July 6, 2015



"Live in each season as it passes: breathe the air, drink the drink, taste the fruit." July thoughts- Henry David Thoreau

Hello BCRSPA Members,

As I begin the second year of my Presidency, I want to thank the membership for their tremendous support and the hard work of the Executive Board. I also want to welcome our new members and thank those who have stepped up to volunteer to serve as members of the Executive Board. I believe that this past year was successful and I am looking forward to an even more exciting and successful second year as we continue working together.

While many of you are vacationing and spending time with family and dear friends, don't forget that your Social Committee has many activities planned for you. There are only about 40 seats for the crab feast and 20 seats for the Lancaster Christmas Show remaining. We have plenty of room for the October luncheon. We are planning an exciting program for the meeting. Again this year, we are holding our fun filled Breakfast with Colleagues. If you are interested in attending one or more of these activities, it would be best for you to make your reservation(s) now. In case you have misplaced your reservation form, see the attachments below. Look for exciting 2016 activities in the September *UPDATE* newsletter.

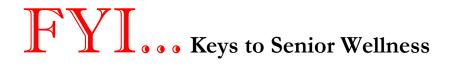
Be sure to visit our Shutterfly website. There you can find the latest updates on activities and events, Executive Board meeting dates, newest Executive Board Directory, Board Minutes, trip reservations, and photographs of our previous member events.

On another note, 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 <u>cdavidcopenhaver@gmail.com</u>. You can also stay informed by visiting our website at <u>http://www.bcrspa.org/index.html</u> or our "Shutterfly site" at <u>https://bcrspaevents.shutterfly.com/</u>.

Sincerely, together we are creating a moment.

David

BTW: See attached trip and event registrations...





In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort. See below: 4 easy to follow tips...

#### 1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

#### 2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

#### 3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

#### 4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, rollerblading, or swimming -- to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.



Source: WebMD

### <u>On the Horizon:</u>

- Executive Board Meeting, September 15 2015, 10:00am at St. Isaac Jogues Cronin Center, Room 1 (Please consider attending. Just eMail me: <u>cdavidcopenhaver@gmail.com</u> for directions and details)
- 2<sup>nd</sup> Annual Crab Feast, September 26, 2015, 3pm-6pm @ Camp Running Bear. (See attached registration for details)
- Fall Members Meeting at Columbus Gardens, October 20, 2015, registration 9:30am. (Deadline for Reservations Is Monday, 10/12/15) (See attached registration for details)
- Western Maryland Fall Foliage Excursion, October 8, 2015 (Sold out!)
- 2<sup>nd</sup> Annual Breakfast with Colleagues, at Columbus Gardens, December 10, 2015 @ 10:00am (See attached registration for details)
- Miracle of Christmas show trip, Decembr 15, 2015 @ the Sight & Sound Theatre in Lancaster, PA (See article and attached registration. Limted seating available.)
- Shutterfly is up and running! https://bcrspaevents.shutterfly.com/, password... "lower case" bcrspa (You are encouraged to visit and stay in touch with your friends and colleagues)

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# Special Raffle at 2015 BCRSPA Crab Feast

The 2015 BCRSPA Crab Feast will be held on September 26<sup>th</sup> at Camp Running Bear in Monkton. This year, in addition to fabulous food, the Scholarship Committee will hold a raffle. The prize, donated by Edward Veit, is a replica sculpture of our own Oriole Ironman, # 8, Cal Ripken, Jr. Tickets will be sold for \$1 a piece or the bonus buy of 6 for \$5. All proceeds will benefit the BCRSPA Scholarship Fund.

Look for the Crab Feast registration form in the June UPDATE newsletter which is mailed to every member. Come join us for an afternoon of fun and great food, and support the scholarship fund by buying raffle tickets for the replica sculpture of Cal during the event.

(Scholarship Committee: Camille Marx, Edit Kozlowski, and Madeline Lovera and Bob Kane will be selling tickets)

## **BCRSPA** together, creating a moment!