

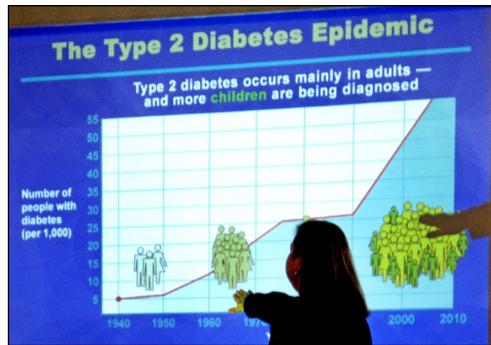
Diabetes Reaches Epidemic Status - 1/14 Afflicted!



Attendees at the November meeting got an "A" from Dr. Patricia Welch Dittman when she asked how

many in the group had diabetes. Very few hands went up! This is somewhat remarkable for people in this age group according to Dr. Dittman who works at FAU as an adjunct professor and coordinator of Nurse Health Care Outcomes.

There are 2 types of diabetes - Type 1 and Type 2, with Type 2 being the most



common. In Type 1, the pancreas makes little or no insulin. In Type 2, cells are

insulin resistant and the pancreas loses its ability to produce insulin. Type 2 is by far the most common, with 90% of patients having it. In past years, it occurred primarily in adults over 40, with around 5 per 1000 having it. Now 1 in 14 have it and children are among

those who have it as well. It is more common in people who are overweight, those who have a family history of it, and

those who are African American, Native American or Hispanic. The huge increase in diabetes in modern times is due to diet and inactivity. Once a person has this disease, s/he will have it for life. People used to eat regionally - apples only when they were in season, for example. Now, they're available nationwide all year. Video games have replaced outdoor activity for many. Losing weight through diet and exercise is key!

Important Upcoming Dates!

December 6 Meeting

Time: 11:45 am

Place: Deicke Auditorium

5701 Cypress Road, Plantation
(1 block off Broward at Royal Palm)

Program: Walker Elementary School Band

December 17: Board Meeting, 11:00 am

Bev Hoppe's home

Bring to meeting:

Potluck Dish to Share

Books for Literacy

Labels for Education

Aluminum pull-tabs

Coupons for our troops

Old Cell Phones

Old Eyeglasses

December 2: Happy Hanukkah

December 25: Merry Christmas

December 26: Happy Kwanzaa

13 Members Attend District 10 Workshop



L-R, Standing: Carol Roland, Karen Avery, Josephine Walker, Anne French, Alyce Aspler, Diane Texter, Margarite Falconer, Susan Lochrie, and Marelise LeClerc; Seated: Lillian Small, Rosetta Watkins, Kathlyn Barno and Frances Smoot.

Save the Date

Annual Scholarship Luncheon

Thursday, February 7, 2019, 11:30 am

Tropical Acres Restaurant, 2500 Griffin Road

Tickets will be sold at the

December and January meetings or

Order them by mail with the coupon on Page 6.

President's Corner

After November's meeting, I commented to an Executive Board member that I had allowed the speaker to continue talking beyond her time because she was presenting such beneficial information, and I had observed that members were completely involved in what she was saying. The Executive Board member looked around the room and then observed that BCREA was composed of such a good, cooperative group of people. After momentarily thinking about this comment, I almost replied by saying that educators are naturally kind, caring, and generous people. Then I realized that in several schools where I had worked, it was not uncommon for these kind, caring, generous people to be at odds with other kind, caring generous educators. In fact, I recall a few cases where I had to mediate disputes between two kind, caring, generous teachers. Since then I have been pondering this subject: Just why are BCREA members so good? I still don't have an answer, but, as we celebrate Thanksgiving and begin our preparations for the holiday season, I want you to know how thankful I am that you are the way you are. You make it so easy for me to serve as your BCREA President. Whenever I need assistance on a project, volunteers step forward. Members always give generously whether in donating money for scholarships, donating supplies for troops, books for our literacy project or donating time for other volunteer organizations. But no matter how much of yourselves you are contributing, you are always willing to celebrate the successes of other members. Even though members may not share your viewpoints or have differing philosophies, you respect other members. You make my job painless and stress free. For that I thank you.

Enjoy your Thanksgiving and I will see you at our December meeting.

Carol



Happy Holidays

From the President-Elect

Here we are in 2018 with the holidays upon us!

They bring us smiles, laughter, joy and a sense of youthful exuberance which we unselfishly give to others. Family, friends, neighbors, and even strangers we meet help make the season the most special days of the whole year. **NO SCROOGES ALLOWED!!**

We enjoy the spirit of the holidays in our places of worship, shopping malls, movie theaters, and other venues of artistic showplaces. The many festive gatherings which we enjoy, are never complete without the sounds of the season: music which permeates the airways with melodies old and new long before December arrives.. Heart-warming classic songs, upbeat and rhythmic treasured tunes, melodious in all genres, remind us of so many by-gone years. Most of us find ourselves reminiscing about that year, or that song, and that special person who helped make that holiday season so wonderful..

