



# UPDATE

Baltimore County Retired School Personnel Association

Vol. 43, No. 2

December 2016



## From the President

*Donna Copenhaver*

The Annual Fall Luncheon was a huge success. We had a large membership turn out that included six new members who were joining us for the first time. The Perry Hall High School Brass Quintet, consisting of five young ladies, was very impressive. We were joined by Corey Carter, BCPS 2016 Teacher of the Year. Corey gave a moving address about his family influences as a child and how they eventually led to teaching as his profession. The MRSPA President Fay Miller, Executive Director Shachar Weizman, and Area II Director Janet Williams all spoke briefly about changes and new initiatives within the organization.

The only business was to nominate three members to serve on the Nominating Committee. The Committee will consist of C. David Copenhaver, chairperson, and Cindy Schulz from the Executive Board along with members Ronald Audlin, Marilyn Donoho, and Carol Rowell.

State Comptroller Peter Franchot was the guest speaker during lunch. He informed the members about the current status of the State Pension Fund, which is stronger than it was a couple years ago. He also stated that some money has been replaced by Governor Hogan after a significant amount was diverted for

## Special Fall Luncheon Speaker

Comptroller Franchot was the guest speaker at the BCRSPA Fall Luncheon Meeting on October 18, 2016. The Comptroller gave the members gathered an update on Maryland's economy and his legislative initiatives during the most current General Assembly session.



In addition, he presented special Challenge Coins to Corey Carter, 2016 Baltimore County "Teacher of the Year", President Donna Copenhaver, and Past-President, C. David Copenhaver. Challenge Coins have been used as a way to honor, encourage, and reward individuals for their personal and professional accomplishments.

## D.C. at Cherry Blossom Time 2017 Interest Survey

Have you ever been to D.C. when the cherry trees are in full bloom? It is truly a sight to behold!

BCRSPA is in the planning stages of such a trip. We will take a deluxe motor coach to D.C. then take a luncheon cruise along the Potomac. We plan to spend some time at the Tidal Basin for a close up view of monuments and the beautiful cherry trees. Possible dates for the trip are early April, 2017.



Trip cost approximately \$100 includes the bus and driver gratuity, the luncheon cruise and server gratuity and snacks. We must fill the bus with 54 people. To express your interest, email C. David Copenhaver at [cdcopenhaver@gmail.com](mailto:cdcopenhaver@gmail.com) or call him at 410-515-0456.

## Please Join Our Facebook Page For Updates!

BCRSPA's Facebook page encourages group communication and an opportunity for people to share their common interests and express their opinion. It provides a place for members to come together around a common cause, issue or activity to organize, express objectives, and discuss issues, post photos and share related content. If you would like to join our closed group, simply click the + JOIN box below our profile picture. As long as you are a member of BCRSPA, you can be added to this page. Once your membership is verified, you will be added to the group! Once you join, visit BCRSPA "wall" by searching (top of your window or screen) for BCRSPA!



## Rockin' Retirees

Elliot Y. Merenbloom retired from Baltimore County Public Schools in 1993 after a career as a classroom teacher, school counselor, High School Assistant Principal, and Middle School Principal, Director of Middle School Instruction and Area Director. But... he is not really "retired!" Elliot is actively engaged as an educational consultant and author on scheduling elementary, middle and high schools. His specialties also include: the change process; teams, small learning communities and career pathways; effective use of common planning time; and teaching in extended time periods.



With co-author Barbara A. Kalina, a retired teacher from Batavia, Illinois, he authored:

- *Making Creative Schedules in Middle and High Schools* – Corwin Press, 2007
- *Creative Scheduling for Diverse Populations: Maximizing Opportunities for Learning* – Corwin Press, 2012
- *Scheduling Time for Interdisciplinary Collaboration* - AMLE Magazine (a publication of the Association for Middle Level Education), May 2015
- *Scheduling: Creating Flexible Interdisciplinary Blocks of Time* - a chapter in The Encyclopedia of Middle Grades Education, Information Age Publishing - September 2016
- In early September 2016 he and his co-author submitted a manuscript for a book to Routledge/Taylor and Francis Group entitled: *Educational Leaders Guide for School Scheduling: Strategies Across K-12*. The anticipated published date is March 2017.

