

May 1, 2017



# Keeping You in the Loop

From the desk of D.M. Copenhaver

“The world's favorite season is the spring. All things seem possible in May.”  
- Edwin Way Teale

Hello BCRSPA Members,

My dogwood trees, azaleas, and lilacs are all blooming so it must be May! That means just a few



calendar now for next year's Annual Meeting on April 17, 2018!

weeks ago, we gathered for our Annual Business Meeting & Luncheon. It was a very productive meeting. We had the Committee Reports for the year, met some new friends, inducted 6 officers, remembered members who are no longer with us, had an update on our benefits, had words of welcome from the BCPS Board of Education chair Edward Giliss, and a few words from Billy Burke of the Superintendent's staff. Oak Crest Village presented us with a \$500 check for our Scholarship Fund and we awarded 6 BCPS seniors each with \$1500 scholarships. Lunch was amazing and we all enjoyed the time to socialize. If you didn't join us this year, mark your

BCRSPA has made tremendous strides in the last few years. We have been able to provide more charitable/volunteer services and to enjoy more trips/social functions. We have welcomed numerous new members and this is one of the main reasons why we can do these things. We all know many more retired BCPS employees who are not members of our organization. Let's make it a goal this year for each of us to personally invite one non member to join. Remember, there is strength in numbers!

Sincerely,

Donna

## On the Horizon:

- *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 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. (Registration and details will be sent...)*
- *BCRSPA Holiday Trip...Dutch Apple Theatre to see "White Christmas" December 30, 2017 (Contact C. David Copenhaver at [cdauidcopenhaver@gmail.com](mailto:cdauidcopenhaver@gmail.com) or call 410.515-0456)*

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

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## 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](mailto: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.

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## Yard Sales

Many people are into yard sales these days! Pick a nice weekend, make a plan, and put your merchandise out there for sale. If you're not interested in selling from your own yard or garage then check out the following site <http://garagesalefinder.com/yard-sales/> and type in your zip code. You can find flea markets in your area where you can sell, or if you choose to have your own sale, you can post your sale free on this site. Yard sales are fun and a great way to recycle gently used merchandise. Have a "meet your neighbors" theme.





### A Few May Dates to Ponder

1<sup>st</sup> - May Day  
2<sup>nd</sup> - Brothers and Sisters Day  
4<sup>th</sup> - Star Wars Day  
5<sup>th</sup> - Cinco de Mayo  
6<sup>th</sup> - National Nurses Day  
9<sup>th</sup> - National Teachers Day  
11<sup>th</sup> - Eat What You Want Day  
**14<sup>th</sup> - Mother's Day**

**16<sup>th</sup> - Wear Purple for Peace Day**  
18<sup>th</sup> - Visit Your Relatives Day  
20<sup>th</sup> - Armed Forces Day  
23<sup>rd</sup> - Lucky Penny Day  
25<sup>th</sup> - National Missing Children's Day  
27<sup>th</sup> - International Jazz Day  
**29<sup>th</sup> - Memorial Day**  
**31<sup>st</sup> - World No Tobacco Day**

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### How to Have a Healthy Lifestyle

1.) A healthy lifestyle can significantly reduce cancer risks. Studies estimate that adults who stay at a reasonable weight, are physically active, eat a healthy diet, limit alcohol, and don't smoke are 36 percent less likely to be diagnosed with cancer and 40 percent less likely to die from it.

2.) Did you know that deep breathing can be very beneficial to the body? Deep breathing cleans the blood as it removes carbon dioxide and increases oxygen. Breathing deeply regenerates the body as we take in new, fresh oxygen and it contributes to better physical, mental and over-all well-being.

The technique for deep breathing involves breathing into the abdomen. You should breathe in slowly; use your diaphragm to circulate oxygen in the lungs. When you exhale, it should be done slowly (about twice as long as inhaling) pushing air out of the lungs. Deep breathing health benefits make it worth taking the time to practice deep breathing.

Source: Inspire Health Magazine. Some changes were made



### Quirky Summer Health Tips – That Actually Work

- 1.) **Stop Sneaker Odor:** Tea bags in your footwear. This sounds wacky, but believe it or not, it's a wonderful way to reduce odor in shoes. The tea bags absorb the moisture and the stink. First, wipe the inside of the shoe with a cotton ball moistened with rubbing alcohol, to kill bacteria. Second, place a dry unused tea bag inside the shoe and let it sit overnight.
- 2.) **Go To The Tape:** A remedy to protect your heels. Tape your feet. Surgical paper tape, which can be found at most drugstores, reduces the instance of blisters by 40%.
- 3.) **Honey For Scrapes:** It's sticky and gooey but research shows that honey reduces healing time when applied to wounds. Honey has both antibacterial and anti-inflammatory properties. Honey also reduces scarring, just spread it over the affected area and apply a bandage.
- 4.) **No More Sore Throat:** The summer "cold" has a new enemy—marshmallows. The gelatin in marshmallows coats the throat and relieves irritation and pain. Just don't eat them to hot.

Source adapted from AARP Magazine. Some changes were made.



**BCRSPA working together to Engage and Empower!**