



May, 2009

Broward County Retired Educators' Association

Number 198

Cavoto Represents Memory Disorder Center

Marie Lang Shares Legislative Agenda



District 10's Legislative Chairman **Marie Lang** paid her annual visit to BCREA at the April meeting to discuss the pending legislation in

Tallahassee. The good news is that for those who are already retired, pensions are guaranteed. The bad news is that it may not be the same for future retirees. One bill wants to give new retirees a lump sum instead of a pension. There is a bill before the Legislature to stop double-dipping: the process by which one retires only to be rehired for the same job at the same salary!

Social worker **John Cavoto**, substituting for **Dr. Murray Todd** of the North Broward Memory Disorder Center, spoke at the April meeting. He began on a light note with the story of the man who said, "I have no computer, but I have a place to store things I want to remember... (pause.... while everyone thinks, 'his brain!')...."my refrigerator door!!" Although the subject of Alzheimer's and dementia aren't humorous, humor is one method to help us deal with forgetfulness. There are many causes



of memory lapses besides the dreaded Alzheimer's. Dementia can be caused by a stroke, even when a person isn't aware he's even had a stroke. It can be caused by alcohol and drugs - even ones the doctor has prescribed. Being anxious about forgetting actually contributes to one's inability to recall something. So, Cavoto says, "Relax when you can't remember something and it will soon come back." Distractions also may cause one to forget things - you probably won't remember what you read if you're trying to watch TV at the same time. Being disorganized is also a culprit! Can't find your keys? Your glasses? Your purse? The key here is to have a place for these things and always put them in the same place - you'll then have no trouble finding them. If you have trouble remembering names, prepare in advance of a gathering where you'll need to remember people. Look at a list of names or photos of the people who will be there and refresh your memory before you go. And to help remember new people's names, play the association game. If you meet someone named Nancy, think of a famous Nancy (for example Sinatra) and use the person's name several times when speaking to her. He gave several other tips on how to help yourself improve. If you are concerned about yourself or someone else, you might want to visit the Memory Disorder Center to be evaluated. You'd have an EEG and blood work as well as a written test and they offer a 5-week memory enhancement program.

May 7 Meeting

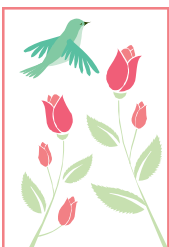
Time: 12:00

Place: Holiday Park Social Center
1150 G. Harold Martin Drive
Ft. Lauderdale
(behind War Memorial Auditorium)

Program: **Scholarship Awards**
Installation of New Officers

Bring to meeting:

Potluck Dish (Extra Big!)
FREF Silent Auction Items
Service Hours Reports
Used books for kids
Campbells labels
Aluminum pull-tabs
General Mills labels
Old eyeglasses & Cellphones
Books/Magazines for VA



President's Corner

It's May, it's May, the merry month of May...

The year has gone by so quickly--- here we are almost to our last meeting, and I must say a very important meeting in which our scholarship winners are presented! It is fun to meet and kind of get to know them. Also we meet our fifth grade essay winner whose essay always is most interesting! It is a very festive occasion.

I would like to recognize **Madeline Martin** at this time for her efforts to help BCREA run smoothly by holding office as a past-president, secretary this year, and organizing the social committee. To further this thought I would like to thank the officers and board for all their hard work.

Last, I hope everyone has a wonderful summer, and I hope to see you at the October 1st meeting. Get

ready for a good time with good friends, good food, good programs, and... maybe... a winning 50/50 ticket!

If you know anyone who's retiring this year - or anyone already retired - encourage them to join our group as well!

Linda



Health & IPS

954-581-4731

Chairman: Kathlyn Barno



We have come to the end of this season of meetings and it is vacation time again. Thanks to all of you who participated in our blood bank drive. You have helped to provide scholarships for some deserving students. Who knows what benefits we may receive from this. Maybe one may find a cure for a dreaded disease, one may help to bring about world peace or provide a formula to do away with world hunger.

If you are planning a road trip this summer here are a few tips from MetLife Insurance Company to help you save on gas.

Make sure your car is fit. Get regular tune-ups, change the oil and inflate the tires, Low air pressure causes the vehicle to burn more gas.

Ease into a stop. Slamming on brakes wastes gas.

Slow down. According

to CNN Money driving 70 miles and hour instead of 60 is the equivalent of paying and extra 54 cents per gallon.

Use your air conditioning on the highway. Having open windows on the highway increases the drag on your car and uses more fuel.