He has conducted workshops for the American Association for School Administrators, Association for Supervision and Curriculum Development, National Association of Secondary School Principals, and Association for Middle Level Association (AMLE). He has served as a consultant for school districts in 45 states, Guam; Vienna, Austria; and Vancouver, BC.

So... do you really think he is "retired?"

If you know of a fellow retiree who does something cool or different or noteworthy or laudable, **TELL US ABOUT IT!** It is a wonderful (and easy) way to put the spotlight on a deserving colleague. Send that person's name and email address (or phone number) to

C. David Copenhaver at P.O. Box 44016, Nottingham, MD 21236-9998 or call **410-515-0456** or eMail me at **cdavidcopenhaver@gmail.com**

We can feature him or her in an upcoming newsletter. (With the person's permission, of course!)

## Membership News

Thank You to all of our members who have renewed their membership for 2016-17. Maintaining your membership is important not only to you, but to future retirees as it supports our Legislative Committee as they work to protect our retirement benefits.

### New Members:

BCRSPA/MRSPA welcomes the following new members:

*Barbara Barzyk • Margaret Curtis  
Cindy Marie Glorioso • Caron McCausland  
Merry J. McCracken • Eleanor McLaughlin  
Maryteresa Bressler • Marjorie McNew  
Sara McNulty • Peggy Lee Ortt  
Donna Sochurek • Patricia Butler  
Linda Frazier • Jack S. Nichols*

Submitted by:

*Charlotte Price • Member Accounting Chair.*



### August – October, 2016

Wendy Adey ✂ Raymond Albert ✂ Janice Angelozzi ✂ Stephen Arnold ✂ Nancy Aumiller  
Kimberly Bambino ✂ Mary Bauer ✂ Arlene Bourne ✂ Debbie Brannock ✂ Joyce Burchill  
Patricia Butler ✂ Donna Clark ✂ Norma Cunniff ✂ Catherine Custance ✂ Deborah Daddazio  
Marlene Davis ✂ JoAnn Driscoll ✂ Donald Dunphy ✂ Lewis Fleury ✂ Donald Goad ✂ Leesa Green  
Terry Holzman ✂ Debra Iglehart ✂ Antoinette Johnson ✂ Bruce Kahl ✂ Sharon Kersey  
Mary Kiehl ✂ Erin Kilcullen ✂ Deborah Lancaster ✂ Linda Lee ✂ Marilyn Liposchak ✂ Alisa Loper  
Cheryl Madden ✂ Melvin Malenski ✂ Jeananne McClary ✂ Ann McGuire ✂ Eleanor McLaughlin  
JoAnn McLaughlin ✂ Kathleen Mitchell ✂ Carol Munroe ✂ Joan Palm ✂ Debbie Paris ✂ Joanne Perlin  
Judith Phibbs ✂ Stina Pillion ✂ Michele Proctor ✂ Paula Pyecha ✂ Sharon Rathel  
Jonathan Reed ✂ Mildred Reusing ✂ Denise Schneider ✂ Sue Securro ✂ Joanne Sharoky  
Catherine Shockney ✂ Veda Smith ✂ Yvonne Stevens ✂ Barbara Summerhill

## You ARE OUR MOST VALUABLE RESOURCE!

You can help bring more retirees into the fold of BCRSPA! Listed below are the latest 57 Baltimore County retirees. If you recognize someone, please take a few minutes to contact them and invite them to attend an upcoming event and to join the organization.

