

BCREA Newsletter



December, 2019 Broward County Retired Educators' Association

website: <http://browardrea.org>

Number 281

Double Program: Tribute to Vets & Benefits Info

Red and Blue tablecloths, flag centerpieces and lots of people in patriotic colors - that was the setting for the November meeting tribute to veterans, organized and presented by **Carol Roland** with assistance from **Frances Smoot** and the **McArthur HS ROTC** who presented the colors. After the flag salute, Frances explained the meaning of each patriotic holiday. **Veterans Day** honors those who have *previously* served in the military. We celebrate Veterans Day annually on November 11, originally known as Armistice Day. The armistice was signed on this day - at 11 am on the 11th day of the 11th month - ending World War I. After World War II, the name of this holiday was changed to Veterans Day. **Memorial Day** honors those who *died* during military service to our nation. Originally known as Decoration Day, we observe Memorial Day on the last Monday in May by remembering all those who died to protect our freedom.



Armed Forces Day celebrates all those who currently serve in the military. We celebrate this holiday annually on the third Saturday of May. It's a reminder to thank those who are presently serving in all branches of our armed services. Carol then played the songs of each branch of the military and members stood for each one that was meaningful to them

personally.

Rick Bowes is the Insurance Adviser for Districts 1, 2, 3 & 9 for the Florida Retirement



you need help wading through the mysteries of Medicare, supplemental insurance or

Group. **Gary Kempler** is the Insurance and Financial Adviser for District 10. Both are available to

long term care, call them and they will be glad to help! Contact Rick at 850-218-7665 or



rick.bowes@firement.com. Contact Gary at 954-328-5418 or gary.kempler@firementgroup.com

assist members in planning their financial futures. If



Important Upcoming Dates!

December 5 Meeting

Time: 11:45 am

Place: Deicke Auditorium

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

Program: Mirror Lakes Elementary School
MLE Holiday Mixed Moods

Monday, December 16: Board Meeting, 11:00 am
Bev Hoppe's home

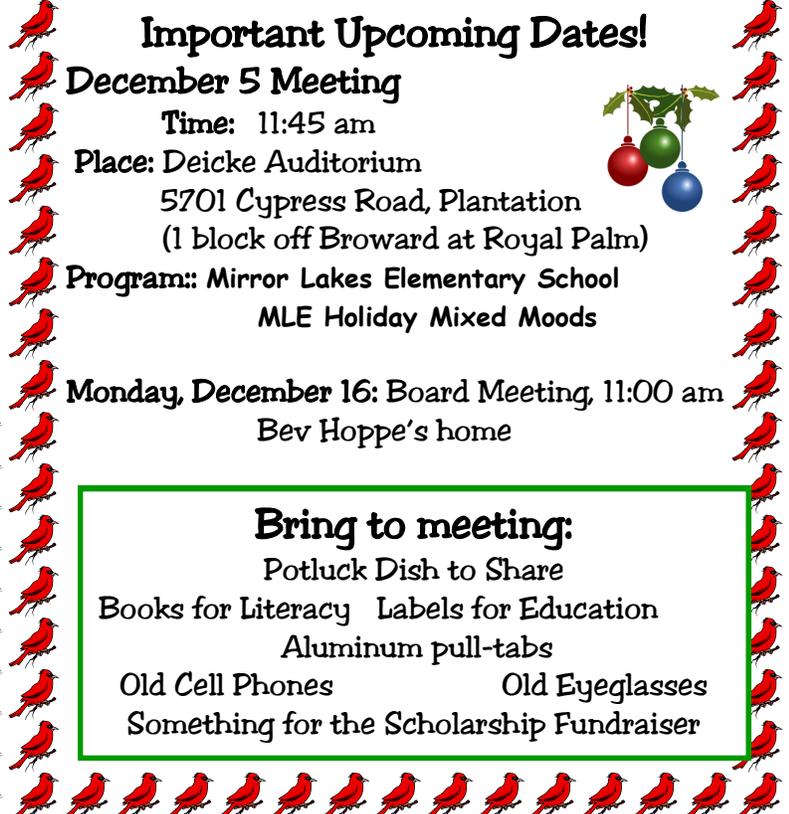


Save the Date

Annual Scholarship Luncheon - Theme: Western
Thursday, February 6, 2020, 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.

Bring to meeting:

Potluck Dish to Share
Books for Literacy Labels for Education
Aluminum pull-tabs
Old Cell Phones Old Eyeglasses
Something for the Scholarship Fundraiser



President's Corner

WELCOME TO THE YULE-TIDE SEASON. It's the most wonderful time of the year!

The Spirit of the Holidays is so uplifting. Long before December arrives, music permeates the airwaves in every genre. Vibrant holiday decorations of trees,

wreaths, and lights are seen everywhere. Crowded shopping malls get people rushing here and there. All of this and more is what makes our holidays so special.

