

June 1, 2017



Keeping You in the Loop

From the desk of D.M. 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,

Summer has arrived and vacation time is upon us. Oh, wait a minute! As retirees it's always vacation time. Keep in mind though, that your Executive Board is still working for you. We are setting goals, making plans, and preparing for another great year.



As my second year as your President begins, I would like to propose a new facet to our slogan "Engage and Empower". MRSPA's slogan is "Each one, reach one". It would be great if we adopted their slogan and put it into practice. If each member would reach out to a BCPS retiree who is not a member, we could substantially increase our membership. When we grow, so does MRSPA. Let's make our voices heard. Remember, with respect to our legislature, "There is strength in numbers". So let's set an organizational goal this year to increase our membership by at least 200. Are you with me?

Sincerely,

Donna



On the Horizon:

- *Early June: Newsletter "UPDATE" distribution*
- *Executive Board Meeting June 20th @ St. Isaac Jogues ...Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *4th Annual Crab Feast, September 24, 2017 - 3pm-6pm @ Camp Running Bear. (See attached Registration and detail)*
- *4th Annual Breakfast with Colleagues, at Columbus Gardens, December 7, 2017 (Save the date. Additional details will follow)*
- *BCRSPA Holiday Trip ...Dutch Apple Theatre to see "White Christmas" December 30, 2017 (See attached Registration for details)*

FYI...

BCRSPA 2017 Holiday Trip

BCRSPA's holiday trip to the Dutch Apple Theatre on December 30, 2017 is a holiday favorite, White Christmas! It is based on the beloved movie. Veterans Bob and Phil are a successful song and dance team when they meet a sister duo and follow them to an inn in Vermont. They discover it is owned by their old General who has fallen on hard times. The four performers decide to put on a show to save the inn and their General's future. The Irving Berlin score features Blue Skies, Sisters, Count Your Blessings and the favorite White Christmas.



The cost of the trip is \$100 which includes the new Superior Tours Motor Coach of Baltimore County, Holiday Buffet, gratuity and the Bus Driver's gratuity. We have a limit of 50 participants. Please complete the attached "Trip Registration" and mail it today. To guarantee a ticket, email me ASAP and I will reserve a spot for you. Send the eMail to cdavidcopenhaver@gmail.com or call me at 410.515-0456.

Can You Hear Me Now?

With Verizon dropping their email services, a number of **BCRSPA** members receiving "Keeping You in the Loop" electronically could have new eMail addresses. If you went with another email provider and changed your email address, to assure that you continue to receive the newsletter via the Internet, we will need to update our database.




If you have changed your email, simply eMail us at: cdavidcopenhaver@gmail.com and give us your new email address. It would help if you would include your full name and old email address with the new address for verification purposes.

Source: AARSPA. Some changes were made.

Vacationers Are Easy Prey for Scammers

Traveling puts you in the path of scam artists who want to separate you from your vacation dollars. In 2017, there are some new traps to "be aware of":

- 1.) The Samaritan Scam: You're boarding a flight and discover your wallet is missing. Your cell phone rings. A man tells you that he found your wallet in the airport. But don't worry, the Samaritan has your address from your license and will drop the wallet in the mail today. No need to postpone your trip to deal with canceling credit cards. The point of this call is to lull you into giving the thief time to ravage your accounts while you wait for the mail that never comes. You don't find out you have been conned until the bogus charges show up on your credit card statement.

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2.) Hotel Hoodwinks: Be careful at hotels. And don't fall for this scam. You check into the hotel and a few minutes later you get a call from someone pretending to be from the front desk asking you to repeat your credit card number and security code claiming it was written down wrong. That's a common ploy by crooks that were lurking when you checked in, to get information they need to rip you off.

3.) The Phantom B & B: Beware of websites describing lavish accommodations at a great price. All you need to do is sign a lease and send a cash deposit. But when you get there, no such address exists. Do your research – make a call to the Better Business Bureau or the Chamber of Commerce to find out if the company making the offer has been caught victimizing others.

Reprinted and adapted from AARP Bulletin, dated April 2017



7 Foods with Special Health Perks

You may have these items stocked in your refrigerator or pantry and you might be surprised by their health benefits.

- 1.) A Red Bell Pepper contains a large amount of vitamin C.
- 2.) Potatoes can lower blood pressure. Purple and white potatoes have high concentrations of the minerals magnesium and potassium.
- 3.) Raspberries have more fiber than most other fruits. A cup of raspberries aid digestion and help you fill-up with fiber.
- 4.) Peas are a good source of protein which builds muscle.
- 5.) Parsley has quite a bit of vitamin K, which helps to build bones.
- 6.) Sauerkraut is rich in probiotics to enhance your gut health. To gain the full benefits, eat refrigerated unpasteurized sauerkraut. However, young children and older people and those with compromised immune systems should avoid unpasteurized foods.
- 7.) Popcorn is a highly nutritious whole grain that is rich in heart-healthy fiber.

Hot Weather Is Coming - Don't Overdo It!

It's important to recognize when hot weather is making you sick, and when to get help. Heat stroke is a very dangerous rise in your body temperature. It can be deadly. Warning signs include a body temperature of 103 degrees F or higher; red, hot and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.

Reprinted and adapted from Consumer Connection, May-June 2017. Some changes were made





A Handy “Half-Dozen”

1. Clean out an old sun tan lotion bottle for your beach bag and put your phone, money, and keys in it for safe keeping at the beach.
2. Use bread package clip to save flip-flops with split holes
3. Use a muffin tin to serve condiments at a BBQ. It cuts down on dish washing.
4. Use a bread tab to hold your spot on a roll of tape.
5. Use a clean empty squeeze ketchup bottle to clean your keyboard, phone microphone or other nooks on an electronic device.
6. Freeze grapes to chill white wine without watering it down.

Annual Spring Luncheon Meeting...April, 19, 2017



BCRSPA working together to Engage and Empower