



# Keeping You in the Loop

• • • From the desk of Parker E. Koons, Jr.

*"Live in each season as it passes: breathe the air, drink the drink, taste the fruit."*

*July thoughts—Henry David Thoreau*

Hello BCRSPA Members,

I hope when your family and friends celebrate the holiday that you remember why we are able to do it.



This is my first article for "Keeping You in the Loop" as President and I hope that you bear with me as I look at BCRSPA from the past, the present and the future.

Many of the goals that were set eight years ago are still present today – trying to get new members when the Board of Education could no longer share retiree information and the constant work to protect our pension/retirement and health care systems. We also had a different name and had few events for our members.

Today, thanks to the past two presidents (Donna and David Copenhaver), BCRSPA has a variety of activities for our members, an updated and active communication system and an active Executive Board that keeps on top of all member inquiries.

In the future, I will strive, with the help of the Executive Board and our BCRSPA members, to continue what has revived the enthusiasm of this organization and to make it more viable and visible in Baltimore County.

*Parker*

## On the Horizon:

- *Executive Board Meeting September 18th, 10:00am @ St. Isaac Jogues ...Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *5<sup>th</sup> Annual Crab Feast, September 30, 2018 - 3pm-6pm @ Camp Running Bear. (See attached Registration and detail)*
- *Fall Members Meeting at Columbus Gardens, October 16, 2018 registration 9:30a.m. (See attached "Early Bird" registration for details)*
- *5<sup>th</sup> Annual Breakfast with Colleagues, at Columbus Gardens, December 6, 2018 (Save the date. Additional details will follow)*
- *BCRSPA Holiday Trip - Arlington/U.S. Navy Band Holiday Concert on December 16, 2018 (Let me know ASAP if interested, send eMail to [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com) or call me at 410.515-0456.)*

# FYI...



## Ready to Vote? It's More Important Now Than Ever!

June 26 will be here before we know it! That's the date of Maryland's primary election where participation counts. It's not a Presidential election, so why is voting in the primary and then in the general election on November 6, so important?

- ALL Maryland state and most local government officials are elected this year.
- ALL members of the U.S. House of Representatives and one U.S. Senator are elected this year.
- The Governor and the State Legislature control **Pension** and **State Education Funding**.
- County Councils, Commissioners, and Executives control **Local Education Funding for your local Board of Education**
- Local Boards of Education control **Retiree Health Benefits**.

The quickest and easiest way to get the voting information you need is to visit either the Maryland State Board of Elections website at [www.elections.state.md.us](http://www.elections.state.md.us), or your local board of elections, via your county government website.

The primary election is important for several reasons. In many counties, only one party is contested to any extent and that happens in the primary. You can register for either party or change your party affiliation until June 5. If you do not choose a party, you **Cannot** vote in **Any** party's primary in Maryland. However, school board elections are NON-PARTISAN, so everyone, regardless of any party affiliation, can vote for board of education candidates. If you care about the school board (see retiree health benefits), you will get information about those candidates and vote for the candidates that support sustaining retiree health benefits.

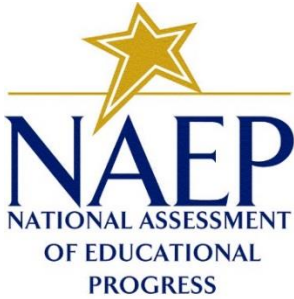
Going to be out of town on June 26, or just don't feel like the potential hassle of lining up at the polls? You have several choices. All 23 counties and Baltimore City offer at least one Early Voting location. These are open from 10 AM to 8 PM from June 14 through June 21. See your local Board of Elections website (most likely through your county government site) or click the link on the State Board of Elections website, to locate your Early Voting location options. If you'd rather not go out to vote early, you can vote by absentee ballot. You don't really have to be absent. You just have to request the ballot, either online, by mail, or in person, by June 22, and return it prior to June 26. Easy to follow instructions are included. Check either the State or your local Board of Elections website for this information.

