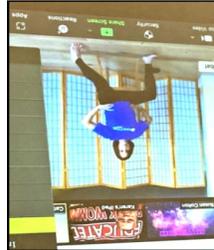


First Zoom and In-Person Combo Meeting Held



Whitt, Community Health Specialist from Holy Cross Health. And it worked fairly well. With the exception of an upside down image which appeared



several times, it was a successful venture. A total of 15 members and friends participated. Cathy presented a short version of her utube sessions with lots of commentary -

"feet firmly on the ground, arms up, arms



down, fingers inter-locked, give yourself a hug,



inhale, exhale..." and lots more!



Paula Talese has already done Cathy's 9:30 am Yoga. Her comment:

"Yikes!! I'll be joining Cathy at 12 for the chair yoga which I think will be much easier. I would advise those interested in her classes to email her and she'll then send the link for Zoom. Her correct email is

cathwhitt1@gmail.com."

In spite of a few glitches, the first BCREA meeting using Zoom to connect not only our distant members and local members choosing to be covid-safe, but also our Chair Yoga presenter **Cathy**



February 3 Meeting

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: JazzSLAM Musicians
 (Gold Coast Jazz Society)

On the Agenda: Scholarship Fundraiser




Bring to meeting:

Change for the Pot of gold

Fundraiser Prize for Luncheon

\$\$ to buy raffle tickets

Aluminum pull-tabs

Old cell phones & eyeglasses




From Luncheon Chair Anne French

Annual Scholarship Luncheon

Thursday, February 3, 2020, 11:30 am

Theme - Mardi Gras

Tropical Acres Restaurant
 2500 Griffin Road

Tickets are \$37 each with a choice of prime rib, fish, chicken or a vegetation plate. Tickets may be ordered by mail by January 20. See the form on page 5 in this Newsletter. Fortunately, members donate many items for the prize baskets at the Luncheon. But putting the baskets together is an undertaking - I refer to it as Controlled Chaos, but enjoyable. We will be organizing baskets on

Sunday, January 30, 2022, 1:00 pm

at my house in Wilton Manors.

We will be following all COVID Protocols. If you would like to help, let me know and I will send directions.

Phone 954-579-1719 or email
Annefrench10@gmail.com

Anne

President's Corner

My favorite quote for February, the month of Love: "To love oneself is the beginning of a lifelong romance." - Oscar Wilde

BCREA members began this 2022 love affair with ourselves by welcoming **Cathy Whitt**, Community Health Specialist from Holy Cross Health, with an interactive Chair Yoga Class at our January meeting. Breathing, stretching, extending flexibility, mindfulness, and "heart to the sky" were some movements we practiced together. You can access one of Cathy's classes on YouTube at:

<https://youtu.be/OoUrXGzzVD8>

and you can sign up for her live weekly morning and mid-day classes on Zoom:

<https://zoom.us/meeting/register/tJMpcumorDgrHtNRe7JbIx7Sgae1wi7LnXxE>

or

<https://zoom.us/meeting/register/tJUudefquzozGNMYV3vv2Aoo-hFdvXmillerJ>

You can also love yourself by joining us at our Annual Scholarship Luncheon at Tropical Acres Restaurant on February 3, 2022 at 11:30 am. All Covid health and safety guidelines will be followed. Let's spread our self-love to others and support future teachers and educators!

My closing words are from Cathy Whitt, "Give Yourself a Hug."



Sue

Fund Raising

Chair: Barbara Lewis

954-562-1936 barbarabeth1@att.net



Hope everyone had a great new year. Let's all stay healthy. Our biggest fundraiser is our luncheon coming on February 3. ZOOM BINGO is back. We will have our Zoom BINGO on April 28 at 1:00 PM. The cost is 5 games for \$10.00. Bingo cards can be pur-

chased at our March and April meetings. You can order cards if you're not at the meeting. Please send your check and make it payable to BCREA. Include a self-addressed / stamped envelope by April 17. Checks are to be sent to



President-Elect's Corner

Mark your calendars for the Annual Scholarship Luncheon on Thursday, February 3 beginning at 11:30 AM. See Ticket Order Form on page 5.

This event is BCREA's biggest fundraiser for scholarships given to students wanting to become teachers. This will be a fun event - and we all need a little fun! There will be Beads, Music, Food, and Prizes!

A highlight of this party is always the gift baskets filled with donated treasures! In addition, this year there are plenty of gift cards as well.



Also, someone will win the Pot of Gold. This prize is jam packed with coins collected at BCREA meetings. This year because of the coin shortage there are several bills buried in the coins. Spoiler alert - this will help with counting!

The Pot of Gold has historically made one lucky winner more than \$100.00

richer. We have had fewer meetings, so who knows how big this year's prize will be.

Check your closet for colorful costumes in the Mardi Gras colors: Purple, Green and Gold. The colors have meaning - Purple signifies Justice, Green conveys Faith and Gold stands for Power.

Do not forget to add a colorful Mardi Gras touch to your Covid mask-You could add feathers or glitter for the Mardi Gras effect.



Remember the Mardi Gras slogan: "Laissez les bon temps rouler." (Let the good times roll.)

