

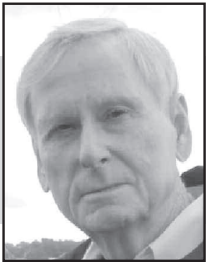


UPDATE

Baltimore County Retired School Personnel Association

Vol. 43, No. 4

June 2016



From the President

C. David Copenhaver

As my Presidency is drawing to a close, I wanted to take a minute to reflect on our successes over the past two years. We have increased our membership significantly, even though we said goodbye to many dear friends. We enjoyed several trips and social functions. In addition to our traditional

web site, the more inclusive Shutterfly site was developed. Our UPDATE newsletter has gotten a much needed face lift, and "Keeping You In the Loop" eNews was initiated. Also, our Bylaws were updated to reflect a more modern tone.

These accomplishments would not have been possible without the unwavering support of the BCRSPA Executive Board members and our wonderful membership. As I "exit, stage left", I leave knowing that our next president will have your continued support. Thank you for allowing me the opportunity to serve.

Oak Crest Presents Check to BCRSPA

On October 19 at the Fall Luncheon Meeting, Dan Plakatoris presented a check for \$1,500 to President Copenhaver. The donation was made on behalf of Madeline Lovera, Bill Bevins, and Dennis J. Lane, three BCRSPA members who recently moved into Oak Crest Village. The money will be deposited into the Scholarship Fund and used to help a deserving young person with their college tuition. Thank you Oak Crest Village!



Dan Plakatoris presents check to President Copenhaver

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Navy Band Concert

BCRSPA is planning an afternoon trip to the Navy Band Holiday Concert to be held at the DAR Constitution Hall in Washington, D.C. on December 18, 2016. 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.

The cost of the trip is estimated to be \$30-\$35 which includes the bus and the driver gratuity. We must fill the bus with 50 people. Tickets are not available until September or October. We are currently compiling a list of seriously interested people. To express an interest, eMail C. David Copenhaver at cdauidcopenhaver@gmail.com or call him at 410-515-0456.



Did you know that BCRSPA and Oak Crest maintain a partnership? Any time a BCRSPA member moves into Oak Crest and informs them that they are a member of our association, Oak Crest will donate \$500 to our scholarship fund. So 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.

crab & feast fall fun fest

Crabs/ Shrimp/ Fried Chicken/ Cole Slaw/ Potato Salad/ Beer/ Soda/ Dessert

WHEN: Sunday, September 18, 2016

TIME: 3:00 p.m–6:00 p.m.

WHERE: At Camp Running Bear in Monkton

DIRECTIONS: Take I-83 N to Exit 27, Hereford. Turn right on Mt. Carmel Road. At light turn right on York Road. Make an immediate left turn on Monkton Road. Turn left on Big Falls Road. Camp is on the right.

WEBSITE: www.camprunningbear.com

QUESTIONS: Email or call David and Donna Copenhaver at: cdavidcopenhaver@gmail.com or at: (410.515-0456) ... *Remember: Bring your own crab mallets.*

*Tickets
\$40 each,
Same as last
year!*

*Rain
or
Shine*



Please fill out the form below and send it along with your check(s) made payable to BCRSPA.

Mail check(s) and reservation form to: C. David Copenhaver, 419 Amy Drive, Abingdon, MD 21009.

Print Name: _____ eMail: _____

Address: _____

Phone Number: _____ No. of Reservations: _____

List names of all attendees on the back of this form. Need for name tags!

Total Amount Enclosed: \$ _____

BCRSPA Awards Scholarships

The Baltimore County Retired School Personnel Association awarded \$10,500 in Memorial Scholarships this year. We received 32 applications from fifteen different high schools in Baltimore County.

BCRSPA Scholarship Recipients



Atalya Barosy

Loch Raven High School
Nurse



Puneet Gill

Sparrows Point High School
Pediatrician



Giana Krieger

Sparrows Point High School
Pharmacist



Morgan Personette

Loch Raven High School
Educator

not pictured

Armarpreet Singh • Western School of Technology • Business CFO

How to Block Telemarketing Calls & Texts

If you'd rather not get another offer to fix you up with a "free cruise", a few simple steps can eliminate most such annoying calls and text messages. Start by adding your landline and cell phone numbers to the Federal Trade Commission's Do Not Call Registry (www.donotcall.gov). Your number should appear on the list the next day, and most sales calls will stop after your number has been on the registry for 31 days. Registration does not expire, but it's a good idea to occasionally verify that your number is still listed on the website.