Plan your pit stops. Turning your engine on and off uses fuel.

Use cruise control. Cruise control helps you save money. Happy motoring. Don't forget to secure your property. Take care of your mail. Keep the grass mowed. Above all, take care of yourself. Eat right, sleep well, keep your mid active and exercise. Here's looking forward to seeing you in October.

Kathlyn

Literacy

954-584-8719

Chairman: Rosetta Watkins



The Literacy Committee, **Thomacita Bryant, Jean Childers, Madeline Martin** and I would like to thank all those persons who donated books to our projects this year (Fifth Grade Essay Contest and After School Program).

A special thanks to **Nancy Ruiz** who donated \$100.00 to buy books for the essay participants and to **Faye Mullarkey** who donated 84

books plus puzzles and games for the after school program! Again, Thanks to all of you.

You may still bring in books, especially used books which we will donate to the after school program - there are always children who need them.

Literacy winner **Atalya Santos** will read her winning essay at the May meeting.

Rosetta

Community Service

954-977-7247

Chairman: Darcia Drago



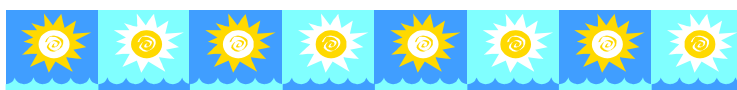
At our May meeting we will collect books and magazines for VA patients. (Nothing pertaining to war or religion.)

Remember to keep track of your community service hours over the summer.

Also save aluminum pull

tabs, eyeglasses, cell phones, labels for education and manufacturer's coupons as we will continue these projects next year. Hope you have a great summer! See you in October

Darcy



Membership

954-525-8503

Chairman: Susan Lochrie
e-mail: slochrie@bellsouth.net



REMEMBER TO PAY YOUR DUES FOR 2009-2010!

Congratulations to the 98 of you who have already sent in your renewal for 2009-2010. The membership year extends from July 1, 2009 through June 30, 2010. Annual dues are \$45.00. BCREA will forward the state dues of \$30.00 to FREA. You will be listed in the BCREA Directory of 2008-2010. Life Members do not pay the FREA dues of \$30.00 but DO pay the \$15.00 annual dues to BCREA, the local unit.

REMINDER: IF YOUR ADDRESS, PHONE NUMBER, E-MAIL ARE THE SAME AS LAST YEAR THERE IS NO NEED TO COMPLETE THE APPLICATION FORM BELOW— YOU ONLY NEED TO FILL IN YOUR NAME AND SEND YOUR CHECK.

Reminder: Members who have Pioneer Insurance Medi-Gap Supplemental Insurance must pay their dues by June 1, 2009.

Broward County Retired Educators Association 2009 - 2010 Membership Application

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

SS #: XXX - XX- ____ (last 4 digits only) Phone _____

E-mail address _____

Date Retired: _____ Retired From: _____

Position: _____

Dues: \$45.00 Donation for Scholarships: \$ _____ Total enclosed: _____

Please make check payable to **BCREA** and mail to: **Mrs. Susan Lochrie**
PO Box 30533
Ft. Lauderdale, FL 33303

MEMBER SPOTLIGHT

by Susan Lochrie

Ethel Pappy will be 93 on May 27, 2009. A member of BCREA since 1983, she retired as a reading teacher from Lauderdale Manors Elementary School. Ethel was born in Dania to a Broward County pioneer family. Her father, **Isadore Mizell**, a tomato farmer and carpenter, built the first school for African Americans in Dania. After completion of elementary school, her father sent her to a private academy in the middle of (con't on page 6)



Passages



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

May

Sara C. Essig 5/10

Alphonso Giles 5/12

Harold Phares 5/15

Elizabeth Greene 5/21

Ethel Pappy 5/27

And turning 85:

Lizzie Johnson 5/21

William Kaelin 5/24

June

Glenn Sanderson 6/03

Jackie Cisco 6/06

Dorothy Puckett 6/09

And turning 85:

Eleanor Travers 6/25

July

Lena Matthews 7/09

Felicia Tranconi 7/21

August

Ruth Edwards 8/07

Helen Mitchell 8/05

Cora Ashley 8/23

And turning 85:

Ruth Travers 8/8

Jane Leone 8/27

September

Margaret Lerro 9/15

Mary Weber 9/24

Thinking  of You

*Ed Elder
Evelyn Morris*



*In Memoriam
Ethel Mae Davis 3/10/09
Jim Morris 3/24/09*

Bring this to our next meeting or mail it to:

