

December 4, 2015



# 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



Hello BCRSPA members,

What an amazing year 2015 has been for our Association. The new year, with all its possibilities, will soon be ushered in. It's hard to believe that we have to come to the end of my 1st year as BCRSPA President. I have been honored and humbled to represent you and serve as your President this year, and I am very excited about all the wonderful accomplishments your BCRSPA Executive Board and committee chairs have achieved.

As we reflect on the past year, there is much progress to celebrate. We welcomed Donna Copenhaver as our new **President-Elect** and also the following new Executive Board members:

#### Directors

Sharon Norman  
Patsy Holmes

#### Committee Chairpersons

Caroline Seamon, Archivist/Historian  
Joyce Cummings, Insurance/Health Care  
BJ Rounsaville, Consumer Education  
Dave Peters, Community Service  
Stu Tucker, Treasurer  
Cindy Schulz, Assistant Treasurer

In addition, we celebrated our 70<sup>th</sup> Anniversary as an association in 2015. An ad hoc committee, under the leadership of Ed Veit was formed to update the By-Laws and to create a set of standing rules.

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.

Please 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](mailto:cdavidcopenhaver@gmail.com). You can also stay informed by visiting our website at <http://www.bcrspa.org/index.html> or our “Shutterfly site” at <https://bcrspaevents.shutterfly.com/>.

Sincerely,  
David



### **Important: Your Input Is Needed!**



The new version of the By-Laws will be published in its entirety in the March UPDATE newsletter. As a result, the newsletter will predominantly be devoted to the newly revised By-Laws of the organization. Document changes are indicated by **underlined bold print**.

Please take some time to review the proposed changes. Both documents, the original (2012) and DRAFT revisions (2015), can be viewed on both of the BCRSPA web-sites, (BCRSPA original site <http://www.bcrspa.org/index.html> and Shutterfly <https://bcrspaevents.shutterfly.com/> . The password is bcrspa, all lower case letters.)

If you have questions/comments, you may contact Ed Veit ([ewveit@me.com](mailto:ewveit@me.com)), Chairperson of the AD Hoc committee or George Sparks ([gcsparks1@comcast.net](mailto:gcsparks1@comcast.net)), Parliamentarian of BCRSPA.

**We ask each member to examine the new By-Laws carefully. We will be voting to accept the revisions at the Annual Business Meeting in the Spring.**



### **Report: by Parker Koons, Legislative Chairperson**

The 2016 legislative session begins in January and we should all know that MRSPA, our bargaining agent in Annapolis, has a list of priorities that should concern all of us.

- 1.) **Pension Protection**; MRSPA seeks to protect defined benefit pensions. They contribute to the state economy and promote personal security. Full actuarial funding of the state system ensures sustainability of the fund and is in the best economic interest of all taxpayers.
- 2.) **Health Care**; Local school systems provide health benefit/options for retirees. Full state funding of education contributes to their ability to do this.
- 3.) **Quality Of Life**; MRSPA supports services for adults that allow those wishing to age in place to do so. This includes programs such as adult day care and meals on wheels.
- 4.) **Consumer Protection**; Phishing scams and identity theft are of great concern to retirees. MRSPA supports all legislation that provides protection from such criminal activities.

**5.) Education;** MRSPA supports public education in all Maryland jurisdictions, including pre-school and lifelong learning options. State support for these programs is essential to forming an educated and productive citizenry.

If you have any individual opinions about the above topics that you would like to express to your legislator before or during the legislative session, visit one of the BCRSPA web-sites, (BCRSPA original site <http://www.bcrspa.org/index.html> and Shutterfly <https://bcrspaevents.shutterfly.com/>. The password is bcrspa, all lower case letters.) At both sites you will find a “link” to the **Maryland General Assembly**. After accessing it, click on Legislators, then find your district number.



# FYI...

## **Managing stress is very important!**



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.



## **Will Roger's advice - on growing older!**



Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved!

### On the Horizon:

- 2<sup>nd</sup> Annual Breakfast with Colleagues, at Columbus Gardens, December 10, 2015 @ 10:00am (eMail Clair Price to register... [Brightleaf@comcast.net](mailto:Brightleaf@comcast.net))
- Miracle of Christmas show trip, Decembr 15, 2015 @ the Sight & Sound Theatre in Lancaster, PA. (Possibly two seats available, e Mail me ASAP for information ([cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com).)
- Executive Board Meeting: January 19, 2016 @ St. Isaac Jogues Cronin Center, Room 1 (Please consider attending. Just eMail me for directions and details.)
- December Update ... check out featured articles on Senior Citizens Hall of Fame induction; Trips, Activities and Celebration; and Annual Spring Luncheon Early Bird registration form.
- 2015 Draft By-Laws available on Shutterfly and Original Web site for perusal.



*But I heard him exclaim, 'ere he drove out of sight,  
"Happy Christmas to all, and to all a good-night!"*

**BCRSPA together, creating a moment!**