



UPDATE

Baltimore County Retired School Personnel Association

Vol. 45, No. 1

September 2018



From the President

Parker Koons

It is an honor and privilege to be chosen to serve the BCRSPA members yet again. I want to thank the Past Presidents, Donna and David Copenhagen, for guiding this organization the past four years. They worked to make the organization more informational and socially friendly while keeping their finger on the pulse of legislative and benefits updates.

I also appreciate the new ideas and hard work that the BCRSPA Executive Board has done in meeting the challenges that face us today.

As BCRSPA members we need to set some important goals. We all need to try to recruit new members – not only new retirees, but former colleagues who do not belong. Remember, there is strength in numbers! We want to continue our working agreements with the Baltimore County Public School System and the Oak Crest Retirement Community. Oak Crest donates \$500 to our Scholarship Fund for every member who becomes a resident of their community. We hope to become more visible throughout Baltimore County to improve our relationships with state and county legislators and the Maryland Retired School Personnel Legislative Committee. We also want to continue to support our BCRSPA student scholarships. This is a direct byproduct of our membership.

These goals can be obtained if all of our members participate and work to make our organization more visible and viable in Baltimore County. Again, thank you for the opportunity to work on your behalf.

Parker

Oak Crest Presents Check to BCRSPA

Oak Crest Village donated \$500 to the BCRSPA Scholarship Fund on behalf of Mr. Dale Watkinson. Dale, a long-time member of BCRSPA, recently became a new resident at Oak Crest. The money will be used to help a deserving young person with college tuition. Thank you, Oak Crest!



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 MRSPA/BCRSPA Membership, 8379 Piney Orchard Parkway Suite A, Odenton, MD 21113-1508 so you continue to receive your newsletter.

Annual Quilt for a Cause Raffle

If you attended the April 2018 luncheon meeting at Columbus Gardens, you saw that Dr. Bob Dubel won the 1st Quilt for a Cause Raffle. A beautiful king size throw was crafted and donated by Della Curtis.

Well, Della has made another gorgeous quilt and has generously donated it once again. This masterpiece will be on display at the October 16th luncheon and we will begin selling chances at that time. All proceeds will go directly to the Scholarship Fund.



Membership News

BCRSPA/MRSPA welcomes the following new members:

*Thomas Bruggman Ph.D. • Richard Englar • Amy Grabner • Lynn M. Hoffman
Mary Ellen Maliszewski • Melvin Mossovitz • Joanne P. Perlin • Patricia R. Simon*

We hope to meet all of you at our Fall Luncheon Meeting to be held October 16th at Columbus Gardens. More details elsewhere in this publication.

Submitted by: *Donna Copenhagen, Membership Chairperson*

Fall Luncheon Meeting

Tuesday, October 16, 2018

Program

Registration..... 9:30

Call to Order..... 10:00

Pledge to Flag & National Anthem

Student Entertainment: "Great Expectations" Show Choir from Patapsco High School & Center for the Arts.

Greeting and Recognition of Guests

Teacher of the Year, Brendan Penn - Lyons Mill Elementary School

Updates

MRSPA

BCPS Office of Employee Benefits has been invited

Quilt for a Cause Unveiling

Social Hour..... 11:30

Luncheon..... 12:00

Luncheon Menu

Tossed Fresh Garden Salad • Baked Ham • Turkey Cutlet w/Stuffing
Sautéed Red Potatoes • Green Bean Almondine • Hot Rolls & Butter
Ice Cream Sundae Bar with Assorted Toppings
Regular and Decaffeinated Coffee • Hot and Iced Tea with Dinner

Cost: \$23.00

Deadline for Registration: Monday, October 8, 2018 (no refunds after this date)

Please remember to bring your nonperishable food/personal care items/school supplies/financial donations to support our Community Service Project to ACTC.

Directions to Columbus Gardens are on another page in this newsletter.

