



Keeping You in the Loop

From the desk of C. David Copenhaver

*"April hath put a spirit of youth in everything."
- William Shakespeare*

From the President



It looks like Spring is finally on its way! I have been enjoying the slightly warmer temperatures and the absence of winter weather. I finally received my 1st Covid vaccination. Hope you are all getting yours as well!

We have moved the April 20, 2021 Annual Membership meeting and luncheon to May 18, 2021. We are hoping that with adequate distancing we will be able to hold this event at Columbus Gardens. A registration form is included in this publication. Please note, when you register, our treasurer, Stu Tucker, will be holding checks until we are sure the meeting/luncheon can take place. In the event that we don't have enough people registering, BCRSPA will return your check. Please include your phone number on the check for easier notification in case of cancellation. Let's hope that we will be able to once again get together. We miss seeing you!

We are searching for someone to take over doing the UPDATE newsletter. After 8 years, David and I are in need of a break. We will train and assist the new person as they become accustomed to the process. Remember, the newsletter is only published 4 times per year. Perhaps one of our newer members with computer skills would be willing to take on this job. If you are interested, please email me at dmcopenhaver@gmail.com or call 410-515-0456.

Since this is a combined Loop for March/April, I will wish you all a Happy Easter.

Sincerely,
Donna

On the Horizon:

- *Executive Board Meeting – TBA, 2021@ St. Isaac Jogues Church Hall.
(Please consider attending. Just eMail cdavidcopenhaver@gmail.com for directions and details*
- *Spring Members Meeting at Columbus Gardens, May 18, 2021, registration 9.30am.*

FYI...

\$ Save \$

Membership Special

MRSPA is running a **Membership Special** from March 1 to June 5, 2021. **NEW** members who sign up during this time, will be charged only \$10 state dues plus your local dues. IF they sign up for dues deduction, they will pay NO state dues for the 2020-2021 membership year, as they will get their \$10 off incentive. All new members who join during this time, will be billed for the 2021-2022 dues in June like everyone else or have the dues deducted on July 31, if they choose deduction. We



shared this Special with the local presidents back in March of 2020 before the world shut down, but thought it bore a reminder given all that has transpired since then. Please encourage membership now for the current 2020-2021 membership year, so folks can sign up at the reduced rate. This Special will occur every year from March 1 to June 5, until it is discontinued by the Board. Membership forms on our website and brochures in the office have been adjusted to reflect this change. Be sure to share this information with your membership chair and committee so they know to use the new forms or request them from MRSPA.

(Source: MRSPA <https://www.mrspa.org/switch-and-save>. Some changes were made)

The largest brood of cicadas

Hope you like bugs, because billions of them will swarm parts of the US when Brood X, the largest and widest-ranging of the 15 US cicada broods, pops out of the ground in the spring. This is a once-in-17-years event, people! It's a cultural moment! It will take months to get the crunch crunch crunch sound of their abandoned shells out of your head. But hey, you may learn a thing or two about cicadas, and that is precious knowledge.



Things We're Excited for in 2021

At the very least, 2021 will be an improvement from 2020 (which shouldn't be hard to do). Below are 5 things we're (cautiously) excited for in 2021.

- 1. The COVID-19 Vaccine**
- 2. A Return to In-Person Events**
- 3. Traveling**
- 4. New TV, Music, and Film Releases**
- 5. No More Masks?**



Web Sites and Message Center

Visit BCRSPA's web page at: www.bcrspa.org Visit BCRSPA's Shutterfly page at: <https://bcrspaevents.shutterfly.com>
(password is bcrspa)

BCRSPA's Telephone Message Center
443.793-5867

Visit MRSPA's Web Page at mrspa.org for information on:
Consumer Education Service, Legislative Information, Member Benefit List
Job Opportunities, Travel & many others



Best times to drink water!

DRINK
more
WATER



- 2 Glasses of water after waking up—helps activate internal organs.
- 1 Glass of water 30 minutes before a meal—helps digestion.
- 1 Glass of water before taking a bath —helps lower blood pressure.
- 1 Glass of water before going to bed—water at bedtime can prevent nighttime leg cramps. When your leg muscles cramp up, many times they are seeking hydration.

“The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.” MayoClinic.org

Moving to Oak Crest Village?

Erickson
LIVING

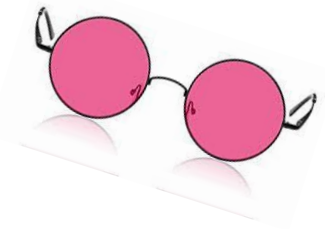
Add more Living to your Life®

Did you know that BCRSPA has a partnership with Oak Crest Village? Well we do! Any time a BCRSPA member moves into Oak Crest and informs them that they are a member of our association, Oak Crest will donate \$500 to our scholarship fund. That's a significant contribution that you can make to BCRSPA, and it won't cost you a dime!



