

June 4, 2015



Keeping You in the Loop . . .

From the desk of C. David Copenhaver

*"Summer is a promissory note signed in June,
its long days spent and gone before you know it,
and due to be repaid next January."
- Hal Borland*

Hello BCRSPA Members,

Lazy, hazy days of summer are quickly approaching. We take this time to recharge and prepare for fun activities. BCRSPA is doing the same. While we are grateful for relaxation, we are also gearing up for a busy fall season. September is the time for crabs and so is our 2nd Annual Crab Feast. In October we are taking a Fall Foliage Western MD Train Luncheon Excursion (sold out at this time) and we will hold the organization's Fall Luncheon. In addition, in December we are preparing to celebrate the winter holiday season with our 2nd Annual Breakfast with Colleagues and a trip to The Sight & Sound Theatre in Lancaster. Look for details and registration materials about these events in upcoming issues of our newsletter, the **Update**. Hopefully, you can join us at one or more of them.

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 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/>.

Wishing you lots of Fun in the Sun!

David

On the Horizon:

- *Executive Board Meeting, June 16, 2015, 10:00am at St. Isaac Jogues – Cronin Center, Room 1 (Please consider attending. Just eMail me for directions and details)*
- *Western Maryland Fall Foliage Excursion (Sold out!)*
- *Miracle of Christmas show trip, Decembr 15, 2015 @ the Sight & Sound Theatre in Lancaster PA. (See article and attached registration. Limited seating available.)*
- *President's Seminar # 3, an informational seminar for our members on developing a Master Document or Folder with All Your Important Information. (Planning stage, Date/Location TBD)*
- *Shutterfly up and running! <https://bcrspaevents.shutterfly.com/>, password... bcrspa (You are encouraged to visit and stay in touch with your friends and colleagues)*

Legislative Happenings:

Andrew C. Palmer named Chief Investment Officer of Maryland State Retirement and Pension System

Baltimore, MD (June 1, 2015)—Following a nationwide search, the Board of Trustees of the Maryland State Retirement and Pension System (MSRPS) today announced that Andrew C. Palmer has been selected as the system's Chief Investment Officer (CIO). Palmer currently serves as the Deputy CIO of the Tennessee Office of the Treasurer, which has primary investment responsibility for that state's \$43 billion Tennessee Consolidated Retirement System (TCRS), similar in size to Maryland's \$46 billion System. He is scheduled to assume his new post at MSRPS on July 22.

"I am thankful for the opportunity to work with the Trustees and staff of MSRPS on the important work of helping to ensure retirement preparedness and security for the plan's more than 388,000 participants," said Palmer. "Every plan has its own set of circumstances and there are multiple ways to effectively address them. I am excited to work with the stakeholders to examine the existing investment program and together find ways to enhance and strengthen the plan's ability to continue to meet the needs of its participants in the future."

Palmer has extensive experience in the public and private sectors. His private sector experience began in 1985 at Bethesda, Maryland-based, ASB Capital Management. In this role, he progressed from Credit Analyst to Director of Fixed Income and developed his investment process and philosophy that produced top quartile investment products. This role also afforded him the opportunity to interact with a broad range of customers with varying investment objectives and risk tolerances. In 2006, Palmer was appointed Director of Fixed Income with the Tennessee Treasury Department and named Deputy CIO in 2008. In these roles, he continued his strong direct investment performance, engaged external investment advisors and became immersed in the unique environment of public pension oversight.

"The State Retirement and Pension System is extremely pleased with the selection of Andy Palmer to become Chief Investment Officer," said State Treasurer Nancy K. Kopp, who chairs the Maryland State Retirement and Pension System Board of Trustees. "He comes to Maryland with an exceptional depth of experience in managing assets for a large public pension plan such as ours. He has a strong track record of success as a portfolio manager, and with it, a vision for what is necessary for Maryland's investment program going forward. We look forward to his leadership of our highly skilled and dedicated investment team and the results their efforts will bring."

