



BCREA

Newsletter



November, 2023

Broward County Retired Educators' Association

website: <http://browardrea.org>

Number 312

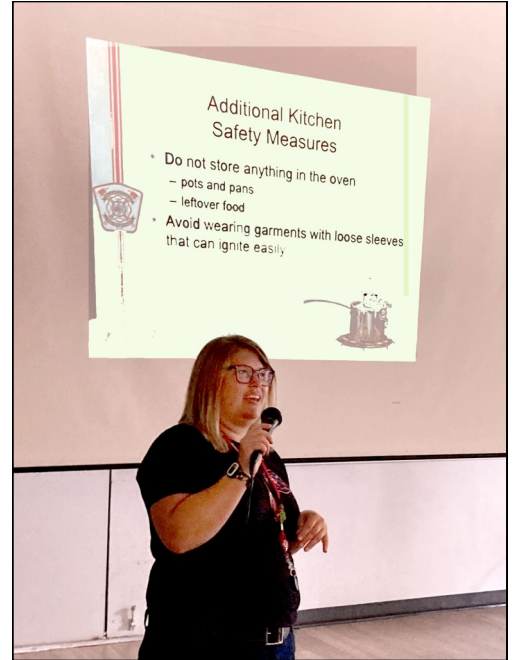
Kaitlin Murphins Provides Lots of Fire Prevention Info!



For over eighty years, the **Plantation Fire Department** has served the residents of Plantation. It all began in 1957 when a group

of twenty-one community-minded individuals came together to establish the Plantation Volunteer Fire Department. Among those were founder of Plantation **Fred Peters** and **Mayor Frank Veltri**. At that time, it's unlikely there were any women firefighters. Today, besides **Kaitlin Murphins**, there are so many that Misty, the representative I spoke to just said "Lots!" Kaitlin's whole family is involved. she is the Public Education Officer and presented a slide

show of more than 20 "pages" covering all aspects of home safety. These include fire hazards, kitchen safety (don't store anything in your oven); fire extinguishers (Remember PASS - how to use them); smoking; electrical safety (don't overload extension cords); and evacuating (have an escape plan)! And Fire Safety Reminders



Additional Kitchen Safety Measures

- Do not store anything in the oven
 - pots and pans
 - leftover food
- Avoid wearing garments with loose sleeves that can ignite easily

(Stop, drop and roll, Get out, Stay out, Stay low and go!) Additionally, she included some about falls prevention for senior citi-

zens. She also does several other programs to keep people safe. For more info, call the Plantation Fire Department at 954-797 2150. Dial 911 for an emergency!



November 2nd Meeting

Time: 12:00 Noon

Place: Jim Ward Community Center
301 NW 46 Avenue, Plantation

Program: McArthur HS ROTC Opening
Missing Man Ceremony
Military Branches Songs

11/05 Daylight Savings Time ends

11/11 Veterans' Day

11/23 Thanksgiving



Bring to meeting:

Picnic Potluck

Your Volunteer hours

Used eyeglasses & Cell Phones

Aluminum pull-tabs

New or gently used kids' books

A New Member



By-Laws Revisions to be Voted On

By **Mary Ellen Fowler**

1. A reminder to everyone: read your bylaws!! The revised bylaws were presented at our October meeting following review by the committee...members are **MaryEllen Fowler, chair; Anne French; Cindi O'Linn; Robin Newman**. These bylaws have been approved by the Board with the membership to vote on the changes in November. Questions? Connect a committee member.
2. The Morris Scholarship goes public, on our website, in January. Our goal? Ten \$1000 grants to school board employees who want to further their education. Remember that this is open to ANY school board employee...and the committee is happy to visit a group, a school, etc. to explain the project. Please help sell this wonderful gift!!



President's Corner

Great first meeting of the year! Nearly 60 members attended, but remember, there is always room - for one, two, or five more!

Why should you attend?

Have a yummy lunch!

Acquire information from interesting speakers.

Back efforts to raise money for scholarships.

Increase your circle of friends.

Take home a prize or maybe some cash.

Make BCREA meetings a HABIT on the first Thursday of the month!

Interesting fact: BCREA is open to anyone who has worked in education, even in other states.

Step-up and sign-up!

We are looking for someone to present the Thought for the Day at our December meeting. This is a short, non-political, non-religious tidbit that can be funny, poignant, or inspirational. Interested? Contact me.

At the October meeting, attendees signed up to help with the work of BCREA. If you missed the meeting and you would like to help on a committee, let me know, and I will connect you with the chairperson (annefrench10@gmail.com).

In November, we will be honoring our veterans and military members, so wear your red, white, and blue to show your patriotic spirit.

Bring your treasured photos of family members in uniform and their hard-won medals. ROTC students from McArthur HS will present the colors and share the Missing Man tradition.

The busy holiday season is fast approaching. As you plan, reach out to those who may be left out. Offer them an invitation, a helping hand, a hot meal, or a kind word. The impact of paying it forward is immeasurable.

Anne



District Director

Past President

Legislative

The Power of Seniors!

