

May 1, 2018



# 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 NOT YET blooming, BUT it really is May! That means just a few 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, approved bylaw changes, inducted 5 officers, remembered members who are no longer with us, 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 7 BCPS seniors each with \$2000 scholarships. Lunch was amazing and we all enjoyed the time to socialize. If you didn't join us this year, mark your calendar now for next year's Annual Meeting on April 16, 2019!



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 again this year for each of us to personally invite one nonmember to join. Remember, there is strength in numbers!

Sincerely,  
Donna

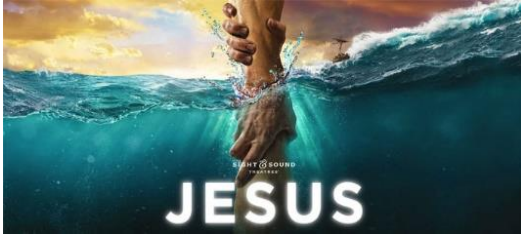
## On the Horizon:

- *Executive Board Meeting: May 15<sup>th</sup> @ St. Isaac Jogues ...Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *Early June: Newsletter "UPDATE" distribution*
- *President's Seminar @ Oak Crest Village 8:30 a.m. - 11:30 a.m. on June 14, 2018. (Friends invited)*
- *Executive Board Meeting June 19<sup>th</sup> @ St. Isaac Jogues ...Church Hall (Please consider attending. Just eMail me for directions and details.)*
- *Delaware Park Casino Trip July 12<sup>th</sup> (Registration and details will be sent...)*
- *5<sup>th</sup> Annual Crab Feast, September 30, 2018 - 3pm-6pm @ Camp Running Bear. (Registration and details will be sent...)*
- *BCRSPA Holiday Trip ...Sight and Sound Theatre to see "Jesus" November 14, 2018 (Contact C. David Copenhaver at [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com) or call 410.515-0456)*

# FYI...

## Sight and Sound Theatre, Lancaster, PA

Looking for a wonderful religious holiday show to see? How about joining BCRSPA on a trip to



Sight & Sound Theatre on November 14 to see “Jesus”? The cost of the trip is \$115 and includes bus transportation, ticket to the show, lunch at the Hershey Restaurant, continental bag breakfast on the bus, and all gratuities. We only have 20 tickets left. If genuinely interested, contact C. David Copenhaver at [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com) or **410-515-0456**. You

don't want to miss the opportunity to see this very popular show, **so act now!**

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## President's Seminar - Essential Legal Documents

*Speaker:*

*Michael Gordon, ESQ*

*June 14, 2018 @ Oak Crest Village, Garden Room*

*8:30am - 11:30pm*

*(Reserved parking for all participants)*

*You're  
Invited*

*Oak Crest Village  
8800 Walther Blvd.  
Parkville, MD 21234*

*Registration and Light  
Refreshments begin at  
8:30am*

Is having a will enough? Maybe, but maybe not! Attend this **free** seminar to learn about Health Care Directives, Powers of Attorneys and more. You might need more than you think!

First 15 registered will receive a special surprise! All attendees will be entered into a drawing for a \$25 Visa gift card.

**Registration closes May 25, 2018**

To register eMail your request to: [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com) or call David @ 410.515-0456

## 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.

## BCRSPA 2018 Scholarships Presented

The Baltimore County Retired School Personnel Association received 67 applications from high school seniors who compete for a total of seven \$2000 scholarships, six awarded by BCRSPA and one from the Matthew Tress Memorial Fund.



Individual applications were received from 72% of the BCPS high schools and 6 out-of-county schools when a parent is employed by BCPS. A variety of potential majors were represented, including 5 from individuals who were planning education related careers. We are pleased to acknowledge that 4 of the applicants worked for Oak Crest Village or Charlestown.

We want to extend a huge “thank you” to the Selection Committee members who devoted many hours to the process. They include Madeline Lovera, Edith Kozlowski, Camille Marx, Sharon Norman, Stuart Tucker, Parker Koons, Joyce Cummings, Clair Price, Kay Governale, and Elaine Bousquet.

**And the winners are:** Akeal Evans - Patapsco High School, Logan Forrester - Perry Hall High, Ciara Franklin - Perry Hall High, Lyeba Hameed - Western School of Technology, Jordyn Markle - Daniel Boone Area High School, Konrad Shire - Hereford High School

### **Matthew Tress Memorial Scholarship Recipient:**

Lauren Taylor - Eastern Technical High School

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## Woman's Club of Glyndon 10th Annual Fashion Show

The Woman's Club of Glyndon 10th annual Fashion Show will be held Saturday, May 19th at Northminster Church, 705 Main Street. Doors open at 11:30. A delicious lunch will be served at noon, followed by modeling of Christopher and Banks fashions. Woman's Club is a 501(c)3 organization and proceeds support local charities and schools. Tickets are \$30. For more information and tickets call



**Karen:** [410-833-1006](tel:410-833-1006)

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## New Member Recruitment Incentive

Earn a \$10 gift card for each **NEW** member you sign up as a **dues deduction** member! **Now through October 1, 2018.**

\*This allows automatic renewal, so no membership interruption while saving trees, time and postage! Just write your name on the membership application, as a recruiter. Return the completed application to MRSPA at 8379 Piney Orchard Parkway, Suite A, Odenton, MD 21113 by 10/1/2018. Questions: Email MRSPA at [mrspa@mrspa.org](mailto:mrspa@mrspa.org) or call **MRSPA** at **410.551-1517**.



### 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 Receptionist Day

11<sup>th</sup> - Eat What You Want Day

**13<sup>th</sup> - Mother's Day**

**15<sup>th</sup> - Police Officer's Memorial Day**

18<sup>th</sup> - National Bike to Work Day

19<sup>th</sup> - Armed Forces Day

23<sup>rd</sup> - Lucky Penny Day

25<sup>th</sup> - National Missing Children's Day

26<sup>th</sup> - Sally Ride Day

**28<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!**