

NAT: Don't Be the "Low-Hanging Fruit!"

"If someone snatches your purse, can you shoot 'em?" was one of the many questions BCREA members asked after the very informative presentation by the NAT (Neighborhood Action Team) of the Ft. Lauderdale Police Department. Led by Officer **Krystle Smith**, their job is to be the "eyes and ears" of the department through community outreach including the homeless and the narcotics unit. They are the "Keepers of the Department." Crooks often target senior citizens as they tend to be the



L-r: Officer Randy Washington, Officer Joe Norrito, Officer Johnny McCray, BCREA President-Elect Lillian Small, Officer Krystle Smith, Officer Michael Martinez and Officer John Merrill.

"low-hanging fruit," the easiest prey. They caution, "Always be aware of your surroundings." They distrib-

uted 6 brochures with tips on home, auto, identity, and per-

sonal protection. One of these is a 4-page "Residential Security Checklist." Tips include: Light the outside of your home. Lock your doors - both home and cars - 99% of car thefts are crimes of opportunity - the "low-hanging fruit." And the answer to that question: No, you cannot shoot a purse snatcher! Only if your life is being threatened are you allowed to shoot!!

From Luncheon Chair Diane Texter
Reminder!!!!
Annual Scholarship Luncheon
Thursday, February 1, 2018, 11:30 am
Tropical Acres Restaurant, 2500 Griffin Road
954-761-1744
Tickets are \$35
Order them by mail with the coupon on Page 5.
DEADLINE is January 20
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.
Our theme this year is the Roaring Twenties! Wear beads, boas, feathers, & fringe! We will have a prize for the best costume. See you there for a fun day!
I will have my pink boa! *Diane*

February 1 - Annual Scholarship Luncheon

Time: 11:30 am

Place: Tropical Acres Restaurant

Address: 2500 Griffin Road
(1/2 mile west of I-95)
954-761-1744

Program: Bethune Elementary School of the Arts.

On the Agenda: Memorial Service
Scholarship Fundraiser



Bring to meeting:
Change for the Pot of gold
Raffle Prize for Luncheon
\$\$ to buy raffle tickets
Books for Elementary Students
Boxtops & Labels for Education
Aluminum pull-tabs
Coupons for our troops
Old cell phones & eyeglasses
.....And dress like it's 1925!!

President's Corner

Every year I think I love February meetings more than any other meeting. Not only is this meeting one where I can renew friendships with members who only attend our Annual Luncheon but it is also an opportunity for us to raise much needed scholarship funds for potential teachers.



On a personal note, I would never have been able to graduate from college has it not been for funds like the FREF and BCREA scholarships aimed at students interested in becoming teachers. I know first-hand how important they are to our recipients. When our committees meet to select our scholarship winners, they carefully consider each student's financial need as well as character and academic qualifications. Without our scholarships, many of our recipients would not be able to attend college.

The Annual Luncheon is our primary fundraiser and all proceeds are used for scholarships. So, I ask you to join us at this year's luncheon, and please buy as many tickets for the drawings as you can afford to support our efforts to raise scholarship dollars. Another way you can contribute is to make a straight donation in memory of a former educator. Either way, know that you will be helping a Broward County graduate pursue a career in education.

Carol

President-Elect's Corner

WE LOVE STUDENT SUCCESSES!

When the New Year makes its entrance in the annals of Time and Space, our midnight vigil culminates in a loud and explosive - BANG!! Another 365 days of blank pages are given and we celebrate this new beginning. As retired educators, we remind ourselves of our past accomplishments in academia, and continue to hope for the success of students in all areas of their growth and development. Indeed, they were the clients who helped us make our careers.



We are so blessed to have reached our present station in life, where we can look back on and stay involved with our local schools in a meaningful way. No other month in the new year is better suited to recall our most treasured days in academia as FEBRUARY - the Love Month; the month we at BCREA have chosen for our Scholarship Luncheon. In addition to providing for high achieving students through our luncheon proceeds, this year we will witness the developing musical talents of a group of young students from yet another wonderful School of the Arts. Our guests for February are the young, gifted and talented and artistically-inclined students of the **B.E.S.T. Strings Ensemble of Bethune Elementary School of the Arts**. Mr. Don Hicks, the Conductor/Director of these students, was most delighted to bring his students to showcase their musical prowess and readily accepted our invitation. For this we are so grateful. Most importantly, we are always proud to witness the excellence we left behind still prevalent in our schools today.

Much Love and Loads of Thanks to our Valentines.

