

Eustress, Distress - We All Have Stress!

Stress, the causes of stress and ways to deal effectively with it were covered by **Dr. Lisa Smith** at the March meeting. She defined 2 types of stress: "Eustress" - which results from positive or happy events; and "Distress" - which is the product of negative things. Basing her presentation on stresses particularly related to retired teachers, she explained how much of the stress began during their working years. Topping the list of factors involved in "Distress" are matters relating to finances, health and



insurance - things where we feel a lack of being in control. "Eustress" on the other hand results from things like planning a trip or a cruise. Her answer for dealing with both types is

basic and simple: Breathing and Relaxation!! Asking the audience to "close your eyes and listen as I count 1 - 2; 1 - 2; breathe in on 1 and out on 2 for 5 minutes" - she demonstrated her technique. Dr. Smith has worked as a mental health practitioner for the past fifteen years. As a practicing psychologist, she realized that talk therapy was ineffective with her clientele. For various reasons, some people were not always truthful about things troubling them. She became certified as a hypnotherapist in May 2006 and has found

that hypnosis is an effective alternative to help gain access to the subconscious. On her website <http://CRE8TVEHypnosis.com> you can buy inexpensive downloadable hypnosis mp3's with such titles as *Attracting Love, Overcoming Addictions, Fortune and Pain Relief*.



Anne French Is Volunteer of the Year

By Darcy Drago



neighborhood block party, regularly assists 2 neighbors who are facing challenging life situations, and volunteers as an usher at the Performing Arts Center.

Since her retirement 5

Anne French has outstanding organizational skills. She has served as restaurant coordinator and on the Board of Directors for Taste of the Island, an organization that provides a financial boost to 4 non-profit agencies through an annual food tasting fundraiser in Wilton Manors. She also organizes an annual

years ago she has been an FREF Trustee and currently co-chairs our FREF scholarship committee. Last fall she spearheaded the organization of the District 10 FREA Workshop that BCREA hosted. She has accrued over 600 volunteer hours during the past year. We wish Anne well in District competition.

April 2 Meeting

Time: 11:45

Place: Deicke Auditorium

Address: 5701 Cypress Road
Plantation

(1 block off Broward at Royal Palm)

Program: Roger Cuevas - President of Miami-Dade County Retired Educators



Passover:

4/03-
4/11



Easter - 4/05



Bring to meeting:

Items for Humane Society
Dish to share
\$10.00 for FREF raffle ticket
Blankies & Pillows
Labels for Education
Aluminum pull-tabs
Coupons for our troops
Old eyeglasses & Cell phones
Volunteer Hours
A New Member

President's Corner

Last September I attended a symposium sponsored by the Florida Retired Teachers' Association in Ocala. One of the workshops I attended suggested that we share stories with each other. So I am going to tell you a story about a stuffed animal that I first thought was a pig. In reality, it was a round, fat, black and white cuddly cow. Someone donated this cute cow as a door prize at our February Scholarship Luncheon.

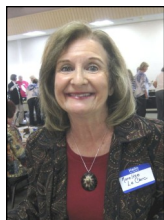


My friend **Mary Lou Deering** won the cow! There was a picture of her holding it in our last *Newsletter*. I drove her home and on the way she asked me if my grandchildren would like the cow since hers were in high school. So I put the round, black and white cow in the playroom at my house. When my 4-year-old granddaughter Brea came for a visit, she played with the cow, but not for long. My 6-year-old grandson Yale didn't like it at all. So when my church was having a yard sale, I donated it to sell to someone who would love it. A woman at the church said that her niece collected cows, so she bought it for \$4.00. So, as far as I know, a young lady named Lilly has added this "special" cow to her collection and my church made \$4.00!

Now, I wonder if there is a story about how the cow turned up at our luncheon in the first place and who brought it. I am also wondering what happened to the stuffed snake. That might be another story to be told.