*BCRSPA is counting on you!*



# Scholarship Memorials

*In Memory of...*

## August, 2016

- Bernard (Buddy) Keene *by* Thomas Simoes, Sr.
- Bernard (Buddy) Keene *by* Fred Nickerson
- Bernard (Buddy) Keene *by* Jack Woodward
- Bernard (Buddy) Keene *by* Paul Plevyak
- Bernard (Buddy) Keene *by* Robert Dwyer
- Bernard (Buddy) Keene *by* Jerry Hoffman

## September, 2016

- Albert Naeny *by* Weston Dean
- Albert Naeny *by* Marian Drach
- Bernard (Buddy) Keane *by* Edward Schwiegerath
- D. Bixler Wheeler *by* Carolyn Mowlds
- D. Bixler Wheeler *by* Edna May Merson
- Helen Eder *by* Carolyn Mowlds
- Helen Eder *by* Marian Drach
- Jane Capozzi Mervini *by* Marian Drach
- Phillip Weinstein *by* Edna May Merson
- Regina Robbins *by* Elaine Bousquet
- Regina Robbins *by* Sharon Norman
- Regina Robbins *by* Judith Burger
- Regina Robbins *by* Vivienne Davis
- Regina Robbins *by* Antonia Gisolfi
- Regina Robbins *by* Barbara & William Hinkelman
- Regina Robbins *by* Maryann Hughes
- Regina Robbins *by* Terry & Bernard Kaminski
- Richard (Dick) West *by* Bobbi & John Richardson
- Robert Gifford *by* Marian Drach
- Ruth Wirtz *by* Ingeborg Yeich
- Ruth Wirtz *by* Irene Albright
- Ruth Wirtz *by* Mary Lou Brown

## October 2016

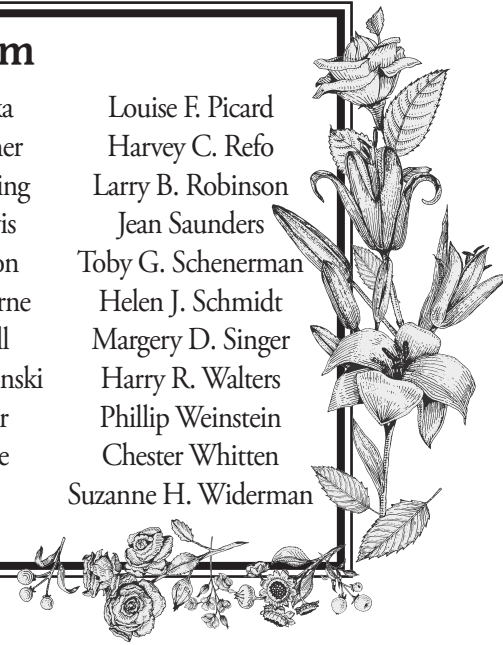
- Richard E. McCall *by* Patricia McCall-Paquin
- Bixler Wheeler *by* Libby Aaronson
- Betty A. Carpenter *by* Joyce (Becky) McIntyre
- 2All educators worldwide – a job well done  
*by* Barbara McCann

## November, 2016

- Louis P. DiPietro *by* Edith Kozlowski

## In Memoriam

- |                         |                     |                     |
|-------------------------|---------------------|---------------------|
| Mildred Anderson        | Betty J. Kamka      | Louise F. Picard    |
| Ken Bourn               | Mary A. Kutcher     | Harvey C. Refo      |
| Nancy M. Brown          | Margaret K. Laing   | Larry B. Robinson   |
| Mary B. Buckheister     | Frank M. Lewis      | Jean Saunders       |
| Bob Cox                 | Doris Mallinson     | Toby G. Schenerman  |
| Elaine G. Decker        | Marlene R. Marne    | Helen J. Schmidt    |
| Shirley Celestine Diggs | Perry Marshall      | Margery D. Singer   |
| Thelma Gross            | Arthur M. Miksinski | Harry R. Walters    |
| Donna Harrold           | Isaac A. Miller     | Phillip Weinstein   |
| Paul Hawkins            | Beatrice Payne      | Chester Whitten     |
| Richard Hearn           | Irma Phillips       | Suzanne H. Widerman |
| Sharon L. Hopkins       |                     |                     |