Darcia Drago
4346 Carambola Circle North
Coconut Creek, FL 33066

BCREA VOLUNTEER REPORTING FORM

Name _____
(Please Print)

Month _____, 200__

LITERACY VOLUNTEER HOURS:

Teaching Sunday School, reading to children/adults; tutoring; helping with testing programs, etc; Includes any activities to promote a more literate America. TOTAL _____

WORKING WITH OUR YOUTH:

School, tutoring, mentoring, coaching etc. (Persons 25 years of age or younger. TOTAL: _____

OTHER COMMUNITY SERVICE HOURS:

Church, civic, hospital / hospice, personal help to others (non-relatives), school, drug, ecology / environment. TOTAL: _____

Overlapping categories should be reported in both places.

GRAND TOTAL: _____

BCREA Officers....

President

Linda Horton
954-463-0192

Vice-President

Margarite Falconer
954-524-2938

Secretary

Madeline Martin
954-973-6509

Treasurer

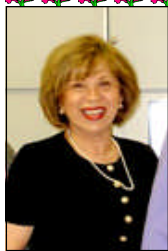
Doris Emmett
954-772-8681

Vice-President's Corner

I will be lining up the programs over the summer and several ideas are being put into motion now.

If anyone has an idea for a program please let me know by the end of May. This has been a very enjoyable year for me. Everyone has been so helpful and cooperative - may this spirit and good will continue next year. I'd like to wish everyone a relaxing and safe summer. Don't go out without a hat and under no circumstances get overheated.

Margarite



Scholarship Donations

Donor

Mary Jo Bell
Myken Brady
James &
Rosemary Davis Justice

In Memory Of

Janie Bounds
James Morris
Ethel Mae Davis

Donations to General Scholarship Fund

Elizabeth Cannata
Rosemary McGarry
Antoinette Merton
Robin Reinhold
Rita & Glenn Sanderson
Ruth Travers
Claudia Finlayson
Beverley Merrill
Annie Ruth Rawls
Patricia & Donald Roberts
Patricia Schroeder
Joseph C. Vargo
William J. Wilson, Jr

FREA Tours



Arline Ziller,
FREA Travel Coordinator
954-781-4445
e-mail: arlinez@juno.com



A , Discover Sedona 7 days October 9, 2009 tour begins in Scottsdale, AZ and includes travels on the historic Grand Canyon Railway and the Verde Canyon Railroad through fantastic canyons and a trolley sightseeing tour to the famous Chapel of the Holy Cross. *

An Old Fashioned Christmas 5 days December 7, 2009, featuring Pennsylvania Dutch and Brandywine Valley starting with an Amish feast and some unusual shopping in Amish Country, Brandywine Valley and a Pennsylvania German Christmastime* **OR**

New England's Yuletide Treasures, 6 days December 7, 2009, featuring Newport, Newport Mansions, Holiday Entertainment, North Conway, Kittery Outlets and Boston. Includes an old fashioned horse-drawn wagon ride etc. *.

Exploring Britain and Ireland 15 days March 19, 2010 departing from Ft Lauderdale and other cities. Tour begins in London and continues through Ireland, Scotland and Wales includes several Ferry trips and ends in Stratford-Upon-Avon. This is a great trip. * .

Oberammergau Passion Play and the Imperial Cities 10 days July 15, 2010 featuring Prague, Vienna & Budapest which includes a Danube River cruise, palaces and Castles. Join your fearless leaders in this endeavor.

Plans for 2010 include a Russian River Tour and a European cruise, also. Keep in touch and see you soon. the change in my E-Mail address: arlinez11@gmail.com or arlinez@juno.com or phone me at 954-781-4445. *Arline*

Cultural Affairs

954-753-1258 Chairman: Michele Edwards



"JOIN THE SAFARI" DISPLAY IS IN THE MAKING! **Madeline Martin**, **Diane Texter** and I met, brainstormed and devised a "game plan" for the BCREA Annual Assembly Display on March 27. I can't wait to preview their product at the May meeting!!!! Huge kudos to Madeline and Diane for agreeing to take on this task as I am out-of-town more than in-town this year and could never have fulfilled this obligation on my own. This just proves again that "Together we can make things happen!"

Looking forward to the 2009-2010 Cultural Arts season for BCREA, I'd like all of you to consider the following, let me know what you think and submit other ideas you may have. Due to my travels, e-mail is the best way at dramama51@bellsouth.net.