Diane

2015- 2016 Officers Elected



At the March meeting, the following officers were re-elected for 2015-2016 club year: **L to R** - BCREA president will be **Echo Heyer**; **Carol Roland** will be the president-elect; **Josephine Walker** will serve as secretary for the fifth year; and **Marelise LeClerc** will serve as treasurer for the 6th year. They will be installed at the May meeting.

President-Elect's Corner

Our speaker for March was **Dr. Lisa Smith**. Dr. Smith specializes in recovery from trauma, relationship issues, victimization from domestic violence, abuse, blocked and devoid emotions. In speaking to us she wanted to share ideas on handling stress, both good stress and bad stress. She shared with us many ideas on what stress was and that we get stressed when good things happen as well as when we have bad experiences.

She taught us several breathing exercises which we practiced. One of the exercises dealt with using a breathing technique to cope with pain. The day after the meeting I was gardening and my lower back started to hurt. I sat down in a chair outside of the house and did one of the exercises she taught us and when I finished, I stood up and the pain was gone. So, this is a personal thank you to Lisa. I will use the breathing exercise again. After her talk many people inquired about her group healing with hypnosis.

Next month **Roger Cuevas** will be our speaker. He is the president of the Miami-Dade County Retired Educators Association.

Echo

Social Committee

Chairman: **Sallie Sherwood**

954-629-3712 matildatwo@aol.com



THANK YOU! As always, the luncheon table was filled with fabulous foods for all to enjoy. THANK YOU to those who were willing to take home some of the leftovers so we would not have to waste the delicious tidbits which

were left behind. Also, a THANK YOU to those extra helping hands who pitched in to help clean and break down the tables. Next month we will be celebrating Spring, but meanwhile have a Happy St Patty's Day!

Sallie

2 Kitties **STILL** need a home! Prince and Princess are both very affectionate and I will help whoever gets them with a litter box and food. My two phone numbers are:

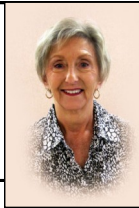


Home: 954-781-4445

Cell: 954-290-9237. Thanks, Arline

Community Service

Chairman: Darcia Drago
954-977-7247 dardra@att.net



At our April meeting we will collect supplies for the **Florida Humane Society in Pompano Beach**. Items on their "wish list" include:

- ♦ canned Pedigree dog or puppy food,
- ♦ canned cat food (not in gravy)
- ♦ clumping cat litter,
- ♦ fish oil capsules,
- ♦ paper towels,
- ♦ 13 gallon garbage bags,
- ♦ laundry detergent,
- ♦ Clorox liquid bleach,

♦ latex gloves,
♦ Fabuloso cleaner and
♦ copy paper.
This is no-kill shelter that adopts out and spays/neuters over 3,000 pets per year.
Thanks to all of you who turned in your community service hours this year and congratulations to **Anne French**, our nominee for District 10 Volunteer of the Year.

Darcy

Literacy

Chairman: Sandy Lefkowitz
954-473-9480 slef123@bellsouth.net

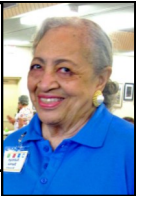


Congratulations to our 5th Grade Literacy Essay winner, **Skyler Wilkerson** from **Harbordale Elementary School**. In Skyler's own words, "My Grandma Cook comforts me and makes me feel better when I'm having hard times. That right there is a grandma any child would beg to have." The essays were of excellent quality and judging was difficult. We have awarded two other fifth grade writers honorable mention awards: **Amiah Vaughan** from **Cresthaven** and **Charlie Kline** from **Central Park**. These stu-

dents will be receiving their awards at our May meeting. It is rewarding to see fifth graders participate in a writing contest. It's not too early to spread the word for next year. Share information about the annual Florida Retired Educators Margaret Poppell Fifth Grade Essay contest with your school friends. Maybe their students will be 2016 winners. Thanks to our BCREA Literacy Committee who read over 70 essays in order to choose a winner. A huge thanks to all, *Sandy*