Reservation for Fall Luncheon Meeting October 16, 2018



Name: _____ Phone: _____

Address: _____

Name 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 21236-9998



You are our most valuable resource!

You are our most valuable resource! You can help bring more retirees into the fold of BCRSPA! Listed below are the latest 81 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!

Timothy Albert	Mary Laslett
Helen Agent	Sophie Lew
Esther Aiken	Sharon Luciano
Joanne Bare	Deborah Margulies
Robert Barbagallo	Denise Matuk-Kroupa
Amelia Barker	Mary McDade
Ellen Bookstein	Diana Michael
Donna Bergin	Judith Misterka
Marsha Bradley	Sandra Montalvo
Norma Breeden	Nancy Morgan
Kathleen Breeden-Holmes	Bella Nabutovsky
Ruth Burdekin	Riina Naumann
Maureen Celano	Maria Nowack
Michele Conneely	Mary O'Connell
Lorena Clary	Marlene Porter-Blair
Jean Considine	Gayle Pottillo
Gwendolyn Crawford	Miriam Reiss
Carol D'Anna	Deborah Rodabaugh
Sharon DeLauder	Sylvia Roth
Celia Donaldson	Pamela Satterlee-
Virginia Emerson	Williams
Stephany Faulkner	Jo Ann Schaeffer
James Fitzpatrick	Lisa Scurci
Jean Frazier	Denise Shank
Anne Gleason	Donna Sibley
Karon Goldman	E. Sara Silverman
Marsha Golob	Stephannie Solomon
Judy Graham	Deborah Steelwright
Doris Harrigan	Jeanne Swanson
Sherma Henry	Barbara Tegeler
Julie Herman	Cheryl Thim
Michel Hudson	Linda Townsend
Leslie Johnson	Jeanne Urlock
Vincent Johnson	Denise Valancius-Ditman
Rosa Jordan	Linda Webb
Eileen Kamel	Linda Webbert
Linda Killeen	Kathleen Wiles
Pamela King	Michael Wilson
Mary Jo Kuhn	Carol Wingard
Nancy Lachnit	Monique Yates
Martha Lappe	Ming Zhu

Rockin' Retirees

Dr. Robert Dubel, a product of Baltimore County Public Schools, had a distinguished career with BCPS after serving in the Marines during WWII. His last 16 years with the school system were spent as our esteemed Superintendent. After retiring in 1992, Bob spent time as the Director of the Field-Based Doctoral Program for the University of Maryland College Park.

Bob and his beloved wife Helen found time to travel to all 7 continents and 74 different countries. The Dubels enjoyed walking during their 58 years together. They walked across the sprawling ice sheets of Antarctica, the rugged and dusty jungles of Sub-Saharan Africa, and through the sky-high mountains of Tibet. Although he doesn't travel much anymore, Bob still enjoys walking.

Bob feels very blessed that he was able to be Helen's home caregiver throughout her battle with Alzheimer's disease. "I am pleased that she never spent a day in the Health Care Center or hospital."

Bob says, "I have been blessed with a wonderful life and have no regrets except that my golf game went sour at the age of 90. Now it's a good day on the golf course if I can shoot my age, 93!" Bob is part of a 25-year long golf foursome with his good friends Al Henneman, Phil Rhoades, and Ed Veit. One of Bob's close friends says that Bob Dubel is fun to be with because he tells wonderful stories about all aspects of his life.

Glen Meadows Retirement Community, Bob's home for many years now, has been the recipient of his leadership talents. Bob has served as President and Vice-President of the Resident's Association as well as the chair of the Finance Committee. In addition, Bob has served on various committees at his church. Besides his civic duties, Bob fills his days by hiking the many trails at Glen Meadows, playing golf, reading, attending various continuing education classes and attending his grandchildren's sporting games. Bob also closely follows the work of BCPS and the decisions of the Board of Education.

Bob recently stated, "I am now mostly known as the guy who won the beautiful quilt expertly crafted and generously donated to our Scholarship Fund by Della Curtis. It is by far the greatest prize I have ever won; I display it on my bed proudly."



