



# 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 knit, and due to be repaid next January."

- Hal Borland

## From the President

Well, here we are at the beginning of June. It appears we are finally getting a fairly good handle on



COVID. For those of us who are fully vaccinated, we can start enjoying life again. That is especially good news for BCRSPA.

Hopefully, we will be able to hold our October Luncheon Meeting and reunite with old friends. I know how much David and I have missed seeing everyone!

In the June UPDATE, you will see the Proposed 2021-2022 Budget for the organization. The Executive Board is in the process of approving that budget so Stu Tucker will be able to continue to pay BCRSPA bills as of

Assuming health issues continue improving, David is in hopes of developing a trip for the fall. Stay tuned for more information on

that. In the meantime, enjoy the summer and stay well.

Sincerely,  
Donna



### On the Horizon:

Early September ... "UPDATE Newsletter" distribution...

Fall Members Meeting at Columbus Gardens, October 19, 2021

**If COVID situation allows**

Breakfast with Colleagues, December 2, 2021

**If COVID situation allows!**

# NEWS

## Summer is almost here!

**It's time to make sure that you have proper sun protection!**

What kind of sunglasses are the best protection? Your sunglasses should block 99 to 100 percent of the sun's ultraviolet rays, which can raise the risk of cataracts and some cancers. Look for UV-protection info on a sticker or tag. Gray-tinted lenses are usually a good option and frames with larger lenses will protect more of the area around your eyes. Wraparounds may be even better if the "arms" don't block your side vision. Polarized lenses cut glare but can make it difficult to see your car's dashboard screens.



Which is the best sunscreen for you? You'll want a sunscreen with broad-spectrum or multi-spectrum protection for both UVB and UVA of SPF 15 or higher for protection. The SPF factor rates how effective the sunscreen is in preventing sunburn caused by UVB rays. If you'd normally burn in 10 minutes, SPF 15 multiples that by a factor of 15, meaning you could go 150 minutes before burning. For the vast majority of people, SPF 15 is fine but people who have fair skin, a family history of skin cancer, or conditions like lupus that increase sensitivity to sunlight should consider SPF 30 or higher.



Keep in mind that the higher the SPF, the smaller the increased benefit: contrary to what you might think, SPF 30 isn't twice as strong as SPF 15. While SPF 15 filters out 93% of UVB, SPF 30 filters out only 97%, only a slight improvement.

Source: **MRSA - CONSUMER CONNECTION**. *Some changes were made*

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## **Editors comment !**

Speaking from recent experience, I urge you to carefully read the "Summer is almost here" article above! I recently had surgery on my nose for skin cancer. My H high school days and college days as a Lifeguard are haunting me!





### A Few Dates to Ponder- 2021

- 5<sup>th</sup> World Environment Day
- 12<sup>th</sup> Red Rose Day
- 14<sup>th</sup> Flag Day
- 18<sup>th</sup> National Splurge Day - Oh yeah!!
- 20<sup>st</sup> Father's Day
- 26<sup>th</sup> Forgiveness Day

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### The Strawberry Moon

On Thursday, June 24. It reaches peak illumination at 2:40 P.M. (EDT) that afternoon but will not appear above the horizon until just after sunset.



#### June's Moon Phases

- Last Quarter: June 2, 3:26 A.M. EDT
- New Moon: June 10, 6:54 A.M. EDT
- First Quarter: June 17, 11:54 P.M. EDT
- Full Strawberry Moon: June 24, 2:40 P.M. EDT**

June's full moon is called a **Strawberry Moon** to mark the ripening of berries that takes place in **June**. ... It's also a supermoon, meaning the full moon is at its closest monthly point to Earth in orbit, giving it a magnified look.

Source: Internet sites for research!. (Some changes were made.)

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# Be Positive!



# This n That

## Clever Ideas and Solutions (A few new “Life Hacks”)

I just love it when I get emails with hints like these — you’re never too old to learn.

- Freeze Aloe Vera in ice-cube trays for soothing sunburn relief
- Lavender promotes sleep, and eases anxiety. Put the leaves and flowers in water in a vase on a nightstand to take advantage of the soothing scent.
- For a mosquito-bite itch, try pressing a warm spoon on the welt. Run a spoon under hot water and apply.
- Tea bags in your footwear. This sounds wacky, but believe it or not, it’s a great way to reduce odor in sneakers and other shoes. The tea bags absorb the moisture and the stink. Step #1: Wipe the inside of each shoe with a cotton ball moistened with rubbing alcohol, to kill the bacteria. Step #2: Place a dry unused tea bag inside the shoe, let them sit overnight.
- How to hull strawberries, all you have to do is poke em’ with a straw! You start at the bottom of the strawberry, push the straw up, and the stem and white bit just pop right up!
- Pre-bake your cakes and keep them fresh overnight by placing a slice of bread on top. In the morning your bread will be hard as a rock but the cake will remain moist, ready to ice. See more @ <http://myfridgefood.com/tips/keep-your-cake-fresh-with-bread/>.
- Before you throw away a post-it, run it between the keys on your keyboard to collect crumbs and fluff.
- Bounce batteries to see if they are good or bad. Drop them on a table from about 6 inches. If they give a small bounce and fall right over, they’re good. If they bounce around anymore than that they’re dead or on the way out.

(Source: <http://www.lifehack.org/>. Some changes were made.)

