

The Publication Dedicated to Retired Florida Educators & School Personnel



FREA BULLETIN

Volume 46, Issue 2
Summer 2020



FREA Convention 2020 Not *Exactly* How We Planned It.



Take one of my favorite John Lennon sayings, “Life is what happens when you are busy making plans”, and change it to: “COVID-19 is what happens when you are busy making FREA Convention 2020 plans.”

After hundreds of hours of planning all the details that go into creating a state-wide convention, we cancelled. And then we scrambled. Because even though we could not hold the convention, we still needed to hold the meetings for the Foundation and the Board.

Fortunately we were already somewhat familiar, and actually becoming comfortable with, the Zoom Video meeting platform. (What a true blessing video technology has been for organizations everywhere.)

Starting on Monday April 13, and ending on Friday April 17, we held the following meetings:

FREA Trustees, FREA Benefits Committee, FREA Executive Committee, and FREA full Board, meetings. It was a marathon week; one that tested all of our skills *and* our ability to sit in a chair while staring at a screen, for very long periods of time. The photo of my computer screen, above, was taken of the full Board meeting on Friday April 17th. For those who have not taken part in a Zoom meeting, it is an experience. They can be lively, they can be boring, they can be contentious, they can be wonderful. In short, a Zoom Meeting is capable of being everything a real meeting can be, except...casually social and fully interactive.

The limitations? No ability for several conversations at once during breaks. No casual chit-chat, because you have one person speaking, and then everyone else listens. We learned immediately, amid much laughter, that everyone trying to say the Pledge of Allegiance at once was impossible. Tower of Babel anyone? So are Zoom meetings a great tool? Yes. But they do not take the place of human interactions in the same room. Did the Zoom meetings allow us to accomplish the organization’s business as stated in the FREA Bylaws? Yes. But, it is difficult to brainstorm or throw ideas around.

Will we have more Zoom meetings? Yes, until we feel that it is safe to travel, stay in hotels, and gather in meeting rooms, all of our upcoming events through 2020 will be conducted virtually. We ask your patience as we navigate this new world trying to figure out how to broadcast, stream, and go ‘live’. We want to make the meetings and events interactive, fun, and something you will enjoy ‘attending’ from the safety and comfort of your own homes. We will be creating goody bags, putting together actual meeting materials, then shipping them to attendees to create a stronger feeling of togetherness as the FREA/FREA Family.

Have you had enough? Enough bad news, enough stress? Enough worrying about... Everything? Us too. That is why this issue of the bulletin contains news to use, but also a lot of entertaining items to read. Please enjoy life and continue to be the amazing and caring people that you are as we navigate this challenge to our health, and our lives. ‘See’ you soon!



Anne M. Fagan
FREA Executive Director

Here I am social distancing from Ethel Percy Andrus and wearing my CDC approved face shield. For people like me who have difficulty breathing through cloth masks (too many years of managing smoky restaurants - pneumonia in 2016), these are wonderful and... it lets people know when you have a smile, and...bonus: When this is over, I can take up welding!



Nancy Hosie
FREA President

How Are You, Really?

Hello from my “office”. This is the spot (and the comfy couch nearby) where I have communicated with the world of FREA for the past few months. This is not how I anticipated having my first address to the members as the FREA President. There should have been a convention with face-to-face greetings, picture opportunities, speeches, celebrations, meals and music! Instead there are emails, notes, phone calls, electronic voting and Zoom meetings. Business is being done and important things taken care of, but it is not the same.

In the April, 2020, National Geographic, Glenn Abrecht used the term “solastalgia”, a word he had created. Writing in an article about the effects of climate change, he defined solastalgia as an emotional response to “the pain of losing the solace of home”. The term resonated

with me in that it also describes the complex emotions brought about by the current challenges facing us. We are experiencing the loss of the familiar people and places and activities and the security of our “normal” lives.

The challenges facing us are unique to each as are our reactions to those challenges. Despite what others say, we are NOT in the same boat. We ARE in the same storm; and we must keep that in mind. Reach out with kindness and empathy to those who are struggling. And reach out for help if you need it. I’m sure that our members are doing both and have been for many weeks.

