

September 4, 2015



# Keeping You in the Loop . . .

From the desk of C. David Copenhaver

*Thirty days has September,  
April, June, and November;  
All the rest have thirty-one,  
Except February. It has twenty-eight, we find,  
Unless it's leap year. Then it has twenty-nine.  
~Unknown*

## **September Is The Month Of “Expectations”...**

One definition of expectation is “a looking forward.” Superintendents, principals, teachers, parents, and students all have expectations at the start of a new school year!

BCRSPA also has expectations... grow our membership, continue to keep our membership informed about pertinent professional and economic issues, help our scholarship fund grow so we can continue to offer college scholarships to numerous high school seniors, engage in more charitable work, and to offer more trips and social event opportunities.

As we embark on a new school year, we are always looking for ways to increase our membership, stay current with proposed pension reform initiatives, and seek to maximize our influence in the community. We encourage your help by offering suggestions about how our organization can grow and reach out to gain more potential members.

## **BCRSPA Prepares To Celebrate Its 70<sup>th</sup> Anniversary...**

The Baltimore County Retired School Personnel Association, born in 1945 as ReTABCO (Retired Teachers Association Baltimore County), will celebrate its 70th anniversary in 2015 at our Fall Luncheon Meeting on October 20, 2015. We will feature many of our past presidents and other significant leaders of the organization in a program aimed at celebrating our accomplishments to date and extending our vision into the future.

## **Your Executive Board is working diligently on the following:**

- A committee is investigating the feasibility of obtaining Nonprofit 501c3 Tax Exempt status.
- The By-Laws Committee continues to make great progress with updates.
- The Scholarship Committee is formalizing the Matthew J. Tress scholarship to be awarded in 2016.
- The Membership Recruitment Committee continues to contact recent retirees and invite them to join BCRSPA.
- Breakfast with Colleagues at Columbus Gardens.
- Preparations for our 70<sup>th</sup> Anniversary Celebration at our Fall Luncheon meeting.

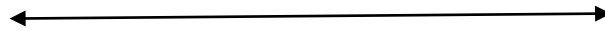
## Two Websites to serve you better...

Be sure to visit our Shutterfly website. The Shutterfly site is quite informative. You can read the Update newsletter, “Keeping You in the Loop”, view pictures of events, and much more. I urge you to take some time to check out Shutterfly. Remember, the original BCRSPA website <http://www.bcrspa.org/index.html> has information and links to Shutterfly and MRSPA as well.

On another note, please consider attending an Executive Board meeting, joining a committee, attending at least one activity/trip, or sharing an idea you have! Hope to see you at a meeting or activity and/or hear from you. I can be reached at [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com). You can also stay informed by visiting our website at <http://www.bcrspa.org/index.html> or our “Shutterfly site” at <https://bcrspaevents.shutterfly.com/>.

Sincerely,  
David

*BTW: See attached trip and event registrations...*



### On the Horizon:

- *Executive Board Meeting, September 15 2015, 10:00am at St. Isaac Jogues – Cronin Center, Room 1 (Please consider attending. Just eMail me: [cdavidcopenhaver@gmail.com](mailto:cdavidcopenhaver@gmail.com) for directions and details)*
- *2<sup>nd</sup> Annual Crab Feast, September 26, 2015, 3pm-6pm @ Camp Running Bear. (See attached registration for details)*
- *Western Maryland Fall Foliage Excursion, October 8, 2015 (Sold out!)*
- *Fall Members Meeting and 70<sup>th</sup> Anniversary Celebration at Columbus Gardens, October 20, 2015, registration 9:30am. (Deadline for Reservations Is Monday, 10/12/15) (See attached registration for details)*
- *2<sup>nd</sup> Annual Breakfast with Colleagues, at Columbus Gardens, December 10, 2015 @ 10:00am (See attached registration for details)*
- *Miracle of Christmas show trip, Decembr 15, 2015 @ the Sight & Sound Theatre in Lancaster, PA. (See article and attached registration. Limted seating available.)*



**Don't forget to send in your Crab Feast registration today!**

# FYI...

## It's That Time of Year Again!

As you know, influenza is a serious viral infection that can cause fever, cough, and pneumonia. The vaccine is a wonderful opportunity to protect yourself with minimal risk.