This is the Season for Giving. Holiday gifts are the major focus of our celebrations. We use clever ways to find out what each other has included on our wish lists, and even more creative ways to deliver them. So much excitement is generated with this simple gesture of having purchased just the "right gift" for each one. The smiles, hugs, kisses, and generous gratitude tell the whole story of how we are affected and what it means to us. Gifts we give among our family and friends is such a wonderful act of bonding and love.

As we reflect on the season, it is the time of year mankind received the greatest gift of all, the Christ child. How much more wonderful could we make our holidays if we but extend our gifting spirit beyond the confines of family and friends. Reaching out to others with gifts of love, of friendship, and of caring, is another way we can give and be of service to our fellowman.

So, as we celebrate each of our special holidays, partaking of special foods and drinks, laughing, dancing, and singing, let us remember those less fortunate; whether socioeconomically, physically or mentally incapacitated or simply lonely. We can be of service to someone through our individual efforts of reaching out or through community and church groups. Remember "Service is the rent we pay for the privilege of living on this Earth."

(Shirley Chisholm)

HAPPY HANUKKAH! MERRY CHRISTMAS! HAPPY KWAANZA! HAPPY NEW YEAR!

Happy Holidays

Lillian



Membership...

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



BCREA Leads State in Membership Totals

At the FREA District meeting on October 23, it was announced that Broward County has more FREA members than any other county unit in the state. I believe it is because many of you bring friends and fellow retired educators to meetings and encourage them to also get involved. We have THIRTY NEW MEMBERS, which is the largest number of new members in many years. On November 7 we had a total of 283 members who paid 2019-20 BCREA dues. Thirty BCREA members live in other Florida counties and thirteen members live in other states. The members who live out of the county and can't come to meetings stay in touch by receiving the *Newsletter* and emails. They continue to support the mission of the FREA and many of them donate to the BCREA Scholarship Fund.

If you would like to send membership information to anyone, please contact me by phone or e-mail and I'll mail a membership informational packet to them. You can also go online to the BCREA website for membership forms at <http://browardrea.org>. A member who brings three new people in a year to join BCREA will receive a \$25 gift certificate.

CONGRATULATIONS to **Sue Colton**, who has been asked to join the Board of Directors of the Broward Education Foundation. Sue, one of our new members, is a retired Elementary School Principal, an adjunct professor at Broward College and has recently published her first book, *Principal's Passion: A Quest for Quality Public Education*.



New members Front Row: Barbara Lewis, Mary Diggs, Gwendolyn Lampkin, Loriece Glover; Rear: Ellen Emery, Gail Hall, Coral Jonas, Jerilyn Habenicht.

Susan

Information Services Whooo? You?

Chairman: Open



Wendy Petusevsky was our guest speaker in November 2008.

"If you want to lose weight," says Registered Dietician Wendy Petusevsky, "keep a food diary." This is just one of many tips she offers. Others include:

- ◆ Eat a salad or broth based soup first
 - ◆ Don't eat and watch TV at the same time
 - ◆ Don't skip meals
 - ◆ Bring half your food home from a restaurant
 - ◆ Have at least 30 minutes of physical activity every day
 - ◆ Serve on smaller plates
- She passed around "The Portion Plate" which suggests



how much food of each type people should consume : Meat or other protein should be the size of a deck of cards; A serving of fruit or vegetables should equal the size of a baseball; a serving of bread equals the size of a cassette tape, and starch should equal the size of your computer mouse. What this says overall is that half of a meal should be fruits and veggies, 1/4 should be protein and 1/4 starch and carbohydrates! Eat extra protein, and it gets stored in your midsection "for the famine that's coming!" To increase fiber in your diet, eat oatmeal, fruit (fresh is better than canned), whole grain cereal and bread. Drink low fat or skim milk. Increase your activity - it will lower your blood sugar! And don't try to eliminate all fat from your diet - your body DOES need some fat!!

Items Needed For the Scholarship Fundraiser

Don't forget to start saving NEW items for the big fundraiser at the February Scholarship Luncheon. Please do not clean out your closets and donate things you no longer want. Others probably won't want them either! Christmas or Hanukkah gifts you don't want would be good - but please leave them unopened! Are we being picky? YES! Donate only things you'd like to win! Also largish baskets are needed to display all the prizes.

Anne French will collect prizes at the January meeting and will even come by your home to pick up items.