Reprinted from the Baltimore Beacon - March 2016

Interest Survey

Do you have a suggestion for a future trip or social event?

If so, drop a line to your Social Committee Chair, C. David Copenhaver. He can be reached by email at cdauidcopenhaver@gmail.com, by mail at 419 Amy Drive, Abingdon, MD 21009, or by calling him at 410-515-0456.

We do good work for our charities and scholarships; let's have some fun as well.

WEBCO Scholarship Recipient



Lindsey Armah

Catonsville High School
Elementary Educator

Matthew Tress Memorial Scholarship



Triston Dabney

Milford Mill High School
Educator

Membership News

The BCRSPA Executive Board would like to welcome the first new members of 2016-2017 to our organization. We look forward to meeting all of you at one of our upcoming events!

Welcome:

William J. Addison

Joan Belt

Angela W. Tanner

Submitted by:

Charlotte Price • Member Accounting Chair.

Congratulations to our Recipients!

Memorial Scholarship Committee Members:

Camille Marx, Edith Kozlowski, Madeline Lovera, Co-Chairs and Edward Veit, Elaine Bousquet, & Kay Governale



Scholarship Memorials

In Memory of...

January

Leslie Milbouné *by* Clair & Charlotte Price

February

James Peeling *by* Patricia McCall-Paquad

Sarah A. Burbank *by* Michael & Phyllis Kennedy

Sheila Bonnell *by* Michael & Phyllis Kennedy

March

Marguerite Voorhies

by Lorraine (Libby) M. Aaronson

Leslie Milbourne *by* Michael & Phyllis Kennedy

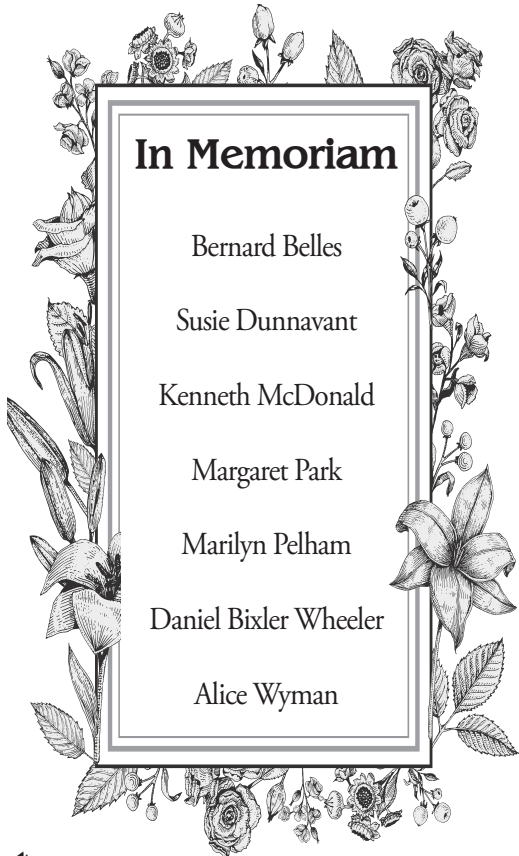
D. Bixler Wheeler *by* Elaine Bousquet

In Honor of...

April

Mary Sue Sklarevsk *by* Martin B. Berstein

Maynard Henry *by* Martin B. Berstein



In Memoriam

Bernard Belles

Susie Dunnivant

Kenneth McDonald

Margaret Park

Marilyn Pelham

Daniel Bixler Wheeler

Alice Wyman

Emeritus Membership in BCRSPA

(Age 90 as of June 30, 2016)

Name: _____

Address: *(Include Apt. # & Zip +4 Code)*

Date of Birth: *(month/day/year)* _____

Telephone: _____

Mail to: Mrs. Charlotte Price

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

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

BCRSPA Memorial Scholarship Fund

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: _____ **Donation Amount: \$** _____

Make check payable to: BCRSPA Memorial Scholarship Fund

(Non tax-deductible donation)

In Memory of _____ *(please print)*

In Honor of: _____ *(please print)*

Mail to:

E. Stuart Tucker, Treasurer

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

Retired School Personnel Association of Baltimore County Approved Budget 2016– 2017