Health & I+PS

Chairman: Kathlyn Barno
954-581-4731 BB9214@aol.com



All healthcare providers tell us that one of the secrets to keeping healthy is socialization. We need our friends to help us age well. Some studies have found that people who isolate themselves are more prone to debilitating illnesses. However, as the saying goes, "To have friends you must be a friend." We know what we want from a friend, but we don't think about what we can do for other people. **Dr. Holly Parker**, a Massachusetts psychotherapist and some others offer us some pointers on being a good friend. First and foremost we should show interest in the person by talking about them rather than our-

selves. Be interested in their successes. Let them know that you are in their corner. On the other hand, we should be there for the hard times. When we are needed, we should not mind going the extra mile to help them. Always be willing to listen. Offer sympathy or a shoulder to cry on. Sometimes too, we may see a friend doing something that is bad for them. Let them know that you want to help. Never take a friendship for granted - treasure it. True friends are invaluable.

While we are cultivating our spring flowers don't forget to cultivate your friendships, the old and the new.

Kathlyn

Friendship

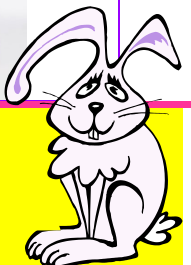
Chairman: Julia Penley
561-465-2739 jgpen581@aol.com



"The Luck of the Irish" to everyone!! Wow! This year is going very fast!! Here we are in March already and only two more meetings (April and May) before we have our summer break!! But my special thanks goes out

again to everyone for their help and support in getting our birthday, get-well, and sympathy cards out to our members!!! I really appreciate your efforts to make my job easier! Happy Spring!

Julia



BCREA Is Turning 50!

We want to mark this milestone with activities and festivities.

Do you have suggestions or want to help

plan the celebration?

If so, please email **Anne French**
afrench@hotmail.com

Membership

954-525-8503

slochrie@bellsouth.net

Chairman: Susan Lochrie



PAY DUES FOR 2015 - 2016

Dues are \$35 for State FREA Dues and \$15 for local BCREA dues, totaling \$50 per year

You will receive a membership card from the FREA and your name will be on the Broward County Retired Educators' mailing list and listed in the BCREA Directory. The Florida Retired Education Association is a state-wide organization, which represents our interests and benefits as retirees to the state Legislature. Website: <http://frea.org>

Please invite your retired friends to come to the meetings or send me their names and I will send them membership information.

Anyone who brings in 3 NEW members this year will win a \$25 gift certificate.

Susan

BROWARD COUNTY RETIRED EDUCATORS ASSOCIATION MEMBERSHIP APPLICATION

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

_____ I would prefer to receive my *Newsletter* by email only

Date Retired _____ Retired From _____

Position _____

Dues:\$50.00; Donation for Scholarships: _____

Total Enclosed: _____

Please make check payable to **BCREA** and mail to

Susan Lochrie, BCREA Membership
P.O. Box 30533
Fort Lauderdale, FL 33303

Passages



*Happy Birthday to our
Birthday Club*

(members over 85!)

Anna Tarullo 4/08

Gwen Thompson 4/10

Thinking of You....



Madeline Martin
Nancy Ruiz

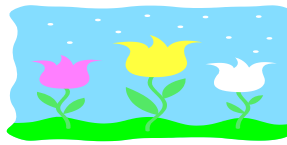
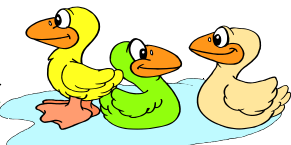
Welcome Returning Members



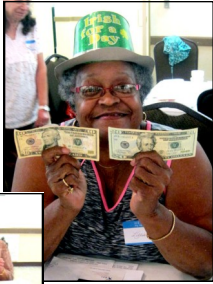
James Bedell
Janet "Linda" Bedell



Lynne & Glenn Ogden



Hospitality Chairman **Martha Pipes** reported 71 attendees at the March meeting. Winners in the Scholarship Raffle were **Lillian Small** who really cleaned up - she won \$20 + \$10! **Carol Ro-**
land(\$10),



and **Sallie Sherwood** won flower arrangements

and **Rosetta Watkins (\$10).**
Arline Ziller



Bea's Bytes.....