My most favorite holiday music comes from children whose joy is both infectious and contagious. Our talented young musical artists for the December program come to us from **Walker Elementary School of the Arts** with their Band Director, **Maestro Teddy Brown**. It is indeed our pleasure to showcase this Turn Around Arts School once more as they display astounding musical excellence.

HAPPY HOLIDAYS. May your spirits be uplifted with Peace and Goodwill!

Lillian



Membership...

Chairman: Susan Lochrie
954-525-8503 or slochrie@bellsouth.net



Thank you to those who bring prospective members to a meeting who may be interested in joining BCREA. For every 4 new members that you bring into BCREA you will be awarded a \$25.00 gift certificate! If you wish to send membership information to anyone, contact me by phone or email and I will mail a membership informational packet to them.

For online information the website is <http://browardrea.org>



Susan

Information Services

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



The winter holidays are here and with all of the shopping, parties and good times comes the bad side of the game. It is a good time for scammers to try to catch us off guard and enrich their coffers by stealing our identity. Be cautious. Try not to be a victim. AARP has suggested ten things that you can do to protect yourself:

1. **Lock** your mailbox, Try to keep your mail from being stolen.
2. **Don't leave** anything of value in your parked car, not your wallet or purse or any mobile devices.
3. **Shred** all sensitive documents with a shredder that shreds documents into confetti.
4. **Secure** your smart phone with a password, Don't use a password that is easy to guess such as birthdays, or sequential numbers.
5. **Change** your computer

password regularly. Experts suggest that you do so every three months. Think about using one that is hard to crack but easy to remember, Use a combination of letters and numbers.

6. **Don't share** your Social Security number unnecessarily. Share it only for tax reasons, obtaining credit or to verify employment.
7. **Don't carry** your Medicare card unless you are on your way to a health care appointment. Instead make a copy and black out all but the last four numbers.
8. **Use** a gel pen to write out checks. Thieves can wash off ballpoint pen and rewrite the check.
9. **Use** strong passwords to protect financial accounts. Consider a passphrase rather than a password.
10. **Don't give out** personal information over the phone or the internet or

Ode to Jean Anderson or Just Call Me Hop-along

Out for a leisurely walk she went.
The sidewalk cracked and down she was sent!
She went flying - And then she was crying,
Hematoma on the knee
A dent where a nasal bone should be!
Now they call her "Hopalong"
But she wishes the pain was gone
The moral of this story is not "pain-free
Staying healthy is risky business, you see.

Lana Lysen

through the mail unless you initiated it.
The Information Services Committee wish all of you a safe and happy holiday season.
See you next year.

Kathlyn

Passages



Happy Birthday to our
Birthday Club
(members over 85!)

Jean Funk 12/18
Panchitta Chisholm 12/19
Lillian Hearn 12/20
Toni Merton 12/20
Rosetta Watkins 12/22
Doris Emmett 12/26



Jean Anderson
Missy Belsito
Alice Mack
Ilene Miller
Juli Patten
Arline Ziller

Welcome New Members



Terri Frock
Mindy Mathos
Joseph Mathos
Constantine Gioulakis

Social Committee

Chairman: **Sallie Sherwood**
954-629-3712 matildatwo@aol.com



'Tis the season for...being Thankful. The Social Committee would like to thank all of the members who contributed new and gently used containers to hold leftover food. We are thankful that we did not have to throw out unused food portions. We are also very thankful for the vari-

ety of food items that were brought to the table to share with one another. There were some new dishes that were presented as well as favorite items from the past. Please remember that if you wish to identify your dish, with either the name or ingredients, there are food tags located at the coffee

table. Just pick up a card at the table, identify your item and then place it on the buffet table near your tasty cuisine. Our next meeting will be on December 6th. According to the calendar of interesting dates and events, we celebrate National Microwave Oven Day on that date. However, on that day, we also celebrate National Gazpacho Day. Since Gazpacho is served cold, why do we need to celebrate the microwave?? Just something to

think about until we meet in December. Thank you **Lynne Ogden** for the decorations for the November meeting. If anyone would like to volunteer to decorate the 12-13 round tables for the January meeting, please let me know. Wishing everyone a very happy, healthy, safe and worry free holiday season. **Sallie**



Bev's Bytes...



It was nice to see **Mary Taylor** at the meeting. We missed **Frances Smoot** and her always-great Thought for the Day. Lots of other

regulars too were among the missing. We did have a total of 52 who did make it! Even some of those on the "Thinking of You" list made it: **Jean Anderson** had a fall (see the "Ode" to her by **Lana Lysen** on page 3); **Missy Belsito** had a recent hip replacement; **Ilene Miller** broke her foot and has a cute scooter to help her get around; and **Juli Patten** had a stroke in the spring. Glad they all made it in spite of their conditions. Winners of the Scholarship Fundraiser were **Anne French** \$20; and \$10 each to



Mary Ellen Fowler, Lana Lysen, and Jean Anderson. Flowers were won by **Amada Walker,**



Brenda Roberts and Marsy Smith.

