

May 4, 2016



Keeping You in the Loop . . .

From the desk of C. David Copenhaver

*The world's favorite season is the spring.
All things seem possible in May.*

- Edwin Way Teale

Hello BCRSPA Members,

Judith A. Zahren, MRSPA Executive Director, will be retiring effective July 1, 2016, after having served for almost 22 years.



Judith received her baccalaureate degree from Morningside College, Sioux City Iowa and a Masters degree in Education from the University of Northern Iowa, Cedar Falls. She taught music for 22 years, in Iowa, Hawaii, Nebraska, Texas, and Maryland. She served as Director of Music at Loch Raven United Methodist Church in Baltimore for 14 years.

In retirement Judith plans to volunteer in her community, and travel as much as time and funding allow. Her “dream trip” is Australia/New Zealand.

Judith notes that she will leave the position at MRSPA with many very fond memories. She says she cherishes the many wonderful people she has met over the years and the friendships has formed all over the state.

On behalf of the BCRSPA, we thank Judith for her longstanding service to MRSPA and its mission.

David



On the Horizon:

- *MRSPA Annual Meeting and Luncheon @ Turf Valley Resort and Conference Center, May 10, 2016.*
- *Executive Board Meeting: May 17th TABCO – 305 Joppa Rd Towson Maryland 21286 (Please consider attending. Just eMail me for directions and details.)*
- *Early June: Newsletter “UPDATE” distribution*
- *Executive Board Meeting/ Executive Board Retreat: “Standing Rules: June 21, 2016 @ St. Isaac Jogues Cronin Center, Room 1 (Please consider attending. Just eMail me for directions and details.)*
- *3rd Annual Crab Feast, September 18, 2016, 3pm-6pm @ Camp Running Bear. (See attached registration for details)*

FYI...

Steel Drum Panorama Concert

Sparrows Point High School will host the 15th Annual Panorama concert featuring performances of steel drum bands from the following Baltimore County Public Schools: Catonsville, Parkville, Perry Hall, Sparrows Point High schools, General John Stricker and Hereford Middle schools, and Stoneleigh Elementary School. The event is **free and open to the public**. Refreshments will be available.



When: Saturday, May 7, 2016, at 7:00 p.m. – 10:00 p.m.

Where: Sparrows Point High School 7400 North Point Road Baltimore, MD 21219



2016 *BCASCO* *Annual Legislative Wrap-Up*

Get Ready for our May Forum!!! We will hear from Tammy Bresnahan, Director of Advocacy AARP Maryland for a Legislative Wrap-Up. We will meet at the Towson United Methodist Church from 10:00 a.m. - 12 noon on Friday, May 13, 2016. Please join us for this very informative session.

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



BCRSPA has begun preliminary planning for an early December trip to the Navy Band Holiday concert held at the DAR Constitution Hall Washington, D.C. This concert combines the musical forces of multiple ensembles from the U. S. Navy Band for an entertaining family-friendly show that promises to delight all ages. We've heard that there will be a flyover and visit by a familiar guest as well!



The cost of the trip is estimated to be \$100-\$125 which includes the bus and the driver gratuity. We must fill the bus with 54 people. To express an interest, eMail: C. David Copenhaver at cdavidcopenhaver@gmail.com or call him at 410-515-0456.

Strolling through the Park...



“Jack Lalanne once said walking was the king of exercises? He is right in that walking improves not only our mood, but our endurance and strength as well. Walking keeps the joints lubricated and nourished, strengthening the ligaments and tendons throughout our ankles, hips and knees. Walking works to strengthen our heart and lungs by increases in our respiratory and heart rates.”

- Douglas Schrift

This n That

Clever Ideas and Solutions (A new dozen)

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

1. Use a staple remover to save your fingernails when trying to add things to your key ring.
2. Place a rubber band around an open paint can (North to South) to wipe your brush on and keep paint off the side of the can.
3. Rub a walnut kernel on damaged wooden furniture to cover up dings!
4. Use toothpaste to clear hazy car headlights. Gently rub on and wipe off with a cloth.
5. Hold Oreos with a fork so your fingers don’t get messy when dunking them.
6. Use a loaf of bread tab to hold your spot on a roll of tape.
7. Doritos are great for kindling if you can’t find any.
8. Put a wooden spoon across a boiling pot of water to keep it from boiling over.
9. When heating leftovers, in a microwave, space out a circle in the middle, it will heat up much more evenly.
10. Put coffee in an ice tray so when you make an ice coffee it doesn’t get watered down.
11. A frozen, saturated sponge in a zipper plastic sandwich bag makes an ice pack that won’t drip all over when it melts.
12. If you ever need to stop and ask directions, skip the gas station and find a pizza delivery place.

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

BCRSPA together, creating a moment!