Application for Automatic Dues Deduction



MARYLAND RETIRED SCHOOL PERSONNEL ASSOCIATION
BALTIMORE COUNTY RETIRED SCHOOL PERSONNEL ASSOCIATION UNIT #04



Name: _____

Soc. Sec. #: _____ Birthdate: _____

I understand that my social security number is required if I wish to become a dues deduction member.

Address: _____ City: _____ State: _____ Zip: _____

Telephone #: _____

***Please sign authorization below for dues deduction and MAIL TO:**

BCRSPA Membership Chair
P.O. Box 44016
Nottingham, MD 21236-9998

STATE DUES	\$45.00
LOCAL DUES	15.00
TOTAL:	\$60.00

I hereby authorize the Teachers Retirement System of the State of Maryland to deduct annual membership dues for the MRSPA and Local Retired School Personnel Associations from one of my Retirement checks each year. This authorization is to remain in effect until cancelled by written notice mailed to the Maryland Retired School Personnel Association.

Signature: _____ Date: _____



Breakfast With Colleagues

BCRSPA Members, Guests & Prospective Members
Are Invited To Breakfast
Columbus Gardens,
4301 Klosterman Avenue, Nottingham, MD 21236
Thursday, December 6, 2018 at 9:30AM.

**Admission: A "new unwrapped" toy for Toys For Tots
and/or a contribution to fight Cancer.**
(Check(s) made payable to the American Cancer Society)

Delicious Full Breakfast Including:

Fruit; Bacon; Sausage; Cream Chipped Beef; Scrambled Eggs;
Hash Browns; Belgian Waffles; Biscuits; Coffee, Tea, OJ
(Mimosa or Bloody Mary Available at \$3.00 Each)



No Business Meeting

Perry Hall HS Steel Drum Band
Visit With Santa Door Prizes

Visiting With Colleagues



Current Members – bring a former colleague and/or friend who is not a member for a free breakfast and to enjoy a morning with other colleagues.

Hurry – send in your registration; space is limited. **Deadline is November 30.**

Any reservation received after deadline may not be honored.



Breakfast with Colleagues

Name(s) _____ Guest(s) _____

Number of Reservations _____ Telephone # _____

Address _____

Send Reservations to:

Mr. Dave Peters BCRSPA, P.O. Box 44016, Nottingham, MD 21236-9998



Scholarship Memorials

In Memory of...

- Richard L. Barranger *by* Bill and Faith Hermann
- Helen L. Barshay *by* Anne Jones
- William Beckwith *by* Marge Sebeck
- Mary Elissa Beere-Metzger *by* Kathy Cobert
- Doris C. Farley *by* Anne Jones
- David Greenwood *by* Carolyn C. Mowlds
- David Greenwood *by* Susan Tusa
- John and Dottie Heck *by* Ruth and Stu Tucker
- Beverly Hickman *by* Chana Bass
- Morris Hoffman *by* Dr. Robert Dubel
- Morris Hoffman *by* Bill and Faith Hermann
- Al Marsilio *by* Stu and Ruth Tucker
- Florence McKeener *by* Anne Jones
- William Pfeiffer *by* Carolyn C. Mowlds
- William Saterlie *by* Carolyn C. Mowlds

In Honor of...

- Camille Marx *by* BCRSPA Executive Board
- Della Curtis *by* Dr. Robert Dubel

How to Report the Death of A BCRSPA Member

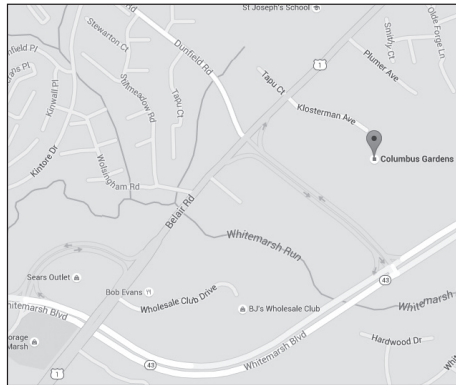
Name of Deceased Member: _____

Date of Death: _____

Death Reported By: _____

Relationship of the Reporter to Deceased: _____

Mail this form to: Mary Ellen Zimmerman
 9001 Chateaugay Court • Parkville, MD 21234
 OR
 Call Mary Ellen Zimmerman at 410-668-2563