## BCRSPA Memorial Scholarship Fund

Name: \_\_\_\_\_

Street \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

**Donation Amount: \$** \_\_\_\_\_

**Make check payable to BCRSPA Memorial Scholarship Fund or BCPS Education Foundation.\***

**In Memory of** \_\_\_\_\_  
*(please print)*

**In Honor of:** \_\_\_\_\_  
*(please print)*

\*For non-tax deductible contributions, make the check payable to BCRSPA Memorial Scholarship Fund.

\*For tax deductible contributions, make the check payable to BCPS Education Foundation. Be sure to put BCRSPA Memorial Scholarship Fund on the memo line of the check.

### Mail to:

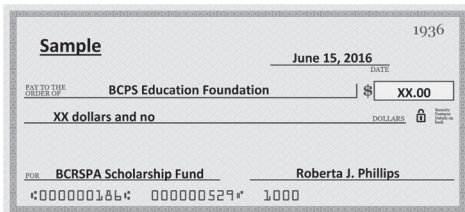
E. Stuart Tucker, Treasurer • P.O. Box 44016, Nottingham, MD 21236-9998

## Do you know where these members are?

Ms. Hortense Hackett & Mrs. Jane C. Sohn

*If so, please call Mary Lou Brown at 410-252-4710*

## Memorial Scholarship Donations Are Now Tax-Deductible



If you wish to donate to the BCRSPA Memorial Scholarship and would like your donation to be tax deductible, all you need to do is alter the way you fill out your check. You will make your check payable to BCPS Education Foundation and on the memo line write BCRSPA Scholarship Fund (see sample check). You still send your form and check to the BCRSPA Treasurer. He/she will forward the check to the Foundation and they will send you a receipt for your taxes.

If you are not interested in having your gift be tax deductible, you may continue to make your check payable to the BCRSPA Scholarship Fund.

If you have questions regarding the partnership with the BCPS Education Foundation, feel free to contact our treasurer, Stu Tucker, at [rstucker@juno.com](mailto:rstucker@juno.com). Thank you for your generous contributions to our Scholarship Fund. We hope that you will continue to donate. Now you have two options, one that is tax deductible and one that is not. Choose the one that best suits you.

### Baltimore County Retired School Personnel Association, Inc.

P.O. Box 44016  
Nottingham, MD 21236-9998

## UPDATE

The Baltimore County Retired School Personnel Association Newsletter will be published four times annually: September, December, March & June.

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443-243-7219 • [afullem@barfordstyle.com](mailto:afullem@barfordstyle.com)

## Tips for Safe Internet Shopping

1. Think like a scam artist – When shopping for a popular item or event that is sold out or hard to get, beware of someone who claims to have an abundance of the item to sell.
2. Refuse to be rushed – If a seller is trying to rush you into a quick sale, take that as a warning sign that you might be getting hustled.
3. When buying from a site like Craigslist, always meet in person in a public location and bring a friend for added protection.
4. NEVER WIRE MONEY!
5. Pay by methods that come with protection, such as PayPal.
6. Shop ONLY on trusted familiar sites.
7. Be sure your site has a secure socket layer. The URL will start with HTTPS.
8. Online stores DO NOT need your Social Security Number or your birth date.
9. Check your billing statements regularly for fraudulent charges.
10. Be sure your computer is protected from malware with regular updates of your anti-virus program.
11. Use strong passwords.
12. Avoid using public Wi-Fi terminals.
13. Privatize your Wi-Fi.
14. Don't buy second hand gift cards on sites like eBay. The card may be compromised.

*For more tips on being safe online, check out [www.onguardonline.gov](http://www.onguardonline.gov).*

## MRSPA Legislative Workshop

Held 11/10/2016 the Miller Senate Office Building in Annapolis.