My cell phone works in most places - 954-849-5512. If all else fails, send snail mail to me at 1933 NW 107 Drive and I'll retrieve it whenever I am home or when my hus-

band gathers it up and forwards it to me. Via whatever method, I really do value member input!

1) I propose continuing our current policy of informing the membership about what is available when at the **Fort Lauderdale Museum of Art** and have members attend on their own schedule.

2) I propose returning to **Broward Stage Door Theatre** for our theatre experience as they are very easy to work with regarding contracts and payments in addition to their intimate, relaxed facility and affordable ticket charges.

Their season includes: *Bubbling Brown Sugar*, *42nd Street*, *Singin' in the Rain*, *SUDS*, *The Glass Menagerie*, *Cantorial*, *Come Blow Your Horn*, and *Love, Sex and the IRS*. Let me know what sounds good to you! For more information on the shows and their production dates, visit

A funny thing happened to **Margarite Falconer** regarding our speaker - memory specialist **John Cavoto**: she forgot to call him with directions to the Social Center!!

Margarite has been working hard on the Club scrapbook while **Diane Texter**, **Madeline Martin** & **Michele Edwards** have the display for the State Assembly well in hand. There were 43 in attendance at the April meeting - including District 10 Legislative Chairman **Marie Lang** from WPBREA. Condolences to **Evelyn Morris** whose husband **Jim** finally succumbed to the illness that had kept them in Kentucky since last summer. We'll miss him. We had a nice note



www.stagedoortheatre.com.

NOTE: **No, No, Nannette** is offered August 21 - September 27, 2009; too early for BCREA but still available to you; this is one of my favorite musicals.

3) In response to the audience reception of the presentation on the Stranahan House "Ghost Tours", I pro-

Bev's
Bytes.....



from **Ethel Mae Davis'** daughter **Rosemary Justice** along with a donation in her memory. In a short biography, she mentioned that Ethel Mae was 99 and had lived in Broward since 1954; both she and her late husband **Ray**, who died in 2000, were members of BCREA. Winners of this month's Scholarship Raffle were **Agnes Schnierer** (\$20); **Elizabeth Oulette** (\$20) and **Rosetta Watkins** (\$10). Please remember that we always have LOTS of guests at the May meeting - and increase the amount of your pot-luck contribution! And that's the last byte for this year!

Bev

pose that we arrange a BCREA group tour as one of our cultural activities.

4) I have not yet seen a music or dance activity to propose. I gladly accept recommendations! Wishing my best to all for a relaxing, rewarding, rejuvenating summer; see you in October!

Michele

The cost of the BCREA Newsletter is underwritten by:



954-486-2728 • Online at BSCU.org

Serving Broward Educators Since 1946

Ethel Pappy - (con't from page 3)

the state because there were not any nearby public high schools for black children in those times.

When she later graduated from Florida Memorial College (then in St. Augustine), she returned to teach at Attucks Elementary School at the invitation of the principal, **Mr. Joseph Ely**. She will never forget that first year of teaching, in which she had a primary class of 100 children and no help!

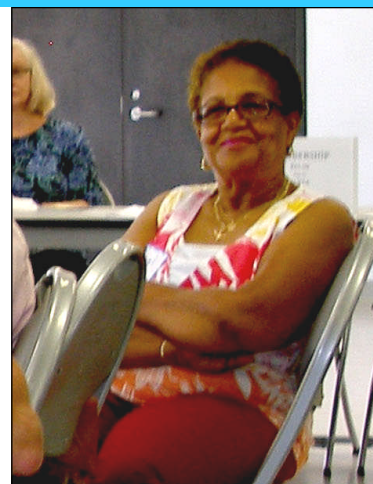
Later she furthered her studies at Tuskegee University and married her sweetheart when he returned from World War II. She taught in Boca Raton, Miami, and returned to Broward County in 1950. in Lauderdale Manors. During the 1960's Ethel went to teach at Lauderdale Manors when the public schools in Broward County were racially integrated.

Retiring in 1982 she has remained active in the community and is involved with many activities, including the Friends of the African American Research Library and the Cotillion for teenage girls sponsored by the Zeta Phi Beta Sorority. Ethel lives in Melrose Park and likes to be reminded to attend the BCREA meetings.

Happy 93rd Birthday, Ethel!



Seen at the April Meeting



BCREA NEWSLETTER

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NON PROFIT ORGANIZATION

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