

February 1, 2018



# Keeping You in the Loop . . .

From the desk of Donna Copenhaver

Freezing  
Cold winds,  
Biting chills, and  
White snow fluffed hills  
Valentine's Day, oh how gay!  
Presidents' Day is coming our way.  
February, sweet and small, greatest month of all."  
- Eric Lies, 28 Word Poem for February

Hello BCRSPA Members,

In the January "Loop", I informed everyone of the terrible error in the December 2017 UPDATE newsletter. You may recall that several names were included in the "In Memoriam" section accidentally. Since that time, I am pleased to report that we have been able to verify that 13 of the 15 people concerned are alive and well. Mr. Daniel March is the only person on the list that is in fact deceased. We have not been able to contact Edwin Rinehart as yet. If anyone has information about Mr. Rinehart, please contact me at [dmcopenhaver@gmail.com](mailto:dmcopenhaver@gmail.com) or 410-515-0456.



Once again, I apologize to **Barbara Abramson, Jeanne Bayer, David Fantasia, Nance Freeberger, Hella Johnson, Richard Kapfhammer, Sharalyn Luciani, Rolland Schultz, Cheryl Skinner, William Thibeault, Del Weimer, Joan Weimer, and Rhoda Wyman** for this unfortunate mistake. We continue to search for the cause of the error.

Sincerely,  
Donna

## On the Horizon:

- *Early March: Newsletter distribution*
- *Executive Board Meeting – March 20, 2018 @ St. Isaac Jogues Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *Articles due to Editor – April 15th*
- *Annual Spring Business Meeting – April 17, 2018 at Columbus Gardens*
- *5<sup>th</sup> Annual Crab Feast, September 30, 2018, 3pm-6pm @ Camp Running Bear. (See attached registration for details)*

# FYI...

## Ten Healthy Habits

The author suggests that you not become overwhelmed by all the changes you want to make this year. Instead he states the benefits of assessing your day-to-day actions to determine which of these good habits you may already be tuned into for a healthy mind and body.

1. Walk every day while doing your routines such as grocery shopping, walking in your neighborhood or on a treadmill.
2. Say “Thank You” to express gratitude for your life and relationships. Being positive can have health benefits. You can step it up by writing thank you notes or text messages.
3. Spend time with others because being social is a sign of good health. You can increase social interactions by meeting with people face-to-face and expressing your feelings and emotions.
4. Cook at home. Cook with vegetable oil, rather than butter. Substitute avocado for mayonnaise to reduce some calories and increase taste.
5. Spend time outdoors to get fresh air and sunshine, while possibly improving mental health, movement and connections with others.
6. Avoid sugary sodas. In addition, you should reduce your consumption of diet drinks.
7. Make sleep a priority. Seven to nine hours of sleep a night meets the recommended amount for adults 18 to age 60.
8. Schedule medical appointments with your regular doctor. It is also important to schedule appointments with specialists such as dentists, dermatologists, and eye doctors.
9. Stay out of the sun to avoid wrinkles, sun spots, and skin cancer. Use sunscreen every day to reduce harmful UV rays that can affect your skin.
10. Look on the bright side to promote a positive attitude about life circumstances. Use positive language rather than the language of complaints.



(Source: Joyce Cummings from Living Better Newsletter at WebMD.com January/February 2018 By: Locke Hughes Reviewed by: Neha Pathak, MD WebMD Medical Editor. Some changes were made)

## Considering Running for Board Of Education?

Beginning with the 2018 election, the Board of Education of Baltimore County will be partially appointed and partially elected. Four members will be appointed by the Governor from a list submitted by the Baltimore County School Board Nominating Commission established according to House Bill 88. This Commission will vet candidates applying for a position on the Board of Education via appointment. Candidates applying for appointment may not also file to run in the election.



At the November, 2018, General Election seven additional members will be elected to the Board of Education—one from each councilmanic district. Depending upon the number of candidates who file to

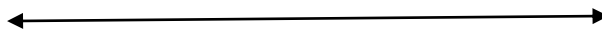
run in each councilmanic district, these candidates may also be required to run in the primary election.

If you wish to run for election or know others who would be good candidates and would consider running, following are the steps a potential candidate must complete to get on the ballot: Before your name can be placed on the ballot you must fill out the following documents:

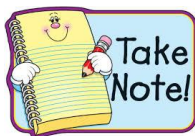
1. Statement of Organization.
  - a. Fill out and file with the State Board of Elections on-line at <http://campaignfinance.md.us//home//registercommittees>
2. Financial Disclosure Form
  - a. File with Baltimore County Board of Education Ethics Review Panel. The Board of Education Ethics Review Panel is located at 6901 Charles St., Bldg. C, Towson MD 21204. Phone #: 443-809-4138.
3. Candidate Information Sheet available on-line at MD State Board of Education site.

Next, phone the Baltimore County Board of Elections, 410-887-5700 to make an appointment. You must take the receipts indicating you have completed the three above-mentioned documents along with your Driver's License and a \$25 filing fee (check or cash) to the appointment with the Baltimore County Board of Elections—1112 Gilroy Road, Suite 104, Hunt Valley, MD 21031. The deadline for filing to run is 9:00 P.M., February 27, 2018.