### Priorities for 2017 include:

- **Pension Protection** – to protect defined benefit pensions; full actuarial funding
- **Secure Choice Retirement** – secure retirement for all Marylanders seniors
- **Health Care** – seeking full state funding to assist local school systems provide benefits
- **Quality of Life** – services for adults to allow individuals to age in place
- **Safety** – eliminating neglect and abuse for older adults
- **Consumer Protection** – phishing scams and identity theft assistance/protection
- **Education** – support for public education throughout Maryland
- **Supplemental Pension Funding** – state promised make-up contributions
- **Long Term Care** – supporting long term care insurance for adults

## Who Doesn't Want To Save Money?

MRSPA members may sign up and login to Abenity.com, an online location for MRSPA members to access a variety of discounts. 100,000 businesses nationwide participate in Abenity including Costco, CVS, Target, and a variety of hotels, restaurants, drug stores, and entertainment sites.

**Abenity**  
BENEFITS. DISCOUNTS. SAVINGS.

You will need to first register with Abenity in order to use the benefits. During the registration process you will need to use the MRSPA member's registration code: MRSPA2016

## The National Park Service is Seeking Retired Teachers



We are currently seeking retired teachers interested in earning a small stipend for working with Children in the National Park Service at the Chesapeake and Ohio Canal. The Canal Classroom Corps (CCC) is a group of rangers, teachers, and volunteers who deliver K-12 education programs at various locations along the C&O Canal. Major Duties: CCC Teacher will deliver existing curriculum-based, on-site programs at Great Falls, Williamsport, or the Cumberland vicinity to K-12 students in groups as small as 12 and as large as 75. A daily stipend will be offered to CCC Teacher. For additional information contact Kristina Higgins Education Training Technician by Phone 301-745-5876 or Email [kristina\\_higgins@nps.gov](mailto:kristina_higgins@nps.gov).



## How to Manage Stress as You Get Older

Coping with stress becomes increasingly difficult as we age. A result of being stressed can be short-term memory problems which are unrelated to dementia or age-related memory loss.

Many older adults have sleep problems and stress can interfere with staying asleep throughout the night. Stress management strategies should focus on treating underlying conditions, eating a healthy diet, exercising, and participating in activities that bring you joy and opportunities to socialize. Activities that promote the relaxation response should be pursued, as they help lower blood pressure, heart rate, breathing rate, oxygen consumption, and stress hormones. Physical activities which elicit the relaxation response are yoga, tai chi, meditation, guided imagery, and deep breathing exercises. Cognitive therapy to replace negative thinking with healthy and positive thoughts can also be used to treat stress.

### Clever Ideas and Solutions

- Keep both your Christmas tree and toddlers safe by putting a baby yard around the tree and presents.
- Use a paper towel holder to keep spools of ribbon organized and easy to use.
- Egg cartons are great for storing small Christmas Ornaments.
- Slit open a toilet paper roll then slip it over a wrapping paper roll to keep it from unwrapping during storage.
- Recycled coffee creamer bottles are great for storing pantry items and keeping them fresh.
- Tuck your matching sheet sets inside one of its own pillow cases to keep your linen closet organized.
- Use a plastic tackle box to store batteries. The compartments let you sort them by size.
- Use a wall mounted wine rack as a towel holder. It will hold rolled towels like a champ.
- Wrap aluminum foil around a door knob to paint around it safely.
- To get baked-on food off a glass pan or oven rack, use dishwashing liquid and a ball of foil.

### From the President

*Continued from page 2*

other purposes by our former governor. He also informed us that the 2% increase that members were charged did not go into the fund as was originally proposed. The Maryland Legislature chose to use that money in an alternative way. Finally, he stated that although it was projected that the interest returns would be about 7%, it actually only yielded less than 2%.