Need help? Voting places have booths for handicapped voters staffed with election judges qualified to assist. You can also bring your own assistant, as long as that person isn't your boss or a poll watcher. Want to vote on the actual Primary Election day? Polls open at 7 AM and close at 8 PM on June 26. See your voter registration card for your polling place!

Not sure if you want to vote in the primary? Decide who you want to pick your candidates for the general election. You or someone who opposes defined benefit pensions? You or someone who prefers a 401k type retirement plan to a defined benefit pension? You or someone who thinks retiree health care is unnecessary or too expensive to be provided to retired educators? You or someone who thinks revenue for schools is unimportant? If you answered YOU to those questions, then you know what you need to do! VOTE! Support candidates who support you, your defined benefit pension, and your retiree health insurance.

(Source: MRSPA. Some changes were made.)

## Temporary Job Opportunities: Assessment Administrators



We are seeking motivated individuals who are committed to excellence and have experience working in schools with students. **WESTAT** is recruiting for the 2019 **National Assessment of Educational Progress**, also known as **NAEP** or **The Nation's Report Card**, for the **National Center for Education Statistics**, which is part of the **U.S. Department of Education**.

The position involves conducting assessment sessions with 4th-, 8th-, and 12<sup>th</sup> grade students using touch-enabled tablets in participating schools across the country. You will work on a team of 2-4 people. This opportunity is ideal for retired educators.

This opportunity is a part-time, temporary position with limited benefits. For more information, visit [www.workNAEP.com](http://www.workNAEP.com) and provide your name and email. We will contact you with a link to our online application when it is available. **Online applications will be accepted beginning in June 2018.** **For more information email [NAEPrecruit@westat.com](mailto:NAEPrecruit@westat.com)**

(Source: MRSPA. Some changes were made.)

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## Be Prepared: Scammers Target Smartphones Every Day Spam

Nearly 70 percent of smartphone texters say they receive unwanted spam messages, studies show. And people are three times more likely to respond to spam received by cell phone than when using a desktop or laptop computer. That's particularly dangerous because more than a quarter of text-message spam—such as free gift cards, cheap medications and similar text-message come-ons—is intended to criminally defraud you, compared with only about 10 percent of spam arriving by email. These texts often lead you to shady websites that install malware on your phone or otherwise seek to steal sensitive details for identity theft.

### The one-ring con

In a longtime calling scam, crooks leave voice messages asking you to call back a specific number because you have won a sweepstakes or have an undeliverable package. Now they simply program calls to smartphones to ring only once or disconnect when you answer. Your curiosity over a missed-call alert results in you spending upwards of \$30 to call back. The reason: Despite a seemingly American area code, the call is to an international phone number—often in the Caribbean—that charges a premium connection fee and per-minute rate, which is extended through long holds and frequent transfers.

You might also find charges crammed onto your bill with such innocuous language as "special services," "Internet advertising" or "minimum monthly usage fee."

What to know: Beware of any unfamiliar calls—one ring or otherwise—with area codes 268, 284, 473, 649, 664, 767, 809, 829, 849 or 876.

(Source: [aarp.org](http://aarp.org). Some changes were made.)



## Helping Seniors To Beat the Summer Heat

We've heard it so many times it has almost become a cliché: seniors need extra attention in the searing summer heat. But how many of us know what signs should alert us to the serious problems that summer temperatures can bring to seniors in our care?



**Edema:** Hands, feet and ankles may swell. Usually harmless and goes away as the individual adjusts to changing temperatures.

**Syncope:** Faintness, dizziness. Usually not serious. Less likely once the individual is used to the heat, be alert to complications.

**Rash:** Excess sweating when it is hot and humid irritates thinning skin, which appears red, often with small pimples. Keep dry and use powder. Lotions and creams tend to make the rash worse.

**Cramps:** Activity and sweating change the water and salt balance in the body causing cramping in the abdomen, arms or legs. If the senior has heart problems or is on a low-salt diet, seek medical help. Otherwise, resting in a cool place, drinking liquids, and gently stretching helps.