Estimated Income

Membership.....	\$28,195.00	
Interest	215.00	
Luncheons (Fall and Spring).....	6,500.00	
MRSPA (reimbursement).....	45.00	
Transfer of Funds.....	1,160.00	
(Total Income).....	\$36,115.00	\$36,115.00

Estimated Expenditures

Officers		
President	\$600.00	
Vice-President/President elect.....	400.00	
Recording Secretary	100.00	
Corresponding Secretary	200.00	
Treasurer	400.00	
(Subtotal for officers).....	\$1,700.00	
Committees		
Archivist.....	\$50.00	
BCASCO.....	250.00	
Budget	40.00	
Community Service.....	50.00	
Constitution/By Laws.....	100.00	
Consumer Education.....	25.00	
Insurance	50.00	
Legislative	300.00	
Member Accounting.....	400.00	
Member Recruitment.....	400.00	
Program	600.00	
Publicity.....	200.00	
Remembrance/Necrology.....	2,400.00	
Scholarship	300.00	
Social/Travel.....	1,200.00	
(Subtotal for Committees)	\$6,365.00	
Operations		
Annual Project.....	\$2,600.00	
Audit.....	150.00	
Conferences	450.00	
Contingency Fund.....	2,000.00	
Liability Insurance	400.00	
Luncheon Guests.....	550.00	
Luncheons	6,500.00	
Mailing	5,000.00	
Office (Telephone, Web Page).....	800.00	
Publication/Update.....	3,600.00	
Scholarships	6,000.00	
(Subtotal for Operations)	\$28,050.00	

Grand Total

(Expenditures, Committees, Operations).....	\$36,115.00
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2016 Legislative Report

As the legislative session drew to a close, here are a few updates to monitor in the future.

Income Tax

Subtraction Modification Retirement Income

Increasing the maximum amount allowed as a subtraction modification under the State Income tax for specified retirement income of a resident who is at least 70 or who is totally disabled or the resident's spouse is totally disabled; providing the amount of the subtraction modification may not exceed specified amount during specified taxable years; etc.

State Retirement & Pension System Disability Retirement • Alterations

Authorizing the Board of Trustees for the State Retirement and Pension System to require retirees who are under normal retirement age and receiving a disability retirement allowance to undergo examination if good cause exists;

Income Tax Exemption Amount Elderly Individuals

Increasing from \$1,000 to \$5,000, the exemption allowed under the State income tax for an individual that is at least 65 years old on the last day of a taxable year; phasing the increase over 4 taxable years; etc.

Additional Legislative updates are available on the MRSPA website.

Baltimore County Retired School Personnel Association, Inc.

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

UPDATE

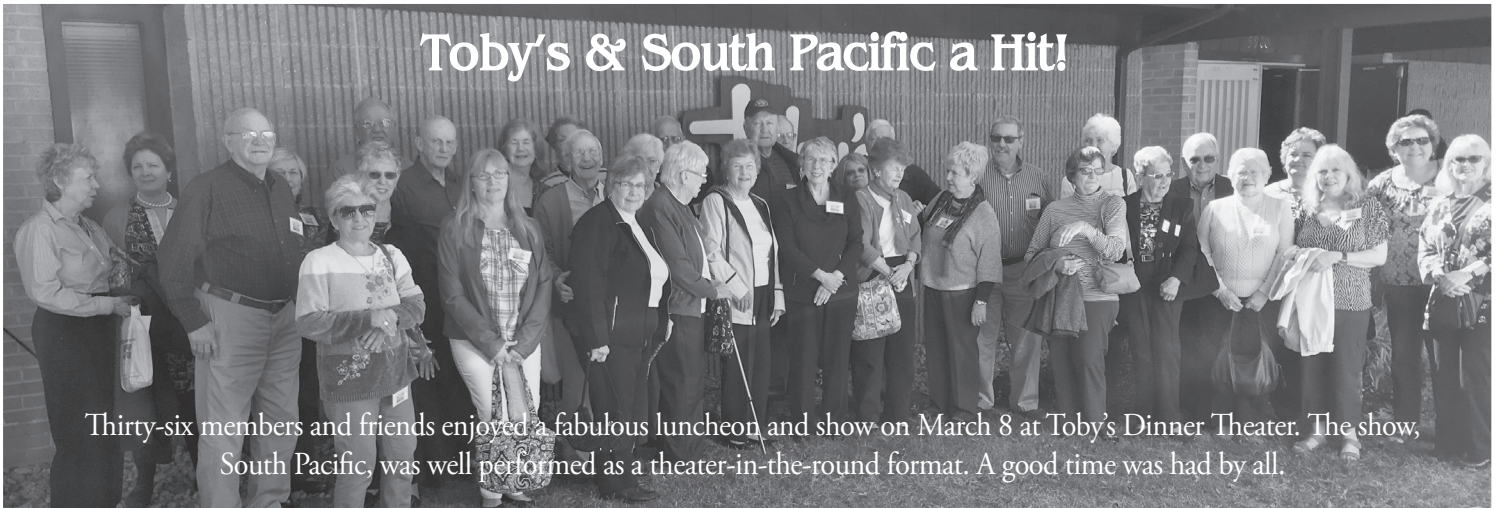
The Baltimore County Retired School Personnel Association Newsletter will be published four times annually: September, December, March & June.

