

December 4, 2014



Keeping You in the Loop . . .

From the desk of C. David Copenhaver

"All the leaves are brown
And the sky is grey
I went for a walk
On a winter's day
California dreamin'
On such a winter's day."

Mammas and Pappas



Season's Greetings!

It is amazing how fast this year is flying by. As time passes, be sure that BCRSPA is continuing to seek new membership, work to retain current membership, and encourage participation as a member of a standing committee.

Since the November "Keeping You in the Loop", here are a few things your Executive Board has been doing on your behalf.

- We attended the **MRSPA Leadership Workshop** where Best Practices ideas for attracting new members and retaining current ones were shared. In addition, MRSPA will celebrate its 70th Anniversary (1945-2015) on May 12, 2015 @ Turf Valley Resort & Spa in Ellicott City, MD. At that time each Local Association will "showcase" its accomplishments. Mary Lou Brown has volunteered to chair a temporary committee that will create a display (possibly a tri-fold board) to showcase BCRSPA. If anyone is interested in assisting with this task, please contact me.
- On Nov. 13, some Board members attended the yearly **MRSPA Legislative Workshop** in Annapolis. The 2015 priorities focus on health care and pension funding. We need to maintain and protect our health care through our county school system, seek to continue funding for our local districts and state, and encourage legislators to seek and provide long term solutions to health care for all Maryland citizens. We also need to support the maintenance of our defined pensions for all school personnel, strongly advocate for full actuarial funding of the retirement and pension system, and promote understanding and appreciation of the positive impact of pensions on the Maryland economy.
- We held the 1st **President's Seminar** entitled Crime Stoppers. Thirty participants learned about various types of "scams", how to recognize a scam, and how to avoid becoming a victim of a

scam. Karen Straughn from the Attorney General's Office led the seminar and distributed 2 booklets containing valuable information and contacts.

- BCRSPA planned and hosted a "Spectacular Christmas" **trip to NYC** to see the Radio City Music Hall Christmas Spectacular as a Scholarship fund raiser. Fifty-two excited "travelers" enjoyed a fun filled day. (See attached NYC collage)
- We are also preparing to host a wonderful **Breakfast with Colleagues** on Dec. 11. Besides a delicious breakfast, there will be door prizes, Christmas sing-a-long, entertainment, and of course, Santa. All this for the price of a new unwrapped toy to donate to Toys for Tots and/or a monetary donation to fight Breast Cancer. If you have not registered and would like to join the fun, eMail me ASAP. We have room for about 20 more people. This project is spearheaded by Clair Price.

The new year, with all its possibilities, will soon be ushered in. **I want to encourage all members, new and old, to take an active part in your organization.** We want to connect with you no matter where you may be.

Consider attending an Executive Board meeting, joining a committee, attending at least one activity/trip, or sharing an idea you have! Hope to see you at a meeting or activity and/or hear from you. I can be reached at cdavidcopenhaver@gmail.com. You can also stay informed by visiting our website at www.bcrpsa.com.

On the Horizon:

- *Breakfast with Colleagues, December 11th... (information attached for your convenience, just email me and I'll register you)*
- *BCRSPA Executive Board Meeting, January, January 20th, 2015 at St. Isaac Jogues (Please consider attending just eMail me for directions and details)*
- *Cherry Blossom Luncheon Cruise, Washington, DC, April 8th, 2015 (See December UPDATE for details.)*
- *Annual Spring Business Meeting – April 2nd, Columbus Gardens (Early-Bird registration... See December UPDATE for details)*
- *President's Seminar # 2, an informational seminar for our members on Identify Theft. (Time, date, location TBD)*
- *MRSPA's 70th Anniversary (1945-2015), May 12th, 2015 (See December MRSPA News for details)*

Do you know where these members are?

Helen Diehl

Edward Brunbaugh

Keith Rembold

Bernadette A. Dew

*If so, please call Mary Lou Brown at
410-252-4710 and give her an update.*



December is a month filled with fun, but also a lot of stress. Managing stress is very important. The more stress management techniques we know, the better. Aside from eating Chocolate/Strawberry ice cream at Broom's Bloom (my usual method to deal with stress), here are a few helpful tips:

- Breathe slow deep breaths.
- Start with one area in your life and make a small positive change.
- Exercise regularly.
- Laugh, giggle and smile a lot.
- Get cuddly with a special person, pet or favorite blanket.
- Use scents (such as perfume, lavender, orange, etc.) to make you feel energized and rejuvenated.
- Get organized.
- Choose to be happy.



*Here's wishing you a peaceful and joyous holiday.
Thank you for being a part of this wonderful Association!*



BCRSPA together, creating a moment!