Directions to Columbus Gardens

From I-695, take exit 32B (Bel air) north for 1.25 miles to the blinking light at Klosterman Avenue. turn right and follow the street down until it ends at Columbus Gardens Parking lot.

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.

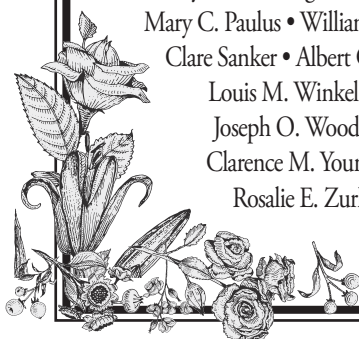
*For tax deductible contributions, make the check payable to BCPS Education Foundation. Be sure to put BCRSPA Memorial Scholarship Fund on the memo line of the check.

Mail to:

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

In Memoriam

- Priscilla J. Angotti • Michael B. Bakas
- Richard L. "Dick" Barranger • Alma D. Brocato
- Mary Frances Earhart Brown
- Harry E. Buchheister Jr. • Hugh A. Cherry Jr.
- Thomas Degraziano • Robert Eads
- Doris R. Ensminger • Vernon Fowble
- Wilber Fox • Patricia A. Francesco
- Albert L. Frantz • Christine M. Gonzalez
- Eleanor M. Greentree • Burleigh Heffner
- Morris C. Hoffman • Sueanne M. Houck
- Frank G. Hubbard Jr. • Rosemarie A. Jones
- Robert P. Kloss • Rose Anna Kottler
- Edwin Lynch • Doris E. Mathews
- Mary Beere Metzger • Barbara Pac
- Mary C. Paulus • William H. Pfeifer
- Clare Sanker • Albert G. Straub
- Louis M. Winkelman
- Joseph O. Woodfolk
- Clarence M. Young Jr.
- Rosalie E. Zurlo



Executive Board Directory

Parker Koons.....	<i>President</i>
Donna Copenhaver	<i>Vice-President</i>
Barbra Barzyk.....	<i>Recording Secretary</i>
Linda Yaffe	<i>Corresponding Secretary</i>
E. Stuart Tucker	<i>Treasurer</i>
Cindy Schulz.....	<i>Asst. Treasurer</i>
Sharon Norman	<i>Director</i>
Della Curtis.....	<i>Director</i>
Patsy Holmes.....	<i>Director</i>
Dale Rauenzahn.....	<i>Director</i>
William Groth	<i>Director</i>
Caroline Seamon.....	<i>Archivist</i>
George Sparks, Jr.....	<i>Bylaws</i>
Dave Peters.....	<i>Community Service</i>
BJ Rounsaville.....	<i>Consumer Education</i>
Jack Woodward.....	<i>Finance</i>
Parker E. Koons	<i>Legislative</i>
Donna Copenhaver	<i>Member Accounting</i>
Maryann Hughes	<i>Member Recruitment</i>
George Sparks, Jr.....	<i>Parliamentarian</i>
Clair Price.....	<i>Public Relations</i>
Mary Lou Brown	<i>Remembrance</i>
Mary Ellen Zimmerman.....	<i>Remembrance</i>
Joyce Cummings.....	<i>Retiree Benefits</i>
Madeline Lovera	<i>Scholarship</i>
William Groth	<i>Technology</i>
D & D Copenhaver.....	<i>Travel/Social</i>
C. David Copenhaver.....	<i>UPDATE</i>
Weston Dean	<i>BCASCO Representative</i>

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.