Lillian

Friendship

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



Thank you to **Marianne Scott** for filling in for me at The January meeting and to those who have donated greeting cards. If you would like to be a greeter at an upcoming meeting, please let me know via email or phone. *Marsy*



BCREA Officers...

President

Carol Roland
954-472-2389

President-Elect

Lillian Small
954-288-9211

Secretary

Josephine Walker
954-742-2430

Treasurer

Marelise LeClerc
954-962-7343

Information Services

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



February is the month of love. We all look forward to paying special tribute to our loved ones this month. Stores are filled with all sorts of baubles for Cupid to get to shoot arrows into the hearts of our loved ones. However, in order for Cupid to shoot arrows into our hearts, we need a good strong heart to receive those arrows. We hear all the time about building a strong, healthy heart. It is vital to our quality of life, no matter what our age. Today we focus on a few things that will help us achieve this goal. This information comes from the publication, familydoctor.org. First of

all it is important to eat a healthy diet. If you are going to eat fats, and some fats are actually good for you, choose monounsaturated fats such as olive oil and canola oil. Polyunsaturated fats such as those found in nuts and seeds and omega-3 fats like those found in fish. Choose whole grain breads rather than white bread. Try baking, broiling, or roasting meats. These are the healthiest ways to cook meats. Dry beans, peas and lentils contain protein and fiber. Choose low fat versions of dairy products, and eat no more than four egg yolks a week. Exercise is also very important to a healthy heart. It

makes your heart stronger which helps it to pump more blood with each heartbeat. It also helps to lower blood pressure and reduce bad cholesterol which can cause a stroke. Exercise can raise levels of good cholesterol which helps protect against a heart attack. Aerobic exercises are the best type of exercise to strengthen your heart. These include walking, running, swimming, dancing and bicycling. It is good to work out up to 30 minutes four to six times a week. Now you are all prepared to attend the luncheon and enjoy all of the festivity.

Kathlyn

Passages



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

Evelyn Morris 2/07
Ruby Huff 2/16
Eleanor Meyer 2/22
Faye Mullarkey 2/24



Thinking of You....

Myken Brady
Shirley Ernst
Martha Pipes
Arline Ziller

Volunteer Services/Directories

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



Thank you for your generous donation of school supplies to the Broward Education



Foundation's Resource Center. With school budgets so tight this really helps our teachers and students in Title I schools.

Our annual report is due to FREA in March, so please remember to turn in your community service hours so that they may be credited to our unit. If you turn in a reporting form at the February scholarship luncheon you will receive a bonus raffle ticket.

Thanks for your volunteer efforts and for supporting BCREA's service projects throughout the year.

Darcia

Social Committee

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



What a wonderful start to a New Year! It was nice to see everyone again and to hear the important information presented by the Neighborhood Action Team. I am sure that at the Tropical Acres meeting in February, there will be many rebellious "flappers" showing off their garb. When we return to Deicke in March we will celebrate the "wearing of the green" because as you might have heard, everyone is a wee bit Irish on St. Patty's Day. The date of the

March meeting will be March 1st which just happens to be National Pig Day which began in 1972 to make people aware of the intelligence of the pig! Hope to see everyone when it is a little warmer...while the cold was nice for a change, I personally have had enough. Just waiting to see what the Ground Hog does on February 2nd. For those who are traveling, be safe and if you are not feeling well, we keep you in our thoughts.

Sallie



Literacy

Chairman: Sandy Lefkowitz
954-473-9480 Slef123@bellsouth.net



We are all fortunate to be educated, to be successful and to enjoy retirement! Now it's time to think about "Giving back." It's easy! Just donate a new or gently used children's book. To quote Readingrockets.org: "There is a well-established correlation between reading, prior knowledge and comprehension: students who have it, get it. Students who don't, don't." Children can't read books if they don't have them. Ensuring that books are available to any child is a necessary step in closing the reading achievement gap. And we can make a difference. Please bring a book to the meetings. There will be a book box to drop in your book. Let's fill the box.

It was **Dr. Seuss** who wrote in his book "I Can Read With My Eyes Shut!" "The more that you read, the more things you will know. The more you learn, the more places you'll go." That could become our BCREA literacy motto. The more books we give, the more children can read. The more children read, the more they succeed. And don't forget the Fifth Grade Essay Contest. This year the deadline is early, February 8th, in order to meet the district and state deadlines. Please remind schools to participate and submit the students' essays. The Literacy Committee looks forward to reading them. Let me know if you would like to join us. It is a special treat.