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



- Penny Becker
- Echo Heyer
- Marelise LeClerc
- Juli Patten
- Pat Schroeder
- Arline Ziller



Congrats Julia Penley On the birth of her new great grandson

Social Committee

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



What a very patriotic and festive event on November 7th! Thank you to Carol Roland for the " Salute To Our Veterans" presentation and her decorating skills which made the meeting so very special. When next we meet, the Thanksgiving Day holiday will be over but we should

always remember to be thankful for the things we have been given as well as the things we have accomplished. There were a few containers and food carriers left behind at the last meeting. They will be brought to the December meeting and you may reclaim them at that

time. Just to let you know that we will be expanding our Mini Recycle program to include the empty soda cans as well as the plastic bottles. The collection site will be the Recycle bins near the door as you exit the meeting room. Just drop your can and bottles in the container as you leave. Please note that the bottles must be empty and caps from the plastic bottles should be removed. If anyone would be interested in providing some

New Year's decorations for the January meeting, please let me know.

Sallie



Community Service / Handbook

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



Community Service

Many thanks for your generous donation of jerky for our troops overseas. This treat seems to be a favorite with them & is much appreciated. We do not have a group project scheduled for December but we will collect school supplies in January for the Broward Education Foundation. Remember to turn in your volunteer hours each month so that you can be entered in the "goody bag"

drawing. November's winner was **Lenora Smoot**.

Handbook/Directory

The 2019-20 edition will be distributed at our December meeting & will be available at all meetings throughout the year. Copies will be mailed to "shut-ins" & out-of-county members.

Happy holidays to you & your family! And health & happiness in the coming year!

Darcy

Literacy

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



It's the time of year when we sing "peace on earth" and "joy to the world all the boys and girls," Let's add a verse and sing "let all our children read and write."

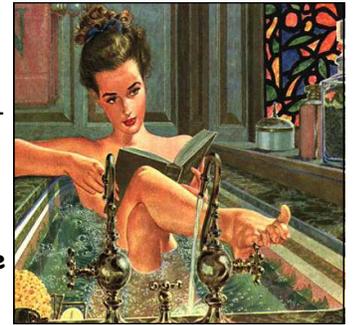


This is a wonderful time

of year to visit schools and deliver information about the **Margaret Poppell Fifth Grade Writing Contest**. Drop off copies for fifth grade teachers and have them encourage students to write an essay over the winter break. It could be an assignment for the class but it can also be something that a few fifth graders decide to do voluntarily. Your job is simply to spread the word. You can find a link to

the information on BCREA website.

And don't forget to pamper yourself this busy holiday season. Curl up and enjoy a good book.



If you have a book that you finished reading and you can't resist sharing it with a friend, bring it to the December meeting and pass it along. Pay it forward. Give the book to a BCREA member

Sandy

Friendship

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



I am looking forward to seeing all of you at our December meeting. Remember to let me know of any members who are ill, or who would be cheered

by receiving a thinking-of-you card. We want to keep all our members in mind, even if they are unable to attend our meeting. *Marsy*



The cost of BCREA Newsletter is underwritten by



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

Serving Broward Educators Since 1946






New Hospitality Chairman **LuAnn Comes** reported 67 members and 9 guests in attendance at the November meeting. Among the missing were **Marelise LeClerc**,

Echo Heyer, **Juli Patten** and **Michael Kogan** - who sent his delicious homemade bread even if he couldn't be with us! Marelise had hip surgery last week and is already home recovering and walking with a walker! **Emma Bell** lives in Dania and would like to attend meetings, but she needs a ride. If anyone lives in that area and would be able to do this, give her a call.

I noticed that the Recycling Bins - located near the center door - had been filled with garbage at the meeting! Please remember the smallish square bins are for recycling and are labeled as such. Garbage cans are large and round!



Seven Attend District 10 Meeting



There were supposed to be 10 but only 7 members attended the FREA District 10 Meeting on Wednesday, October 23 in West Palm Beach. Those who went - pictured above - were **Lillian Small**, **Susan Lochrie**, **Marsy Smith**, **Anne French**, **Karen Avery**, **Suzanne Atkin** and **Diane Texter**. In the background is "Extreme Ethel," a cutout of **Ethel Percy Andrus** copied from a 3-story building mural in Saint Petersburg, Florida. For a full history of the mural: <https://states.aarp.org/extreme-ethel>



Winners of the Scholarship Fundraiser were new member **Barbara Lewis**, \$20; and \$10 each to **Mary Taylor** and **Joni Schahere**. Flowers were won by **Marsy Smith** and **Alyce Appler**. A bit of good news - **Julia Penley** who now lives in Denver reports the arrival of her new great grandson on October 23.



Pat Schroder has a new address:

Poet's Walk
1750 W Horizon Ridge Pkwy,
Henderson, NV 89012

Unfortunately she's having trouble seeing. Reading is a real struggle for her. She does like to get cards, but best to use large print. Happy Holidays to you all, whatever you celebrate!



And that's the last byte for December.

Bev

And Six Attended the FREA State Convention

Almost the exact group (minus Susan Lochrie) trekked to the Grand Plaza Hotel in Daytona Beach for the 2019 FREA Convention in May. **Marsy Smith**, **Suzanne Atkin**, **Lillian Small**, **Diane Texter**, **Anne French** and **Karen Avery**.