A potential candidate must be a registered voter and live in the councilmanic district in which he/she runs.



## Phone Number Changes



BCRSPA has recently changed phone carriers. Our old system was antiquated and no longer functioning properly. As a result of this change, we now have 3 numbers available for your questions/concerns.

The numbers are:

**President** - 443.793-5867, **Scholarship** - 443.793-6261, **Membership** - 443. 793-6260

## Spring Tea with Clara Barton

The Woman's Club of Glyndon will host a spring Tea With Clara Barton (Mary Ann Jung) on Wednesday, March 21st at 12:30 at the club house, [4627 Butler Road](#). Delicious goodies and tea will be served. Woman's Club is a 501(c)3 organization and proceeds support local charities and schools. Tickets are \$20. For more information and tickets call Kathy: [410-833-2756](#).



The Woman's Club of Glyndon 10th annual Fashion Show will be held Saturday, May 19th at Northminster Church, 705 Main Street. Doors open at 11:30. A delicious lunch will be served at noon, followed by modeling of Christopher and Banks fashions. Woman's Club is a 501(c)3 organization and proceeds support local charities and schools. Tickets are \$30. For more information and tickets call Karen: [410-833-1006](#).



## Maryland Retired School Personnel Association Community Service Individual Nomination

*(To be eligible, the nominee must be a member)*

Do you know a super volunteer in your community? Honor a friend, coworker, family member or colleague by nominating them for the MRSPA annual award for outstanding community service and volunteer work. Do you know this amazing person? Call **Donna Copenhaver at 410.515-0456** to initiate the nomination process. Nominations must be submitted no later than April 1, 2017. So, don't delay!



## The Maryland Senior Citizens Hall of Fame, Inc

MSCHF is seeking nominations of Maryland residents, 65 years of age or older, who as active volunteers have made outstanding contributions to improve the lives of others in the community. Nominations will be reviewed and up to 50 qualified nominees will be selected for induction into the 2018 Maryland Senior Citizens Hall of Fame. To obtain specific details and/or questions, please send an email to [mschf.mail@verizon.net](mailto:mschf.mail@verizon.net) or call 410-828-5852. Nomination forms may be downloaded @ [www.msCHF.org](http://www.msCHF.org). All nomination forms must be received by April 10, 2018.



## BCRSPA Makes Donations to Two School Libraries

Two Baltimore County School libraries, Timber Grove Elementary School and Deer Park Middle Magnet each received a \$1,000 check from the Baltimore County Retired Schools Personnel Association to enable them to purchase additional books for the school libraries. The awarded \$1,000 is to be used for print material for the school library.



BCRSPA has given student scholarships annually 10+ years for graduating seniors from BCPS, and the organization was excited about forging new connections with schools serving younger students.

We believe in our schools and teachers and in the power of reading to encourage academic success. As retirees from the Baltimore County Schools system, we are thrilled to help put more books in the hands of students.



Our goal is to select two schools each year from the various geographic areas of the county and continue to provide support for school libraries going forward.”



# BCRSPA 5th Annual Crab Feast

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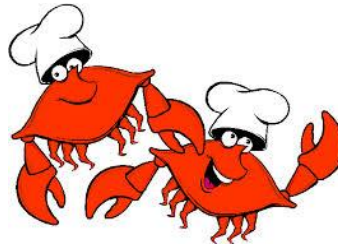
*Crabs/Shrimp/Fried Chicken/Cole Slaw/Potato Salad/Beer/Soda/Dessert*

*Sunday, September 30, 2018*

*3:00 p.m. – 6:00 p.m.*

*Camp Running Bear in Monkton*

*Tickets  
\$40 each,  
Same as  
last year!*



*Rain  
or  
Shine!*

**\*See attached registration...**



## Did you know...

Enjoy a few fascinating facts and trivia factoids: some serious, some fun, covering a wide variety of topics.

1. You can get different OREO flavors sent to your house every month. OREO offers a subscription box that includes two surprise OREO flavors, one-of-a-kind, OREO-inspired swag, and recipes to make even more OREO treats.
2. Pineapples were a sign of wealth in 18th-century England. They were so expensive that you could rent them by the night and take them to parties with you as a status symbol.
3. There's a Japanese town that looks just like Sweden, sells Swedish folk crafts, and celebrates Swedish traditions. Sweden Hills, located on Hokkaido island, hosts Swedish festivals throughout the year and is popular with tourists.
4. Big dogs are more well-behaved pets. Studies show bigger dogs usually have better behavior than small dogs, but it's not because they're inherently better animals; it's because of humans. We tend to put less effort into the discipline of little dogs because we assume they can't do as much damage- so larger dogs typically end up having better training.
5. The average white, fluffy cloud weighs about 1.1 million pounds.
6. Honeycrisp apples are expensive because they're so high maintenance. They demand a specific soil, ripen at various times, must be harvested by hand, and need a trellis to support their delicate branches. Growers also didn't expect them to be so popular, so there aren't as many trees producing the fruit as there are people to buy it.