Anne

Marelise LeClerc

615 N 31st Road

Hollywood, FL 33021

The money raised will go towards scholarships

Barbara



Information Services

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



AARP Bulletin shows us that you can use your smartphone for things other than talking or taking pictures. At our last meeting, several attendees were using their phones to snap a picture for the contact information of our Chair Yoga instructor **Cathy Whitt**. Many of us have also used our phones as a flashlight, for navigation system, a kitchen timer, or radio. Depending on your phone and the free apps such as **Hoopla**, **Libby** and **Overdrive**, you can borrow e-books using your library card. Apps such as **PlantSnap**, **Seek**, **Picture Insect** or **Merlin Bird** offer instant identification of plants, insects, birds or

vegetation as you are on your New Years Resolution walk around the neighborhood or park. An app created by Charmin.com Toilet Paper, aptly named **Sit or Squat**, will help you locate the nearest restroom. The **Flush Toilet Finder** app will let you give feedback and even rate the restroom! (Just sharing information!) Other tools we might want to use in the New Year are a reemergence of positive affirmations. These statements are used to promote self confidence, belief in one's ability and some even believe the lessening of medical issues. **Healthline.com** offers advice on

how to practice positive affirmations suggesting regular repetition of positive statements while visually imaging yourself engaged in that activity. This might lead you to establishing a habit of deep breathing and grounding exercises. Cathy Whitt demonstrated a little breathing routine. **WEB.Md** discusses a 4-7-8 Breathing Technique, developed by **Dr. Andrew Weil**, based on a Pranayama yoga method of controlling your breath. While this has been found helpful before a stressful situation, other positive side effects include reduced anxiety, lower blood pressure, better sleep, less pain and improved concentration. You may want to Google "4-7-8 Breathing Technique" to add this mindful breathing tool to your "bucket list" for this new year. Stay fit, stay sharp, and send positive thoughts to others.

Sallie

Passages



Hppy Birthday to our Birthday Club (members over 85!)
Eleanor Meyer 2/22

Turned 85 in January
Emma Black 1/08
Jackie Hall 1/23



Thinking of You...
Diane Texter
Arline Ziller



Congrats!
Diane Jarchow



Welcome new member
Sue Redfern



Volunteer Services/ Handbook-

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



Thank you for your generous donation of food to the Pantry of Broward County. Their supplies were running low due to the holidays & Covid so our timing was much appreciated. Thanks also to **Susan Lochrie** for dropping off our donations. We don't have any other group projects scheduled until April when we will col-

lect pet supplies. Barbara Lewis was the January winner of the volunteer hours drawing. I am closing out the books for 2021 so if you have any unreported volunteer hours please send them to me now. Thanks for all that you do to benefit our community! Keep up the good work in 2022.



Darcy

Legislative

Chair: Sue Colton
954-695-5065 scolton@bellsouth.net



I will be representing BCREA in Tallahassee the week of January 31 for FREA's Legislative Days. Our State Legislative Committee has two full days to meet with legislators regarding FREA's Legislative Priorities, especially protecting our Florida Retirement System (FRS) Trust Fund. The theme is "Can You Hear US Now?" Please log in to frea.org and click on the eagle to find all the updated information on the 2022 legislative session, how YOU can be involved, and receive FREA Legislative Calls to Action via text message.

Sue

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

Scholarship Luncheon Ticket Order Form

Number of tickets: _____ @ \$37.00 each

Extra Donation: _____

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

Name _____ Entrée Choice _____

Send a check made out to BCREA
Include a Self-addressed, stamped envelope

By Deadline of January 20

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

Bev's Bytes... Congrats to **Diane Jarchow** on the arrival of her first granddaughter, **Ava**. Happy 100th birthday to **Toni Merton** who passed that milestone December 20. It's always nice to see longtime members who haven't been to recent meetings reappear. Welcome back **Marsy Smith, Marian Resch** and **Michael Kogan** aka "the bread man." **Diane Texter** missed the in-person meeting because she's recovering from Covid. She did attend via Zoom, as did **Nina Hansen** who lives in NC



and 10 members who usually come in person **Julia Penley** made 3 attempts to connect but in Colorado it was 1 degree and the internet was down!. Eight lucky

people were winners in the scholarship drawing. They were: (l-r) \$20, **Sallie Sherwood**; \$10 each, **Ellen Emery**, and **Michael Kogan**. Flowers were won by **Josephine Walker, Jean Anderson** and **Marsy Smith**. **Peggy Schultz** and **Shirley Swartz** won books by **Sue Colton**. *Happy Valentine's Day! Bev*

FREF Extravaganza 2022

Tickets are a \$10.00 Contribution

Drawing will be at the Convention May 26, 2022. Prizes are

- 1st Prize \$500 Cash
- 2nd Prize \$300 Cash
- 3rd Prize \$200 Cash
- 10 District prizes \$100 cash each

District prizes will be drawn from tickets sold in each district. Donations are used to fund scholarships for future Florida teachers. 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 _____

**NON PROFIT ORG
 U.S. POSTAGE PAID
 FORT LAUDERDALE, FL
 PERMIT NO. 409**

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

Membership...

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



Thank you to our long time members for your consistent and generous support. Thirty-six BCREA members have paid dues for over 25 years. Those who have been members for over 30 years are **Milton Brantferger, Norma Cosby, Warren Cox, Doris Emmett, and Pancitta Chisholm.**

Please urge your friends who have retired to join us. BCREA and FREA helps us support legislation to help those who have retired. We help working Educators by

supporting legislation to help our schools and encouraging future teachers through scholarships. Some members volunteer in schools. Through BCREA you can find volunteering opportunities. In 2021 BCREA had 264 members, 22 more members than in 2020! In the month of March, we will begin to ask for 2022 dues.

Susan



**Front - Marianne Scott & Mary Cangemi
 Rear: Michael Kogan, Sallie Sherwood & Betty Clark participate in Chair Yoga.**



Carol Roland and Marelise LeClerc put their arms out like a tree!



Board Members at Holiday Luncheon
Front: LuAnn Comes, Marianne Scott, Diane Jarchow
Center: Susan Lochrie, Sue Colton, Mary Ellen Fowler, Lillian Small, Karen Avery, Marsy Smith
Rear: Bev Hoppe, Anne French, Darcy Drago, Marelise LeClerc, Josephine Walker, Sallie Sherwood