The new Legislative session will be starting after the beginning of the year. MRSPA will be meeting with Legislators and the Governor's office to lobby on our behalf and will be monitoring bills that are presented. Visit the MRSPA website at [mrspa.org](http://mrspa.org) to stay informed in the upcoming months.

Happy Holidays, *Donna*

## THINK Before You Donate!

All charities are not created equal! Some popular organizations actually spend a very small percentage of the donations on the charitable cause, but instead use a great deal of money for salaries and administrative expenses. In comparison, the following charities spend **100%** of your donations directly on the cause. These charities include **The American Legion**, **The VFW**, **The Disabled American Veterans** and **The Military Order of the Purple Heart** which all help veterans and their families and youth. In addition, the **Make a Wish Foundation** funds trips or special wishes for dying children, **St. Jude Research Hospital** helps children with cancer who have no insurance and can't afford to pay for treatment, **Ronald McDonald House** runs houses for parents of critically ill children who are hospitalized for treatment, and the **Lions Club International** helps blind and hearing impaired people and supports medical missions around the world. So when you plan your charitable donations, consider those listed above. Your funds will be totally directed to that organization's cause!

### Punography



I stayed up all night to see where the sun went. Then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

I'm reading a book about anti-gravity. I can't put it down.

I did a theatrical performance about puns. It was a play on words.

They told me I had type A blood, but it was a Type O.

A dyslexic man walks into a bra.

## What to Eat, When to Eat It Tips for timing your meals for better health by Jodi Helmer



Just like eating a healthy diet provides you with a balance of nutrients, when you eat can have an impact your overall health in terms of weight loss and other functions.

**1** For energy, eat a protein-rich breakfast. This helps your blood sugar levels remain steady throughout the day. Studies have revealed that protein stimulates hormones that increase fullness and blocks hormones that stimulate hunger.

**2** Carbohydrates boost energy levels, while protein helps build muscle mass. Eat the snack after the workout and add water to rehydrate.

**3** If you desire to lose weight, eat a healthy sized lunchtime meal. Researchers discovered that adults wishing to lose weight, who ate the largest meal earlier in the day, lost the most weight.

**4** Eat nuts for an afternoon brain boost. Nuts can only be good for the heart, but a study found that older adults who ate just a handful of nuts every day improved their memory.

**5** Eat fiber for better sleep. A recent study published in the Journal of Clinical Sleep Medicine indicated that subjects fell asleep within 20 minutes of eating a meal high in fiber and low in saturated fats and sugar. When study participants ate a high fiber dinner, they reported sleeping deeper during rest.

*(Source: May 2016 AARP Bulletin. Some changes were made.)*

**AARP**<sup>®</sup>

## Executive Board Directory

Donna Copenhaver..... *President*  
 C. David Copenhaver ..... *Vice-President*  
 Robert Kane.....*Recording Secretary*  
 Linda Yaffe.....*Corresponding Secretary*  
 E. Stuart Tucker..... *Treasurer*  
 Cindy Schulz..... *Asst. Treasurer*  
 Sharon Norman ..... *Director*  
 Edward Veit..... *Director*  
 Patsy Holmes..... *Director*  
 Jack Woodward ..... *Director*  
 William Groth..... *Director*  
 Caroline Seamon.....*Archivist*  
 George Sparks, Jr. .... *Bylaws*  
 Dave Peters ..... *Community Service*  
 BJ Rounsaville ..... *Consumer Education*  
 Jack Woodward ..... *Finance*  
 Parker E. Koons..... *Legislative*  
 Charlotte Price ..... *Member Accounting*  
 Maryann Hughes ..... *Member Recruitment*  
 C. David Copenhaver ..... *Nominating*  
 George Sparks, Jr. .... *Parliamentarian*  
 C. David Copenhaver ..... *Program*  
 Clair Price..... *Public Relations*  
 Mary Lou Brown..... *Remembrance*  
 Mary Ellen Zimmerman ..... *Remembrance*  
 Joyce Cummings ..... *Retiree Benefits*  
 Edith Kozlowski ..... *Scholarship*  
 Camille Marx ..... *Scholarship*  
 Madeline Lovera..... *Scholarship*  
 William Groth..... *Technology*  
 D & D Copenhaver ..... *Travel/Social*  
 C. David Copenhaver ..... *UPDATE*  
 Weston Dean..... *BCASCO Representative*  
 Jack Woodward ..... *TABCO Liaison*

