

December 1, 2016



# Keeping You in the Loop

From the desk of Donna Copenhagen

Hello BCRSPA members,

Well, the holidays are upon us! Just like you, I am working hard to get the house ready and decorated, baking everyone's favorite cookies, and searching for the perfect gift for all on Santa's list! However, your Executive Board is still working hard for the organization. The Social Committee is preparing for trips and activities, the Legislative Committee is gearing up to "keep an eye" on the upcoming Maryland Legislative session, the Finance Committee is working on the budget, the Technology Committee is working on our new Facebook page, the Scholarship Committee is preparing to read the 2017 applications, and our Membership Committee is always working to expand our membership.



Remember, Breakfast with Colleagues is December 8 at Columbus Gardens. Although time is running out, if you act quickly, you can still register to attend. Send the form to Mr. Clair Price at P.O. Box 44016, Nottingham, MD 21236-9998 to get your name on the list. Then go shopping for a wonderful toy for Toys for Tots and/or prepare your check for the Alzheimer's Association. There will be boxes for both types of donations at the Breakfast. We hope to see you there!

*Wishing you a Merry Christmas and Happy Holidays,  
Donna*

## On the Horizon:

- *3rd Annual Breakfast with Colleagues, at Columbus Gardens, December 8, 2016 @ 10:00am (eMail Clair Price to register... [Brightleaf@comcast.net](mailto:Brightleaf@comcast.net))*
- *Navy Band Holiday Concert to be held at the DAR Constitution Hall in Washington, D.C. on December 18, 2016. (Sold out!)*
- *Articles due to Editor for March UPDATE Newsletter, January 15, 2017*
- *Executive Board Meeting: January 17, 2017 @ St. Isaac Jogues Cronin Center, Room 1 (Please consider attending. Just eMail me [dm copenhagen@gmail.com](mailto:dm copenhagen@gmail.com) for directions and details.*

# FYI.



## Report: by Parker Koons, Legislative Chairperson

The 2017 legislative session will soon be upon us and we will try to keep you informed throughout this time.

### MRSPA's major objectives in 2017 are:

- 1.) To protect the defined benefit pensions through full actuarial funding.
- 2.) To hold legislators accountable for the promised make up contributions to the state pension system is of great concern to retirees. MRSPA supports all legislation that provides protection from such criminal activities.
- 3.) To support services and communities to help older adults age in place.
- 4.) To advocate for the prevention of abuse and neglect of vulnerable adults.
- 5.) To support legislation that protects all citizens from identify theft and scams
- 6.) To support public education in all Maryland jurisdictions.

Legislators like to hear from their constituents, so if you have any concerns, contact your representative. Contact them at <http://mgaleg.maryland.gov/> or call 1-800-472-7122. Individual Representatives addresses are on the BCRSPA website as well as the Shutterfly website.



## Please Join Our Facebook Page For Updates!

BCRSPA's Facebook page encourages group communication and an opportunity for people to share their common interests and express their opinion. It provides a place for members to come together around a common cause, issue or activity to organize, express objectives, and discuss issues, post photos and share related content.

If you would like to join our closed group, simply click the + JOIN box below our profile picture. As long as you are a member of BCRSPA, you can be added to this page. Once your membership is verified, you will be added to the group! Once you join, visit BCRSPA "wall" by searching (top of your window or screen) for BCRSPA



### 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!

## D.C. at Cherry Blossom Time 2017 Interest Survey

Have you ever been to D.C. when the cherry trees are in full bloom? It is truly a sight to behold!



BCRSPA is in the planning stages of such a trip. We will take a deluxe motor coach to D.C. then take a luncheon cruise along the Potomac. We plan to spend some time at the Tidal Basin for a close up view of monuments and the beautiful cherry trees. Possible dates for the trip are early April, 2017.

Trip cost approximately \$100 includes the bus and driver gratuity, the luncheon cruise and server gratuity and snacks. We must fill the bus with 54 people. To express your interest, email C. David Copenhaver at [cdcopenhaver@gmail.com](mailto:cdcopenhaver@gmail.com) or call him at 410-515-0456.



## Community Service Award Nominations

BCRSPA members make great contributions to their communities. We are searching for an individual member who goes above and beyond. MRSPA would like to recognize one of our local members for their tremendous efforts. The member nominated by BCRSPA will be honored at a luncheon later in 2017. We all know someone who is worthy of this recognition. Why not take a few minutes and nominate them? It's really simple. Send the following information to Donna Copenhaver by email ([dmcopenhaver@gmail.com](mailto:dmcopenhaver@gmail.com)) or by standard mail (419 Amy Drive, Abingdon, MD 21009).



- Name of nominee
- Your name
- A list of Volunteer Activities - Include hours per week/month, what/where the activities are performed, why are they needed/important, and the impact of their volunteerism.
- Summary of Volunteerism – Give a brief (100 words or less) description of their volunteer activities.

Let's take some time to reflect on the incredible people we know and the tremendous volunteer work they do. The best way to celebrate their accomplishments is to let them know how much they are appreciated. Won't you please consider nominating someone for this honor? If we have more than one entry, the BCRSPA Executive Board will review the applications and choose our nominee.

Thank you for your consideration of an individual you feel is worthy of this award.



### Clever Ideas and Solutions (Best of 2016 ½ dozen)

I just love it when I get emails with hints like these — you're never too old to learn.

1. How to hull strawberries, all you have to do is poke em' with a straw! You start at the bottom of the strawberry, push the straw up, and the stem and white bit just pop right up!
2. Can you hear me now? Place your iPhone in a bowl and crank up the volume. The concave shape of the bowl will amplify the music.
3. Recycle disinfectant cloth containers by making it into a container for "doggie poop bags." But it could work for plastic grocery bags too.
4. Microwave Popcorn in a brown paper bag. Add a 1/2 cup scoop of bulk popcorn kernels to your brown paper bag. Fold the bag over twice. Don't use staples to secure the bag — this might spark in your microwave. Stick the popcorn bag into your microwave. I set mine for 3 minutes on high. Stop the microwave when the popping slows to one to two pops per second. A pinch of salt with a dab of butter is the most popular way to eat popcorn or add gourmet toppings.
5. A simple way to find small lost objects is by placing pantyhose over the head of the vacuum hose, securing it with a rubber band (so the pantyhose don't get sucked up!), and vacuuming under tables and chairs. The objects are quickly picked up without getting sucked away into the vacuum!
6. Flattened pillow? Put it in the sun for 30 minutes. The sun will absorb the moisture and plump up your pillow.



**BCRSPA working together to Engage and Empower!**