Seniors have more expertise, experience, institutional memory, and power than you might think. According to the

Florida Retirement Systems'

Annual Comprehensive Financial Report of June 2022, 448,846 retirees are drawing FRS benefits in Florida.

Florida seniors own more property, pay more taxes, and vote more than any other age group.

In Broward County, over 25,000 seniors are drawing pension benefits from the FRS. Those 200 million dollars generated in annual benefits support goods, services, and charities and allow seniors to remain in their homes. More than 600 million dollars contribute

to our Tri-County economic health!

Check out our BCREA Facebook page to see the map and the report!

<https://www.broward.org/Legislative/Documents/>

[LDDirectory.pdf](#)

Sue



Laugh! It's the best medicine!

Life is like a helicopter. I don't know how to operate a helicopter.

Chocolate is God's way of telling us he likes us a little bit chubby.

It's probably my age that tricks people into thinking I'm an adult.

Marriage Counselor: Your wife says you never buy her flowers. Is that true?

Him: To be honest, I never knew she sold flowers.

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember...Don't sing!

Passages



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

- Martha Pipes 11/06
- Helen King 11/07
- Mary Perfect 11/13
- Dorothy Johnson 11/21
- Arline Ziller 11/24
- And turning 85...
- Betty Ouelette 11/27



Thinking of You
 Sondra Goldberg
 Diane Jarchow
 Marelise LeClerc
 Susan Lochrie
 Cynthia Johnson
 James Etta Warner
 Arline Ziller

2023-2024 Officers

President

Anne French
 954-579-1719

President-Elect

Vacant

Secretary

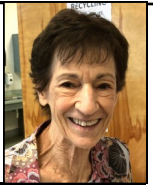
Karen Avery
 954-806-1678

Treasurer

Carol Roland
 954-472-2389

Literacy

Chair: Sandy Lefkowitz
 954-557-5817 Slef12343@gmail.com



People who read live longer than those who don't. That's good news for all of us. Studies have shown that the more books you read, the longer you live. This news comes from Yale researchers. So bookworms, rejoice! Consider reading a brain workout. It's good exercise and you don't even have to leave your comfy couch. According to neuroscientists at Emory University in Atlanta, "reading a gripping novel makes changes in the

way the brain connects with different circuits." And researchers at the Beckman Institute investigated the potential benefits of reading in improving memory and found that regular, engaged leisure reading can strengthen memory skills in older adults, laying the groundwork for better practices in preserving our mental abilities as we age. So take time to enjoy a romance novel or a gripping mystery. And don't forget to bring a

book to our next meeting, exchange it for another book and extend your lifespan!

Please remember to share information about our fifth grade essay contest to all Broward County schools. Encourage our young fifth graders to become writers and authors. The contest is a fun way for the students to share experiences about their grandparents or grandparent figures.

Sandy

Membership...

Chair: LuAnn Comes
 954-475-1510 lacomes987@aol.com



Thank you **Susan Lochrie** for all of your hard work, organization, and leadership to BCREA for over 22 years! At this time, Susan has decided to retire as Membership Chair. She has turned over the books to me, LuAnn Comes. While her shoes will be very hard to fill, I will try my best to live up to her high standards. Let's try to grow our membership! Remember, joining BCREA includes membership in FREA. Share your reason for wanting to be a member with prospective members. Some individuals might just need encouragement to join, so remember to invite your retired school friends. Teachers, Administrators, Paraprofessionals, Office Staff and so many more are invited. Retired educators from other states are also welcome to join. Prospective members can see some of our activities at www.browardrea.org. They can also see the benefits of joining and being part of the Florida Retirement Association at frea.org. Sharing one of our newsletters is a great way to show others what we are all about. Susan, Anne and their team sent letters to the recently retired from Broward County. If you know a recently retired educator, please reach out and encourage participation.

Dues are \$50. Dues must be paid by the end of the month to be included in the 2023-24 Directory. Call or email me with questions about dues and membership. If you have not yet sent your dues, please send checks to:

LuAnn Comes
 107 NW 107 Terrace
 Plantation, FL 33324

Fifty-seven members attended the October meeting. Let's see if we can top that number in November!

LuAnn

Information Services

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



Recently I received an email from Cecelia Solomon, (our FREA Information Services Chairperson) who was sharing some ideas of interest. In her note, Cecelia mentioned an article found in the September 2023 AARP Bulletin called "The Hidden Power of Purpose." This discussed a film narrated by Debbie Allen who introduced four people who have experienced purpose driven lives and who have made the world a better place through their actions and ideas. Various studies which are cited on the AARP website mentioned benefits for those of us who can find and achieve a purpose. Some of the benefits include: lowering risk of stroke, increasing calmness and lessening stress, helping with traumatic or health issues, decreasing risks of dementia and heightening cognitive thinking. With all the mentioned positive effects of having a purpose, just how do we find our own Power of Purpose? The article suggests that journaling can help. Write down your thoughts for the day and include at least three moments that correlate to the issues which are most impor-

tant to you. The AARP article also suggests that you step out of your comfort zone, think about what is most important and set goals focused on those topics. Remember that your chosen purpose may change with time. As we age or experience different life events we can refine or redefine our purpose. <https://www.aarp.org> If you have any information, tips or tricks, please let Lillian Small, Josephine Walker or me know and we will share with the group.