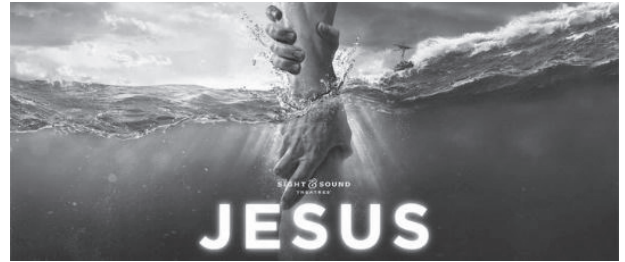
Editor: C. David Copenhaver
cdavidcopenhaver@gmail.com

Publisher: Anne Fullem
afullem@barfordstyle.com

Bus Trip(s) News

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 11 tickets left. If genuinely interested, contact David Copenhaver ASAP at cdavidcopenhaver@gmail.com or 410-515-0456. You don't want to miss the opportunity to see this very popular show, so act now, the cut off date is September 24, 2018.



Let's Celebrate the Christmas Season in a Patriotic way!

We are looking into taking a trip on December 16, 2018.



The itinerary would be:

- Special tour at Arlington National Cemetery...visiting the following, up close and personal... The Welcome Center, President John F. Kennedy Gravesite, and the Tomb of the Unknown Soldier and Changing of the Guard Ceremony.
- Attend the U. S. Navy Band Holiday Concert at DAR Constitution Hall.

If I can get all the necessary tickets and there are enough genuinely interested individuals, we will be in for a very memorable trip. Only 50 seats available. Let me know ASAP if interested, send eMail to cdavidcopenhaver@gmail.com or call me at 410.515-0456.

Trip (March/April)

Visit the National Museum of African American History & Culture and enjoy lunch, on your own, at the Sweet Home Café. Let me know ASAP if interested, send eMail to cdavidcopenhaver@gmail.com or call me at 410.515-0456.

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 cdavidcopenhaver@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.

Crab Feast

Sunday,
Sept. 30, 2018



3:00 p.m - 6:00 p.m.
Camp Running Bear in Monkton
Price \$40

Visit...

<https://bcrspaevents.shutterfly.com>
(password is lower case bcrspa)
& www.bcrspa.org

Five Ways To Stretch Your Travel Dollar



1. National Parks Service Senior Pass.

If you're age 62 plus, this is your ticket to see America's natural beauty. For \$20 a year (or \$80 for a lifetime membership), you get access to all 59 parks, including Yellowstone, Yosemite and the Grand Canyon.

2. British Airways AARP Member Discount.

British Airways offers AARP members \$65 off economy fares and \$200 off business class tickets.

3. Hyatt Hotels Discounts.

Hyatt guests age 62 plus may be able to book rooms for up to 50% less than standard rates.

4. Carnival Cruise Deals for Seniors.

Carnival makes it easy to search for special rates on its website. You can select your destination, departure city, travel dates, and cruise duration and an easy-to-read-calendar will show you the prices on each for passengers 55 and up.

5. Amtrak Senior Discount.

Amtrak's passengers age 65 plus receive a 10% discount on tickets. And passengers age 62 and up can score 50% discounts on Amtrak's Downeaster trains between Boston and Portland, Maine, making for an economical tour of New England.

Submitted by BJ Rounsaville, Consumer Services Chairperson.

Reprinted from The Tribune Erickson Living May 2018

How To Spot Scams Online

Warning! Warning! Click this Link!

Imagine that while you're reading this article, a window pops up on your computer screen that said: "Microsoft Warning Alert": "Your computer has been hacked! Please call us immediately at 800-555-5555. Do not ignore this critical alert. If you close this page, your computer will be disabled. If you do not call in the next five minutes your data will be lost."

Scammers like to use our emotions against us. In this case, preying on our anxiety when an alert suddenly appears.