Editor: Donna Copenhaver
dmcopenhaver@gmail.com

Publisher: Anne Fullem
443-243-7219 • afullem@harfordstyle.com

UPDATE Deadline:
September Issue • July 15

Toby's & South Pacific a Hit!



Thirty-six members and friends enjoyed a fabulous luncheon and show on March 8 at Toby's Dinner Theater. The show, South Pacific, was well performed as a theater-in-the-round format. A good time was had by all.

"Energize Your Body with Deep Breathing"

by Patricia Danflaus

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.

The benefits of deep breathing are numerous:

- Releasing stress and anxiety
- Regulating weight
- Relieving pain
- Increasing cardiovascular activity
- Lowering blood pressure
- Improving posture
- Improving digestion
- Improving sleeping patterns

With these important health benefits, it is worth taking the time to practice deep breathing.

Inspire Health • March/April 2016

www.bcrspa.org

Find the Best Prices on Medicine



An ABC news report recently gave some great information about shopping around for your prescription medicine. There are two sites that are free to use – GoodRx and LowestMeds. Both of these websites allow you to put in the name of the medication and the zip code where you live and it gives you a price comparison in your area. You will be amazed to see the some of these medicines are sometimes twice as expensive from one place to the next. Shop around and save some money.

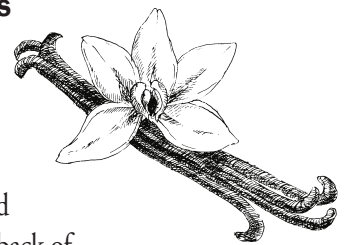
Popular Spices Can Reduce Appetite & Fat

Pepper and ginger fight fat.

A substance in black pepper called piperine helps block the formation of new fat cells, according to a recent study on mice from the Journal of Agricultural and Food Chemistry. Women who ate about one and a half teaspoons of cinnamon or ground ginger every day for six weeks experienced a decrease in muscle soreness brought on by exercise. Ginger also helps you feel fuller and even burn more calories. When overweight men ate breakfast with ginger tea, they felt more satisfied and ate less throughout the day.

Vanilla cuts appetite.

Overweight individuals who wore a vanilla scented patch on the back of their hands cut their intake of sweet foods in half. To get a similar effect and to help you avoid overindulging on sweets, light a vanilla scented candle in your kitchen or wear a vanilla infused body spray or perfume.



Reprinted from the Baltimore Beacon – January 2016

Visit...

<https://bcrspaevents.shutterstock.com>

(password is lower case bcrspa)

& www.bcrspa.org



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

BCRSPA Calender:

June 21	Executive Board Meeting <i>St. Isaac Jogues • Cronin Center, Room 1</i>
July	No Executive Board Meeting
August	No Executive Board Meeting
Sept 18	Crab Feast at Camp Running Bear
Sept 20	Executive Board Meeting <i>St. Isaac Jogues • Cronin Center, Room 1</i>
Oct 18	Fall Meeting at Columbus Gardens <i><u>Deadline for Reservations is 10/10/16</u></i>
Nov 15	Executive Board Meeting <i>TABCO – 305 Joppa Rd., Towson, MD</i>
Dec 8	Breakfast with Colleagues at Columbus Gardens
Dec	No Executive Board Meeting

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

for the Annual Fall 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

October 18, 2016 • \$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