954-587-9275
HapiHopi@aol.com



contributed by **Carol Roland!**
Congrats to **Lynne Ogden's** husband **Glenn** who just published a novel *Altamaha Sunset*. Get well wishes to **Made-line Martin** who is recovering from a mild heart attack and to **Nancy Ruiz** who may be back soon! See all the photos on Shutterfly! Happy Spring!

Bea

BCREA VOLUNTEER REPORTING FORM

Name _____
(Please Print)

Month _____, 201__

Volunteer hours working with adults _____
(persons who are non-family members;
this also includes literacy hours)

Volunteer hours working with youth _____
(Persons 25 years of age or younger;
This also includes literacy hours)

Bring this to our next meeting, e-mail it to me at dardra@att.net
or mail it to me at:

Darcia Drago
4346 Carambola Circle North
Coconut Creek, FL 33066

FREF Extravaganza Tickets - Only \$10.00

Buy your tickets now for a Chance to WIN:

Grand Prize	\$500 Cash
1st Place	\$400 Cash
2nd Place	\$300 Cash
3rd Place	\$200 Cash
4th Place	\$100 Cash

Donations are used to provide scholarships for students planning to major in education. Buy Tickets at the January - May meetings or fill out the form below and send with a check to:

Anne French
1017 NE 28 Drive
Wilton Manors, FL. 33334.

Make your check payable to FREF (Florida Retired Educators Foundation).

Name _____

Street _____

City, State, Zip _____

Phone _____

Email _____

The cost of the BCREA Newsletter is underwritten by:



954-486-2728 • Online at BSCU.org

Serving Broward Educators Since 1946

- DATED MATERIAL -
PLEASE DO NOT DELAY



Everyone closed their eyes,
breathed and relaxed!

Alyce wore her
shamrock chapeau!

Arline and Sallie won flowers

From the Treasurer

Marelise LeClerc
954-962-7343 Flsun1@comcast.net



As The February Luncheon raised a total of \$973.02 which is an indication of the generosity of our membership. The Scholarship Raffle at the Luncheon grossed another \$448. Totally that is an additional scholarship we are able to support this year. The **Bright Star Credit Union** donated a \$2000 check at the Luncheon. By using this money for some of our operating expenses, we are able to chan-

nel more of our money for scholarships. Many thanks to Bright Star and to our liaison **Marjuree Larin** for their continued support. As we start to collect dues for the upcoming year, please consider adding an extra \$5, \$10, \$25 or more to your check for our scholarship fund. Remember that the donation is tax deductible. A huge thank you is extended to the following for their recent donations:

Scholarship Donations

Donor	In Memory Of
Missy Belsito	Don Roberts
Milton Brantferger	Bill Gilmartin & Bob Sulcer
Linda Combs	Lillian Lampkins & Ethel Pappy
Darcy Drago	Vivian Dean
Harriet & Thomas Drilling	Mildred Peterson
Marjorie Gregg	John Drag, Sr.
Dorothy Howard	Mildred Jones-Fuce
Susan Lochrie	Elena Centrone
Ronald Mayhew	Artis "Jack" Hall, Mildred Jones
Nancy Ruiz	-Fuce, John Broome & David Dixon
James Etta Warner	Janie McCombs
	Peggy Evans and Camille

Undesignated Donations

Susan Barber	Panchitta Chisholm	Doris Cotnoir
Henry Graham	Frances Graves	Micki Hawn
Lizzie Johnson	Linda Marable	