A friend of mine recently received a warning message just like it, and with no time to spare, quickly called the number listed. A member of the "Microsoft Security Team" informed him that he did, indeed, have a breach on his computer.

They told him they could clean the hard drive

remotely for \$550. All he needed to do was provide his banking information and to click on a link in an email they would send, which would allow remote access to his computer.

The red flags in this scam are easy to spot. First, Microsoft is not going to contact you about a hack on your individual computer. Second, no one other than a legitimate financial institution should ever ask for your bank account information. Finally, no one with good intentions will solicit you for remote access to your computer. Once in, scammers can infect your computer with malware and steal personal information that you have stored.

Commands to take immediate action should be met with a healthy dose of skepticism. When in doubt, seek the advice of friends or relatives.

*Submitted by BJ Rounsaville, Consumer Services Chairperson.
Reprinted from The Tribune Erickson Living May 2018*

Healthy Habits Can Lengthen Life

Physical activity is one of five healthy lifestyle factors that can lower your risk for several diseases and lengthen your life. Have you heard the advice to exercise, choose a healthy diet, keep a lean weight, never smoke, and limit alcohol? Researchers wanted to find out whether people who follow this advice live longer than those who don't. So, they compared lifespan and other data from thousands of adults with all five of these healthy habits to those without.

People in the healthy habits group got at least 30 minutes of exercise each day. They ate the recommended amounts of fruits, vegetables, nuts, whole grains, and healthy fats. And they limited salt, sugary drinks, trans fat, and red and processed meats. They also limited alcohol.

Women had no more than one drink each day and men no more than two drinks. They also maintained a normal weight and didn't smoke. The people in the other group didn't exercise, have a healthy diet, or limit drinking. They smoked and were overweight.

Based on the results, the researchers estimated that a 50-year-old woman who had all five habits would live, on average, to age 93. In contrast, if she didn't have any of these habits, she would live on average to age 79. For a 50-year-old man, the average lifespan was about 88 years old with healthy behaviors and only 76 years without.

"This study underscores the importance of following healthy lifestyle habits for improving longevity in the U.S. population," says Dr. Frank B. Hu of Harvard T.H. Chan School of Public Health, senior author of the study.

Go to: https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/calories.htm for additional information.

*Source: NIH News in Health.
Some changes were made.*



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

In This Issue:

From the President.....	1
Membership News	1
Quilt for a Cause	1
Partnership with Oak Crest.....	1
Fall Luncheon Registration	2
Rockin Retirees.....	3
New BCPS Retirees	3
Breakfast With Colleagues Registration.....	4
Scholarship Memorials/In Memoriam	5
Reporting a Member's Death	5
Bus Trip News	6
Executive Board Directory.....	6
Crab Feast Reminder	6
Articles.....	7
BCRSPA Calendar	8

BCRSPA Calendar:

Early September	Newsletter Distribution
September 18th	Executive Board Meeting <i>St. Isaac Jogues - Church Hall</i>
September 30th	5th Annual Crab Feast
October 16th	Fall Luncheon Meeting
November 13th	Executive Board Meeting <i>St. Isaac Jogues - Church Hall</i>
November 14th	Sight and Sound Show "JESUS"
December 6th	Breakfast with Colleagues at Columbus Gardens
December 16th	Possible Trip <i>Special tour at Arlington National Cemetery and attend the U. S. Navy Band Holiday Concert at DAR Constitution Hall</i>

UPDATE Deadline:

December Issue – October 15, 2018

Emeritus Membership in BCRSPA

(Age 90 as of June 30, 2018)

Name: _____

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

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

Telephone: _____

Mail to: MRSPA/BCRSPA Membership

8379 Piney Orchard Parkway, Suite A • Odenton, MD 21113-1508

Change of Address

BCRSPA *(Effective Date)* _____

Name: _____

Old Address: _____

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

New Telephone: _____

Mail to: MRSPA/BCRSPA Membership

8379 Piney Orchard Parkway, Suite A • Odenton, MD 21113-1508