So, if you are contemplating a move to Oak Crest Village, be sure to mention that you belong to BCRSPA, and you will earn \$500 for our scholarship program. Also, remember to send a change of address to MRSPA, 8379 Piney Orchard Parkway-Suite A, Odenton, MD 21113-1508 so you continue to receive your newsletter.

Five Reasons the World is Still a Wonderful



Things are—how shall we say it?—a little bananas these days. “Real Simple” asked five experts to remind us about some of the good stuff that can get lost in the shuffle.

- 1.) Libraries still exist: A place where you can go without a penny in your pocket, be given a chair, a book, and access to the world. — Caitlin Moran
- 2.) We are not alone: Just by being together, we can lift each other up. — Jill MacFarlane
- 3.) Beauty surrounds us: Being in nature improves your mood and gives you a sense of balance. You will feel better about the world and yourself when you are out in a beautiful spot. — Janice Kaplan
- 4.) We have the power to change our perspective: Instead of focusing on the negative within others, seek the positive. — Zach Brittle
- 5.) We look out for each other: The simplest acts of kindness make the world better in ways we may never know. — Amy Krouse Rosenthal

Source: REAL SIMPLE Magazine, By Time Inc. Some changes were made.

"May you have all the happiness and luck that life can hold—and at the end of your rainbows ay you find a pot of gold."





Clever Ideas and Solutions (A “Baker’s dozen”)

- Easiest way to save a scorched pan without scrubbing. 1st add water to the pan, 2nd squirt a little liquid dish soap, 3rd add a Dryer Sheet and let sit for an hour. Amazing results.
- A frozen wet sponge in a Ziploc bag makes for a great icepack that won’t leak.
- Have trust issues with your GPS? Highway sign tip: If the exit sign is on the left of the sign, the exit itself will be on the left. If it’s on the right, the exit will be on the right.
- Use cold cucumbers to reduce eye puffiness. Cucumbers contain antioxidants that are thought to reduce irritation, while the cooling effect reduces swelling.
- Use two-sided tape on area rugs to keep them in place.
- Mark the side of your water bottle by hours so that you can keep track of what you’ve had to drink and will stay hydrated.
- Wrap a wet paper towel around your beverage and put it in the freezer, in about 15 minutes it will be almost ice cold.
- Use a clothespin to hold a nail while hammering.
- Take a photo with your phone of where you park your car at the mall.
- To make your smile look bigger in photos, squint your eyes just a little.
- Use a hanging shoe rack to store cleaning supplies inside the pantry door.
- When a friend borrows a tool or book, snap a photo of them holding it so you’ll remember later where it went.
- Give charitable donations as gifts. Most charities notify the honoree only that a donation was made in their name from you and leave the amount out. You can appear to be a bigger spender and do some good in the meantime.

Source: http://www.huffingtonpost.com/life-hacks-for-those-over-50_n_6173276.html.

Some changes were made.



Baltimore County Retired School Personnel Association
Annual Spring Luncheon Meeting
Tuesday, May 18, 2021 at Columbus Gardens

AGENDA

Registration.....	9:30a.m
Annual Business Meeting.....	10:00a.m.
Treasurer’s Report * Budget Presentation *	
Installation of Offers * Remembrance Service Program	
Representative from the Employee Benefits Office will be invited.	
Social Hour – cash bar available.....	11:30a.m.
Luncheon – Introduction of Scholarship Recipients.....	12:00 noon

LUNCHEON MENU

House Salad served with Ranch or Italian dressings
Top round of Beef Au Jus* Boneless Stuffed Chicken Breast*
Green Bean Amandine* Glazed Baby Carrots* Hot Rolls and Butter
Ice Cream Sundae Bar with Assorted Toppings
Regular and Decaffeinated Coffee, Hot and Iced Tea with Lunch

Cost: \$25.00

Please note, when you register, our treasurer, Stu Tucker, will be holding checks until we are sure the meeting/luncheon can take place. In the event that we don’t have enough people registering, BCRSPA will return your check. Please include your phone number on the check for easier notification in case of cancellation.

Please remember to support our Community Services Project for the ACTC
(Assistance Center of Towson Churches)

Food/Personal items needed:

Canned and nonperishable food items* Personal hygiene items*

*School supplies**

If you prefer, a check may be written payable to the Assistance Center of Towson Churches

Deadline for Registrations: Friday, May 7, 2021 (No refunds after this date)



RESERVATION FOR MAY LUNCHEON MEETING – May 18, 2021

Name: _____ Telephone: _____

Address: _____

Name of Guest(s): _____

Number of Reservations: _____ Scholarship Donation (\$) _____

Total Amount (\$) Enclosed: _____

Make checks payable to BCRSPA. Send reservation(s) and check(s) to: Luncheon Chairperson,
P.O. Box 44016, Nottingham, MD 21236

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