It is not an exaggeration to state that the flu shot is the single most important medical intervention we do all year. It has been demonstrated in several studies to reduce risk for pneumonia, hospitalization, and death by up to 50%. A remarkable feature of the vaccine is that it protects us with little side effect or risk.

The vaccine is made up of completely inactivated virus components, so you cannot get the flu from the flu vaccine. It is possible to get some soreness in your arm where the vaccine was placed or to get a mild flu-like illness for a day or two. More severe reactions are very rare.

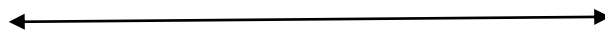
Flu season typically starts in October, peaks in January or February, and tapers off by April. The vaccine takes about two to three weeks to become effective as the body has to develop immunity. Because of this, it is a good idea to be vaccinated in September or October but you can still get vaccinated throughout the winter.

**Virtually everyone over the age of 65 should receive the vaccine.** Only people with a history of Guillain-Barre syndrome or allergy to a prior vaccine or vaccine component (some vaccines contain a small amount of egg or a preservative) should not receive the vaccine. Despite this, only about 65% of seniors get flu shots every year.

Even if you aren't concerned about getting the flu, please consider others around you. The flu is highly contagious and you can spread the disease, particularly to people at high risk, such as children, seniors, or those in poor health. Frequent and thorough hand washing is essential all year long, but getting vaccinated, with either the regular dose or high dose vaccine, is the number one way to protect yourself and your loved ones.

Let's roll up our sleeves and beat the flu together! [See attached: BCPS Flu Vaccine Program schedule and directions.](#)

(Source: The Erickson Tribune, [Deborah.Dasch@erickson.com](mailto:Deborah.Dasch@erickson.com), Editor in Chief. Some changes were made.)



## Free Online Health Resources!

To help enhance your well-being and keep your family healthy, UM UCH offers free health resources including:

- A comprehensive library of health articles
- Educational videos
- Drug interaction checker
- Common patient FAQs and answers
- Free recipe books and daily health tips

To access these free health resources anytime, day or night, go to [umuch.org/health](http://umuch.org/health).

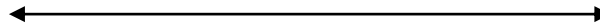


## Bet You Didn't Know:

### Vinegar gets rid of sweat stains and other magical uses:

- Salvage a shirt with mild sweat stains. Turn the shirt inside out and soak the perspiration-stained areas with undiluted white vinegar. Let it sit for 15 minutes, and then gently scrub with a toothbrush. Wash the shirt in a normal rinse cycle using warm water to remove any excess build-up.
- Disinfect household sponges. Soak sponges in undiluted white vinegar overnight, and let air-dry before reuse.
- Eliminate hard-water rings in flower vases. Pour undiluted white vinegar slightly past the dirty line. Cover the opening with a cloth, swish the liquid around and let it sit overnight. Dump, and rinse with warm water to remove any remaining remnants.
- Prevent germapalooza from happening on your cutting board. Dampen a clean cloth with undiluted white vinegar and wipe the board down after each use.
- Turn finished holiday ornaments into clear, trendy bulbs. Mix baking soda and water to form a paste. Using a paper towel, rub the paste onto the outside of the bulbs until the finishing starts peeling off. Fill the insides with undiluted white vinegar, and swish around until the inside coating wears away.
- Keep the car windshield and windows frost-free. Moisten a cloth or a sponge with undiluted white vinegar and wipe down to prevent ice from forming overnight.
- Do away with old wallpaper. Combine one part white vinegar and one part water in a paint tray. Soak the roller brush, run along the unwanted wallpaper, and peel off.
- Kill unwanted weeds infiltrating the cracks of your walkway or yard. Fill a spray bottle with undiluted white vinegar and spritz. (Beware: Don't spray the vinegar on the plants you actually want to grow—it will kill them!)

Source: Christine Petrozzo is a freelance writer living in San Francisco, Ca. Some changes were made.



### Useful websites:

- Computer Skill Resource: [www.GCFlearnfree.org](http://www.GCFlearnfree.org)
- Consumer World: [www.consumerworld.org](http://www.consumerworld.org)
- Electronic Waste: [www.earth911.org](http://www.earth911.org)
- Prevention of telemarketing calls:
- [www.donotcall.gov](http://www.donotcall.gov)



Source: MRSPA – Consumer Connection



**BCRSPA together, creating a moment!**