Problems holding onto a cup, glass or jar? Just place a few rubber bands around item to avoid slipping.

Amazon, like many companies, has indicated a huge uptick in Smishing/Phishing. If you have received a text, email or phone call stating a problem with your account, do not engage but go to Amazon Customer Support on your personal Amazon account to report problem.

Stay fit, stay sharp and send positive thought to others. *Sallie*

From the Treasurer

Carol Roland
954-472-2389 CAROLRBEADS@aol.com



I am honored to have been selected as the 23-24 BCREA Treasurer and look forward to serving you. I would like to thank everyone who contributed to the Scholarship fund this month. *Carol*

Member In Memory / Honor of

Emma Black Eddie P. Degraffenreidt & Royette Tunnage
Pauline Green Margaret Green

Undesignated

Susan Barber Barbara Bohuny John DeGregory
Carl Flowers Pam Gardella Joan Gavin
Anne Graves Echo Heyer Bertilda Henderson
Adelia Jones Phyllis Kublin Irene LaBelle
Susan Lochrie Linda Marable Ruth Marsh
Arline McWhinney Benjamin Rollins
Sally Sherwood Mary Taylor
Pierrette Theriault Maria Tracy
Bruce Voelkel Charles Webster
James Etta Warner

Fund Raising

Chair: Barbara Lewis
954-562-1936 barbarabeth1@att.net



Wow! Can you believe it's October already. We have some unique ideas in the works, and of course, our luncheon in February, and our Super Bingo in April. We're always looking for new fund raising ideas, if you have any suggestions let me know.

Have a Happy Halloween!

Barbara



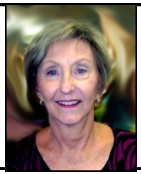
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SunSentinel MEDIA GROUP

Community Service /Handbook

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



Our school supply drive was a big success! Thank you all for your generosity & thank you to Mary Taylor, one of our members who also volunteers at the "Tools for Schools" center, for delivering our donation. "Stay tuned" for two more



group projects that will be announced later in the year. In the meantime please continue to turn in your volunteer hours at all of our meetings.

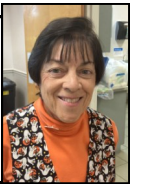
Handbook/Directory

The copy for our 2023-24 Handbook/Directory will be sent to the printer after our November meeting. Please submit any changes or corrections to me by November 6th.

Darcy

Social Committee

Chair: Marianne Scott
954-321-9174 mscott33317@yahoo.com



We had a terrific turnout for our first meeting of the year. You could tell Fall was on the mind of several members as pumpkin-influenced delicacies appeared on our buffet table. We had quite a variety of foods to enjoy at lunch. Thank you to the members who brought clean reusable containers for those members who

enjoy bringing home food from the luncheon. At the present time, we do not need any more. Also, don't forget that we are recycling soda cans and water bottles. Have a Happy Halloween. Don't eat too much candy! See you on November 2 at 12:00 pm.

Marianne



Scenes from the October Meeting



Friendship

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



member who is dealing with an illness, a loss, or simply could use a little support or cheer, please let me know, so I can send a card on behalf of BCREA. You can email me at smithmarsy@aol.com.

At each of our meetings, we will be passing around the Pot o' Gold to collect any spare change you may have. The Pot o' Gold is one of the most valuable prizes you can win at our annual luncheon in February. The prize at the

last luncheon was over \$200. How much will it be this time? See you in

November!

Marsy

It was great to see everyone at our first meeting of year and I hope to see even more of you next time! Throughout the year, it is important that we remember all our members, including those who are unable to attend our meetings. If you know of a

Plantation Fire Dept will hold its 64th Annual Barbeque on Sunday, November 5 at the Pine Islands occer field Go to their website to get tickets. \$15.00 in advance \$18 at the door



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Bea's Bytes...

Would you believe **Sue Colton** sent her Newsletter article from the cruise ship Symphony of the Seas- somewhere between Barcelona and Palma De Mallorca:-)! And she even got it in on time! Yay, Sue! Welcome new chairs:



LuAnn Comes is our new Membership chair and **Carol Roland** is the new Treasurer. Now if we could only get a new President-Elect!

The winners of the Scholarship Fundraiser were (l-r) **Karen Avery** \$20; and \$10 each went to **Sandy Lefko-**

witz, Alyce Aspler, and Suzanne Atkin. Flowers were won by **Barbara Lewis, Anne French, Darlene Pillsbury and Cindy O'Linn.** Ellen Emery won a fire extinguisher donated by **Kaitlin Murphins.**

It was great to see several members who hadn't attended a meeting recently - so happy to have them back. So good to



know **Val Proffer** has recovered from her broken back. Always



happy to see **Mary Taylor** who comes to get the school supplies! Condolences to **Diane Jarchow** whose son-in-law passed and to **Cynthia Johnson** whose grandson was killed in a hit-and-run. And that's the last byte for November.

Bea

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