Originally from New York, Palmer was a Maryland resident for more than three decades before heading to Tennessee. Palmer received a BA and a MA in Economics from the University of Maryland at College Park. He is married and the father of three.

Palmer replaces A. Melissa Moye, PhD who left MSRPS in August, 2014 to take a position with the Office of State and Local Finance at the U.S. Treasury Department in Washington, DC. Deputy CIO Robert Burd has served as Acting CIO during the interim.

The Maryland State Retirement and Pension System is charged with the fiduciary responsibility for properly administering the retirement and pension allowances of nearly 143,000 retirees and beneficiaries as well as the future benefits for more than 245,000 active and former members. These

groups include state government employees, teachers, law enforcement personnel, legislators, judges and local government employees and fire fighters whose employers have elected to participate in the system.

Michael D. Golden, Director of External Affairs - Maryland State Retirement and Pension System
(Source: MarylandReporter.com)

Special Raffle at 2015 BCRSPA Crab Feast



The 2015 BCRSPA Crab Feast will be held on September 26th 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)

Miracle of Christmas Sight & Sound Theatre in Lancaster, PA

Go back in time and witness the greatest birth in history when the Miracle of Christmas returns to Lancaster County, PA in 2015! Be surrounded by the bustling village of Bethlehem as camels, horses, donkeys and villagers pass by. Be transported to the hillside where legions of angels descend upon the shepherds to proclaim, "The Savior is born!" Come early and enjoy the on-site Christmas festivities and seasonal treats.



The Sight & Sound Millennium Theatre is one of the most popular tourist attractions in Lancaster County, Pennsylvania, the largest Christian live theatre in the United States, and one of the most popular live theatres in the Eastern US.

The BCRSPA trip will be on December 15, 2015. We will take a deluxe motor coach to Lancaster for our 11:00am show. Later, after the show, we will venture to Miller's Smorgasbord Restaurant for a late lunch, arriving about 2:15pm. After Lunch, we will board our motor coach and head for home.

The cost of the trip will be \$115.00 per person which includes Theatre tickets, the bus, the luncheon, and all gratuities. We must fill the bus with 54 people. **To participate eMail the completed registration (attached) and send it with your check to C. David Copenhagen at 419 Amy Drive, Abingdon, MD 21009.**

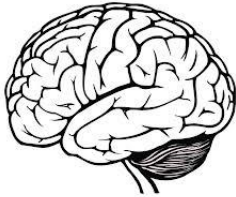
FYI...



Prevent Brain Aging

(Thank you BJ Rounsaville for the article.)

Exciting new research proves you can stop your brain from naturally aging by following these four easy steps:



1. Protect Your Memory By Walking: Fitting in a daily 20 minute walk cuts your risk of dementia and Alzheimer’s disease in half.
2. Improve Your Focus with Popcorn: Popcorn is a whole-grain which makes it a super-healthy snack which can boost your focus, concentration and memory.
3. Cut Your Alzheimer’s Risk with Nuts: Simply enjoying a handful of nuts each day slows the aging of your brain and protects your brain cells from memory loss.
4. Think Faster With Dried Fruit: Eating 1/4 cup serving of any dried fruit (including raisins and prunes) everyday improves alertness, thinking ability, and long term memory.

Senior Citizen Discount List

(Thank you BJ Rounsaville for the article.)

Go out and claim your discounts. Remember you must ask to get the discount: No Ask, No Discount!!!

Travel:

Southwest Airlines: {
 United Airlines: { All 3 airlines discounts for ages 65 and up (call before booking)
 U.S. Airlines: }

Hotels:

Holiday Inn: 20-40% off depending location (62+)(55+)
 Best Western: 40% off (55+)
 Comfort Inn: 20-30% off (60+)
 Hampton Inn & Suite: 40% booked 72 hours ahead
 Hyatt Hotels: 25-50% off (62+)
 Quality In” 40-50% off (60+)

Movies:

AMC Theaters: up to 30% off
 Cinemark Theaters: up to 35% off

BCRSPA together, creating a moment!