News from the District 10 meeting - **Ann Greaves** won

the Lotto Tree that **Anne French** created for the FREF Scholarship Fundraiser. **Mary Ellen Fowler** also won **Darcy Drago's** drawing for volunteer hours' reporting. **Lynne Ogden** created the lovely autumnal centerpieces (which were given as doorprizes) at the meeting. And that's the last byte for December. *Bev*

From the Treasurer

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



The holidays are upon us! It is the time for giving. Please remember our Scholarship Fund as you consider your charities this season. If you have a gift check, you can mail it directly to me.

Warmest holiday wishes to all,

Marelise



Scholarship Donations

Donor

Barbara LeGette

Linda Combs

In Memory Of

Rosena Stevens (her grandmother)

Lillian Lampkins,

Ethel Pappy, Guy Williams

Undesignated Donations

Seolar Moncrief Priscilla Peck Jean Shiskin



"Come to a Luau "

..., is our February Luncheon theme this year! Wear Hawaiian leis, grass skirts, flower headbands, etc.

Can you do the Hula?

Can't wait to see you at Tropical Acres for a fun day!

If you have new or "like new" items to donate for our scholarship fundraiser, please bring them to the

January meeting or call me at **954-972-8032**

We are asking each member to bring a new or gently-used children's book to the luncheon. **Diane**



The cost of BCREA Newsletter is underwritten by



Call (954)468-2728 or Online at BSCU.org

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Friendship

Chairman: Marsy Smith
954-962-6433 smithmarsy@aol.com



I hope all of you have a great Thanksgiving. Thanks to all of you, our committee now has a good supply of greeting cards, so if you know of another or-

ganization that can use your cards, please take your donation to that group. See you at the December meeting! *Marsy*



Happy Hanukkah

Literacy

Chairman: Sandy Lefkowitz
954-557-5817 Slef123@bellsouth.net



A b. A big thank you to everyone who has donated children's books. Our book box is filling up with wonderful, exciting books. But there can never be too many books! Our goal is to develop a love for reading and what better way than to provide children with their very own book. We are collecting new and gently used children's books. You can help by bringing at least one book to every meeting. Visit library book sales, garage sales and book stores to find books for our book donations.



And then simply bring the books to the next meeting. Don't forget the **Fifth Grade Essay Contest**. We are so proud to have two state winners in the last two years! That's quite an accomplishment. And a challenge

for us to bring home another state winner in 2019. Let's encourage fifth graders to write more than text messages! Margaret Poppell, a long-time advocate for literacy, began a writing contest for fifth graders. Any Broward County fifth grader may enter the contest by submitting an essay of 500 words or fewer about an experience with a grandparent or grandparent figure. The essay may be an individual task or a class assignment. The essays must be submitted by February 8, 2019. You can find complete directions on our web page. If you would like more information emailed to you please, please contact me. 954-557-5817. Please spread the news to schools and invite fifth graders to participate.

Sandy

Cultural Affairs

Chairman: Josephine Walker
954-742-2430
Jo43walk@comcast.net



Please join in with Cultural Affairs as we plan our first BCREA outing to **Parker Playhouse** on December 18, 2018 at 7:30 P.M. to be entertained by, the **Soweto Gospel Choir** from Africa. Money will be collected at December's meeting for tickets to this event. We're also planning for **Gladys Knight** in January and **Fiddler on the Roof** and the **Vienna Boys Choir** for later in 2019.

1. Remember the first weekend of each month most museums are free

to members who hold Bank of America or Merrill Lynch cards.
2. Hollywood's Cultural center has free admission on most 3rd Sundays from noon to 4PM (call before going).
3. Coral Springs Museum is free the first Wednesday of each month and
4. IGA Fishing Hall of Fame is free the first weekend of every month.
Stay Tuned To Cultural Affairs!!!

Josephine

Community Service / Handbook

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



Community Service

Thanks for your generous donation of powdered drink mix for our troops overseas. We will not be doing another group project until January when we will collect school supplies for the Broward Education Foundation. Please continue to turn in your volunteer hours at all of our meetings. Remember to include travel & prep time in your totals.

Assisting any organization or individual other than relatives qualifies as community service.

Handbook/Directory

2018-19 handbooks will be distributed at the Dec. meeting & will be mailed to "shut-ins" & members who live out of county. Happy holidays & health & happiness to you & your family in 2019! *Darcy*

BCREA Officers....

President
Carol Roland
954-472-2389
President-Elect
Lillian Small
954-288-9211

Secretary
Karen Avery
954-806-1678
Treasurer
Marelise LeClerc
954-962-7343

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 PLEASE DO NOT DELAY**



**November
 Scenes**

Scholarship Luncheon Ticket Order Form

Number of tickets: _____ @\$35.00 each
 Extra Donation: _____

Entrée choices: **Prime Rib of Beef**
 Chicken
 Fish

Name	Entrée Choice
_____	_____
_____	_____
_____	_____

Send a check made out to BCREA
Include a Self-addressed, stamped envelope
 to
 Diane Texter
 742 NW 69 Terrace
 Margate, FL 33063
 Deadline - January 24

BCREA VOLUNTEER REPORTING FORM

Name _____
 (Please Print)

Month _____, 20____

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
 2505 Dahoon Avenue
 Coconut Creek, FL 33063