Sandy



Membership...

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



We increased our membership this year to 309 - up by 5 from last year. Thank you to all who brought in new members and invited friends to attend meetings. **Michael Feger**, FREA Membership State Chairman has sent a suggestion for increasing interest in BCREA. If each of us would do one simple thing I believe that our membership will increase. That "simple thing" would be for every member of every unit to make contact with the school from which he/she retired and find out who is retiring from just that one school. Then if we would make personal contact with those who are going to retire and tell them about FREA, the benefits of membership,

the fun we have, the friendships we enjoy, and some of the things we do perhaps some of them will be interested enough to join.

Mention FREA's efforts to see that we do not lose anything financially as the legislature makes its decisions....and the need to join to help safeguard their own retirement. Please think about doing this. You can send them the link to the website.

For information about BCREA membership please contact me by phone or email or pick it up at the meetings. Forms for membership dues will be in the March Newsletter when we will start to collect dues for the 2018-19 year.

Susan



The cost of BCREA Newsletter is underwritten by



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

Serving Broward Educators Since 1946



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
4346 Carambola Circle North
Coconut Creek, FL 33066

Bev's Bytes... There were 61 in attendance at the January meeting. I had a nice chat with **Arline Ziller** who sounds good, does a lot of reading but doesn't walk well enough to come to meetings. She likes phone calls. **Myken Brady** is getting intense rehab on her broken elbow and is confident she'll make it to the February Luncheon. Also talked with **Martha Pipes** who plans to attend as does **Shirley Ernst**, both of whom have missed a few meetings. Five lucky ladies were winners in the scholarship drawing. They were: (l-r) \$20, **Jill Wilson**; \$10 each, **James Etta Warner**, **Diane**



Raymond, and **Anne French**. Flowers were won by **Ann Graves** and **Mary Taylor**. And last, **Sandy Lefkowitz** won **Darcy Drago's** volunteer hours drawing!

I have a great flapper outfit for the Luncheon! I hear there's a prize for the best one!! And that's the last

byte for February! *Happy Valentine's Day!* *Bev*

Scholarship Luncheon Ticket Order Form

Number of tickets: _____ @ \$35.00 each

Extra Donation: _____

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

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

FREF Extravaganza

Tickets - Only \$10.00

Buy your tickets now for 2 Chances to win:

First, you will be in the District drawing for a \$100 winner in Broward, Dade or Palm Beach.

Second, you will have a chance to win:

- \$500 Cash - 1st Prize
- \$300 Cash - 2nd Prize
- \$200 Cash - 3rd Prize

Buy Tickets at the January - March 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 _____

All donations will be used to fund the general scholarship program as well as the operating expenses of the Foundation.

**- DATED MATERIAL -
PLEASE DO NOT DELAY**

In case you missed the meeting or were there and enjoyed **Frances Smoot's** thought for the day, here it is again!

The New Alphabet for Seniors

A's for arthritis;
B's the bad back,
C's the chest pains, perhaps car-d-iac?
D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissures and fluid retention,
G is for gas which I'd rather not mention.
H is high blood pressure--I'd rather it low;
I is for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend.
L is for libido, what happened to sex?
M is for memory.....
I forget what comes next!
N is neuralgia, in nerves way down low;
O is for osteo, the bones that don't grow!
P is for prescriptions, I have quite a few -
just give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns to two.
S is for sleepless nights, counting my fears,
T is for Tinnitus; there's bells in my ears!
U is for urinary; big troubles with flow;
V is for vertigo, that's "dizzy," you know.
W is for worry, NOW what's going 'round?
X is for X ray, and what might be found.
Y is another year I'm left here behind,
Z is for zest that I still have-- in my mind.
I've survived all the symptoms,
my body's deployed,
And I am keeping twenty-six doctors
fully employed!!!



Pictured above are the BCREA Board members and friends who gathered at **Bev Hoppe's** home on December 14 for their annual holiday meeting. They enjoyed lunch and had a Chinese-auction style gift exchange! Front: **Carol Roland, Echo Heyer, Diane Texter, Frances Smoot, Bev Hoppe, Marelise LeClerc**; Center row: **Mary Ellen Fowler, Ilene Miller, Darcy Drago, Susan Lochrie, Diane Jarchow, Margarite Falconer**. Back row: **Linda Horton, Marsy Smith, Anne French, Sallie Sherwood, Lynne Osgood, Kathlyn Barno, Josephine Walker, and Lillian Small**.

