

January 4, 2016



Keeping You in the Loop . . .

From the desk of C. David Copenhaver

We'll take one little step
And then we'll take one more,
Our unlimited potential
We'll totally explore.
Have a Lovely Happy New Year!

From Paris

Hello BCRSPA Members,

The New Year - 2016, with all its possibilities, is upon us. BCRSPA is a dynamic and forward-looking organization that has recently made great strides and we hope the progress will continue unabated. You can help! With the continued dedication, hard work and cooperation of your Executive Board and our membership, I have no doubt that we will fulfill this goal. Trips, seminars, and fun activities are in the planning stages right now. Watch for news on these items in upcoming publications. 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. 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

On the Horizon:

- *Executive Board Meeting: January 19, 2016 @ St. Isaac Jogues Cronin Center, Room 1 (Please consider attending. Just eMail me for directions and details.)*
- *2015 Draft By-Laws are available on Shutterfly and Original Web site for perusal.*
- *Executive Board Meeting: February 16, 2016 @ St. Isaac Jogues Cronin Center, Room 1 (Please consider attending. Just eMail me for directions and details.)*
- *Executive Board Meeting: March 1, 2016 (Location TBD)*
- *Early March: Newsletter distribution*
- *Toby's Dinner Theatre Trip - South Pacific: March 9, 2016 (See page 2 for complete details. Deadline is January 18th as I need to contract a bus!)*

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), Chairperson of the AD Hoc committee or George Sparks (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.



Toby's Dinner Theatre – March 9, 2016 (Wednesday Matinee Brunch)

Have you ever been to Toby's Dinner Theatre? BCRSPA is thinking about planning such a trip to



see South Pacific. This Rodgers and Hammerstein classic features some of the most beautiful music ever composed for theatre. Love transcends both the harsh realities of war and social stereotypes in this sweeping tale that won a Pulitzer Prize and 10 Tony's. South Pacific features illustrious songs such as "Gonna Wash That Man Right Outa My Hair", "Some Enchanted Evening", and "Bali Hai".

This lush, exotic musical by Rodgers and Hammerstein tells of two love stories, both filled with the passion of wartime romance and the challenge of overcoming prejudice for love.

Trip cost: \$75 per person (Includes coach bus, driver and meal tips, show, and buffet lunch). We must fill the bus with 50 people. To reserve your seat(s), email C. David Copenhaver at cdcopenhaver@gmail.com or call him at 410-515-0456. **Deadline is January 18th as I need to contract a bus!** Share this with your friends!

- Pick up (9:30am) and Return (4:00pm) will be at the Baltimore County I-695, Cromwell Bridge Rd Park & Ride. Exit #29B-A/MD-542 S/Loch Raven Blvd. /Cromwell Bridge Road.

**HAPPY
NEW YEAR
2016!**

FYI...

5 Exercises for Arthritis Joint Pain Relief

There's no cure for arthritis, but sufferers have a powerful, cheap way to manage their achy joints: exercise. But where do you start if you're a beginner? Take a look at the 5 best exercises for people seeking joint pain relief, plus easy tips to get you started. And the best part these workouts are fun, stress-relieving, and will ease symptoms.



When your arthritis makes it hurt to just get out of your chair, it's no surprise you're tempted to stay put. But arthritis exercises are exactly what you need. To read the complete article, click on the URL below...

http://www.lifescrpt.com/health/centers/osteoarthritis/articles/got_arthritis_5_exercises_that_relieve_pain.aspx.

Source: Tricks to Manage Pain in Achy Joints by Priscilla Lister, Special to Lifescrpt Published February 27, 2015.
(Some changes were made.)

Phony IRS

Tax time is near, so be on the alert for "IRS scams". Fraudsters often target older Americans, who are less likely to have the knowledge or support system that would keep them from falling into the trap. Typically, the scammer calls posing as an "IRS agent", saying back taxes are owed. After threats of penalties and even jail time, the bogus agent turns helpful providing a solution that involves sending cash. If you get such a call: 1) Assume it's a scam. The IRS never calls people about back taxes. It will send you a notice by mail. 2) Hang Up. Any information you provide may mark you for more bogus calls. 3) Report the incident. Report it to the U.S. Treasury inspector general for tax administration at 1-800-366-4484. If contacted by email, forward it to the IRS at phishing@irs.gov. (Reprinted from AARP magazine, December 2015)



(Source: BJ Rounsaville, Chairperson – Consumer Education. Some changes were made.)

An Aspirin A Day...

Just might keep colon cancer and cardiovascular disease at bay, according to the U.S. Preventive Services Task Force. The recommended dosage of a daily low-dose aspirin is for moderate-to-high risk adults over 50 who are not on blood thinners. The benefits of aspirin come from the drug's anti-inflammatory properties which help decrease chances of developing tumors or blood clots. But remember to talk to your primary care physician before taking any medication.



(Reprinted from Family Circle magazine, December 2015)

(Source: BJ Rounsaville, Chairperson – Consumer Education. Some changes were made.)

BCRSPA together, creating a moment!