..... **Be an "Early Bird"** .....  
 ... and send in your reservation

## for the Annual Spring Luncheon Meeting today!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Name(s) of Guest(s): \_\_\_\_\_  
 \_\_\_\_\_

Number of Reservations: \_\_\_\_\_

Scholarship Donation: \$ \_\_\_\_\_

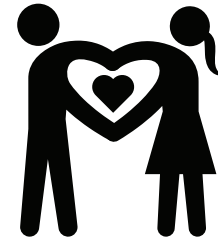
Total Amount Enclosed: \$ \_\_\_\_\_

Make checks payable to **BCRSPA**

Send Reservation(s) and check(s) to: Luncheon Chairperson • PO Box 44016 • Nottingham, MD 21236-999

**April 18, 2017 • \$23 Registration Fee**

## Community Services Project



Please Bring (1) item below to the Spring Luncheon:

### FOOD ITEMS NEEDED

(Assistance Center of Towson Churches)

- Canned Pasta (meals with meat) • Powdered Milk • Peanut Butter • Jelly
- Canned Beef Stew • Spam • Canned Peas
- Individual Size Cans/Cartons of Juice
- Any Nonperishable Item Such as Rice • Cereal or Boxed Potatoes
- Small, Hotel-Sized Bottles of Shampoo
- Toothpaste/Toothbrush • Toilet Paper • Hand Lotion

*If you prefer, a check may be written payable to the Assistance Center of Towson Churches*

### SCHOOL SUPPLY ITEMS NEEDED

- Pencils (new) • Pens • School Boxes • Glue Sticks, Paper
- Marbleized Black Composition Books

Visit...

<https://bcrspaevents.shutterfly.com>

(password is lower case bcrspa)

& [www.bcrspa.org](http://www.bcrspa.org)



P.O. Box 44016  
 Nottingham, Maryland  
 21236-9998

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## BCRSPA Calender:

December 8	<b>Breakfast with Colleagues</b> <i>Columbus Gardens</i> <i>(Benefits Toys for Tots &amp; Alzheimer's Association)</i>
December 18	<b>U.S.Navy Band Holiday Concert</b> <i>DAR Constitution Hall - Washington, D.C.</i>
January 17, 2017	<b>Executive Board Meeting</b> <i>St. Isaac Jogues, Cronin Center, Room 1</i>
March 21	<b>Executive Board Meeting</b> <i>St. Isaac Jogues, Cronin Center, Room 1</i>
April 18	<b>Annual Spring Business Luncheon Meeting</b> <i>Columbus Gardens</i> <i>Deadline for Reservations is Tuesday April 11, 2107</i>

**UPDATE Deadline:**  
 March Issue – January 15, 2017

## Moving to Oak Crest Village!

**Remember that BCRSPA has a partnership with  
 Oak Crest Village?**

If you are contemplating a move to Oak Crest Village, be sure to mention that you belong to BCRSPA, and you will earn \$500 for our scholarship program. Also, remember to send a change of address to Charlotte Price at P.O. Box 44016, Nottingham, MD 21236-9998 so you continue to receive your newsletter.

## Change of Address

BCRSPA (Effective Date) \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Old Address: \_\_\_\_\_  
 \_\_\_\_\_  
 New Address: (Include Apt. # & Zip +4 Code) \_\_\_\_\_  
 \_\_\_\_\_  
 New Telephone: \_\_\_\_\_

**Mail to:** Mrs. Charlotte Price  
 P.O. Box 44016 • Nottingham, MD 21236-9998