**Exhaustion:** Prolonged high heat and insufficient liquids may cause heavy sweating, paleness, cramps, muscle pain, irritableness, fatigue, weakness, dizziness, headache, nausea, fainting, cool, moist skin. Cool the entire body by shower or bath, stay in an air conditioned area. If symptoms worsen or last longer than an hour, get medical attention. Those with heart problems or high blood pressure should seek immediate medical help.

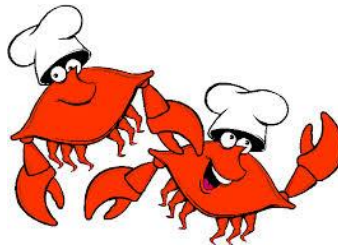
**Heat Stroke:** The most serious heat illness occurs when the body is so overheated that it cannot regulate its temperature. Seniors may have a fever above 103 degrees, but not sweat. Hot, red, dry skin, throbbing headache, dizziness, nausea, confusion, hallucinations, aggression, and ultimately, unconsciousness may occur. Heat stroke is an emergency. Call 911 and cool the senior's body as rapidly and completely as possible.

None of this information takes the place of forewarning. To avoid heat illness, keep track of the weather forecast so that you know whenever a heat wave is coming. Follow the eight simple steps to beat the heat outlined by the Center for Disease Control listed below, and, of course, know your senior's medical history thoroughly. Seniors should:

- Visit air-conditioned buildings in their community if their home is not air-conditioned.
- Take cool shower or bath if overheated.
- Drink plenty of water.
- Wear lightweight, light-colored and loose-fitting clothing.
- Avoid strenuous activities during a heat wave.
- Ask their health care provider if any of their medications increase their risk during excessive heat events.
- Watch for the warning symptoms outlined above.

# BCRSPA 5th Annual Crab Feast

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



(See attached registration)

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## Let's Celebrate the Christmas Season in a Patriotic way!

We are looking into taking a trip on December 16, 2018.

The itinerary would be:



- Special tour at **Arlington National Cemetery**...visiting the following, up close and personal...The Welcome Center, President John F. Kennedy Gravesite, and the Tomb of the Unknown Soldier and Changing of the Guard Ceremony.
- Attend the **U. S. Navy Band Holiday Concert** at DAR Constitution Hall.

If I can get all the necessary tickets and there are enough genuinely interested individuals, we will be in for a very memorable trip. Only 50 seats available. Let me know ASAP if interested, send eMail to

[cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com) or **call me at 410.515-0456.**

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## Sight and Sound Theatre, Lancaster, PA

**Only 12 Tickets available!** How about joining us on our trip to Sight & Sound Theatre on



November 14 to see "Jesus"? The cost of the trip is \$115 and includes bus transportation, ticket to the show, lunch at the Hershey Restaurant, Continental bag Breakfast on the bus, and all gratuities. If genuinely interested, contact C. David Copenhaver at [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com) or call **410-515-0456**. You don't

want to miss this opportunity to see this extremely popular show, **so act now!**



### A Handy “Half-Dozen”

- 1.) Add a few drops of vodka and a teaspoon of sugar, to make cut flowers last longer.
- 2.) Use toothpaste to clear up hazy car headlights.
- 3.) To suck the pain out of a burn, use mustard.
- 4.) For iced coffee and ice cappuccinos, use frozen coffee cubes to ensure the drink doesn't get watered down!
- 5.) To get rid of sunburn, use Earl Grey teabags!
- 6.) To soothe a sore throat, eat marshmallows

Source: <http://www.buzzfeed.com/community>. Some changes were made.

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### A Little 4<sup>th</sup> of July Humor

(Almost makes you want to be back in the classroom!)

The Fourth of July weekend was approaching, and Miss Pelham, the nursery school teacher, took the opportunity to tell her class about patriotism. “We live in a great country,” she announced. “One of the things we should be happy about is that, in this country, we are all free.”

Trevor, who was a little boy in her class, came walking up to her from the back of the room. He stood with his hands on his hips and said loudly, “I'm not free. I'm four.”

*Have a "Safe" July 4th!*



*Thanks to all who have sewed our great nation!*