com)** so that she can then notify Telephone Chair **Bonnie Fowler** to call those who don’t have email. Bonnie now calls just those members associated with the school(s) at which the deceased taught as everyone with email is notified by Ellen Bartlett through that method, and you can also notify Ellen of a death.

Cathy Eckbreth is still our "Concerns" chair so be sure to notify her of any occasion for which she should send a card. Call her at **703-534-4402** or **email** her at **cwe5409@verizon.net**. This is especially true for anyone's illness or death, but happy occasions warrant cards, too!

Remember to send any interesting newsletter items to **me, your editor**, by **March 15, 2020**, to go into the next issue (for April/May). **Email me at ellenbartlett@verizon.net or call 703-524-3312.**

From Mary Ann and Nick Penning: For over eight years, our second daughter, **Rebecca Penning Cohen**, has envisioned a community of people helping others. She made that leap of faith in the late fall and her dream has become a reality. The mission of **ShareMyJourney.org** is to offer our strengths and life experiences to lift up and help each other along our paths. Each of us

has information someone values, and *ShareMyJourney.org* makes it easier to help one another. At the website, there are testimonials, a list of relevant topics, and Rebecca's blog about the reasons behind her vision of helping others.

We wanted to share our excitement and encourage you to consider becoming a member of that caring community where Rebecca matches people for help. We've both signed up; Mary Ann has already worked with one member and each of us has a potential contact in the offing. We're proud of Rebecca and her outreach to help others. Interested?

1) The first step is to Sign Up at *ShareMyJourney.org* to schedule an introductory call with Rebecca. Together, you will explore the ways you might want to help others and the types of information you'd like to learn from others.

2) If you decide to join the community, the one-time set up fee is \$25 or 2 for \$40 and she'll put you on The Help List.

3) When a member is looking for information that you may be able to offer, she'll contact both of you to confirm that you'd like an introduction by email. And the subsequent phone call or email takes place at the convenience of both participants. ~ Thank you, Mary Ann and Nick

BITS AND PIECES

From Cathy Eckbreth: "Thanks for all the USPS stamps members gave me in November and December. I mailed over 80 Christmas cards to ARTA members who live too far to attend our meetings as well as some local members who can no longer get out. The remaining stamps will be used as I send out the annual Scholarship Fund letter in February. You all were so generous."

Did you see Karen Darner's article in ARLnow this past fall? She wrote about the time back in 1976 when she was AEA president and the County Board appointed School Board members, leading that year to the appointment of Mary Margaret Whipple and Tom DeScisciolo who became very much the right leaders at the right time. If you missed the article you can read it at <https://www.arlnow.com/2019/11/25/progressive-voice-leadership-matters-in-public-service/>

Belated congratulations to retired Wakefield Social Studies teacher **Bill "Flash" Minton**, described as "innovator, educator, mentor, coach, role model," in being inducted into the **Wakefield Hall of Fame** in June 2019. Bill started teaching at Wakefield in 1965 and retired 31 years later in 1996. After graduating from college, Bill had volunteered with the Peace Corps, a life-changing experience which helped him when he started teaching students at Wakefield from many different countries. In retirement Bill volunteers at Annandale High School, with Lorton Community Action Center and ECHO.

Jesse Meeks, former Yorktown football and gymnastic coach, died on **December 16, 2019**, after a few months of increasingly poor health. Jesse was not an ARTA member but was widely known.

Leni Bronstein sent this info about friend and colleague, **Dee Stevens**, business teacher at Williamsburg Middle School for many years, who died recently. While not an ARTA member, she was known by many. She had been living in Florida since retiring. Below is a link to her obituary; the funeral was on January 10, 2020, in Seaford, Delaware.

<https://www.cranstonfuneralhome.com/notices/ALBERTA-STEVENS>

One of our own members is running for School Board: From ARLnow.com: "A current Washington-Liberty senior experience coordinator and substitute teacher within Arlington Public Schools has announced she will be running for a seat on the Arlington School Board. With over forty years of experience in education, **Sandy Munnell** firmly believes 'retirement is overrated. . . I have worked with students and teachers of all grade levels,' Munnell told ARLnow. 'As such, I have a unique perspective that is not currently represented on the School Board and that will enable me to hit the ground running if I am elected.'" Good luck, Sandy!

On February 3, **Michele Milden** is having her fourth major surgery to correct injuries to her rib cage from last February's auto accident. She will be recovering at home at 5829 Colfax Avenue, Alexandria, VA 22311, if you wish to send her get well wishes.

Connie Quinzio missed the January luncheon, writing, "I have been in and out of the country lately. I am currently in NZ with my son and his family. Hope to see you in February."

And **Karen Darner** missed the luncheon for a very good reason, writing, "I'll be in Richmond all day that Wednesday, January 9, the historic day the House is presided over by the first female Speaker in over 400 years! And for the first time there will be a female Clerk of the House. But sorry to miss the Goodwin House luncheon. Happy 2020!"

Leni Bronstein was also at the opening of the Virginia legislature; she wrote, "I'm going with Moms Demand Action for Gun Sense in America. A current Arlington teacher and I are educator co-leads for Arlington. We're just thanking our new & old legislators for supporting our cause. The Arlington ones are the leaders!"

Finally, congratulations to **Bill Cogswell and his wife Barbara**, celebrating their **61st** anniversary on January 31

TAKE NOTE

Sadly, this will be the last newsletter some ARTA members receive: those who haven't paid the 2019-20 dues which were due October 31, 2019. In early January Ellen emailed recalcitrant folks and some responded. Michele Milden was to contact others with phone calls and/or letters. You who have still not paid will be dropped if not paid by **February 13, 2020** – **no directory, emails, or newsletters!** Here's a personal note to identify you if you're one who has not paid:

REMINDER: IMPORTANT CONTACTS TO HAVE AVAILABLE IN YOUR RECORDS

(Compiled by Cathy Eckbreth)

One of the best things we retirees can do for our families is to have a list of contact information for them to use in the event of our death. I've had members ask me to help them with these contacts so decided to send them to all members. You may be better organized than many of us but you also may find this helpful.

- A. **Virginia Retirement System** - 1200 E. Main Street, Richmond, VA 23219. Mailing address: Virginia Retirement System, P.O. Box 2500, Richmond, VA 23218-2500. Phone: 1-888-827-3847; Website: www.varetire.org. You can also use this site to check the value of your life insurance policy that was received upon our retirement. This policy is held with **Minnesota Life**, P.O. Box 11931, Richmond, VA 23218-1193. Phone: 1-800-441-2258.
- B. **Arlington County Retirement Office** - (Supplementary benefit for pre-1981 hires) Phone: 703-228-3900 or 1-800-296-9510. There is no survivor benefit.
- C. **Social Security Administration** – Phone: 1-800-772-1213, have the Social Security number of the deceased ready to report.

HEALTH BENEFITS PHONE NUMBERS TO KEEP

UNITEDHEALTHCARE (for billing or other questions): **1-800-851-3802**

CIGNA for those under 65: Any questions should go through Ann Irby – see below.

APS Ann Irby: 703-228-6105; email: ann.irby@apsva.usc