I begin this term as President with the knowledge that many individuals deserve thanks for past and future contributions to FREA. Pamela Schwartz has my gratitude for her service as FREA President. Her guidance and dedication has taken us forward. FREA will continue to benefit from her expertise as she takes on duties for the Nominating and Benefits Committees and for the Council of Past Presidents.

Welcome aboard to Edwinna Williams from District 1 as President Elect. She is a great choice and will serve FREA and our members well. I anticipate a positive partnership.

Our Treasurer and friend Marie Grein will be greatly missed. I cannot list all of her contributions to FREA/FREF. I do know that she will be nearby and always available. Treasurer duties will be assumed by Gayle Hodges from District 8. I welcome her and look forward to a smooth transition.

Thanks to the District Directors who have agreed to serve as representatives on the Executive Committee for the coming year. Alonzo Braddon joins us for Districts 1-5, and Cathy Thompson for Districts 6-10.

Thank you to Tom Johnson for his service as State Chair for Information Services. We all benefited from his contributions, including, but not limited to, the Hurricane Go Bag demonstrations to keep us safe. (See page 6) Cecelia Solomon of District 6 will move into that position.

I am very grateful to Helen Shaw as Necrology Chair for the thoughtful and moving memorial services at many FREA Conventions. For 2020, she has prepared a lovely memorial program. This was lovingly done and can be found on the FREA website. Carolyn McLaughlin has agreed to take on this position for the future.

And to the many local unit leaders who are assuming new duties or continuing to serve, a deeply-felt thank you. Your contributions are invaluable. I hope that unit meetings can soon resume safely. In the meantime, FREA is making provisions to expand zoom meeting capabilities for local executive committee and unit meetings.

We are planning meetings for the Board of Directors in August of 2020 and January of 2021, regional training Symposiums in October and an FREA Convention in May of 2021. **In light of the current COVID-19 situation, the August and October meetings will be virtual only.** It was hoped that we could gather in person, but safety concerns dictate that it is not yet time to ask you to venture away from the security of your home base. Informative, productive and interactive meetings through Zoom coming soon!

President Pam moved us Forward United Now. I want us to continue to Reach Forward in 2020 and beyond. Reach out to those new state members recruited by AMBA (more on that with the Symposiums in October). Reach out to potential new members in your communities. Reach out to your local unit to accept leadership roles. Reach out if you need assistance. Reach out if you have some new ideas to keep us moving forward.

Reach out to me. I’ll be here in my “office”, and would love to hear from you.

Thanks, and stay safe.

Nancy



FREA/FREF Officers	
President District 9	Nancy Hosie nankwh@aol.com
President-Elect District 1	Edwinna Williams edwinnarae@gmail.com
State Director District 8	Kim Stutsman stutsmank@embarqmail.com
Secretary District 7	Phyllis Omilak omilakp@gmail.com
Treasurer District 8	Gayle Hodges gayle.hodges1991@gmail.com
FREF Chair District 7	Karla Brogdon brogdon1@msn.com
Executive Committee Representative 1-5	Alonzo Braddon, Jr. owlmuz@yahoo.com
Executive Committee Representative 6-10	Cathy Thompson cthompson13@cfl.rr.com
FREA State Office info@frea.org	
Executive Director	Anne M Fagan anne@frea.org
Membership Accounting Specialist	Diane Lynch diane@frea.org

What is a Meme?

An image that is spread widely on the internet, often altered for humorous effect.

Why do we like memes? To relieve tension. At the FREA Office, Diane and I help ourselves get through the days by sharing some of the ridiculous memes we find online. We tape them to the office door so that anyone who walks by can enjoy them. We figure that with all the crazy current world events and living with COVID-19, we have a choice: We can choose to find ways to enjoy life, or we can be miserable. Does having moments of enjoyment mean you don't care? No. It means that you control what you can: your emotions. Here are a few of our favorite Memes- others are elsewhere in the Bulletin.. We hope they give you a moment of pleasure and a smile or two.

Quarantine has turned us all into dogs. We roam the house all day looking for food. We are told 'no' if we get too close to strangers. And we get really excited about car rides.



Here's Sue. 31 years old, home schooling her kids for the last 5 days. Great job Sue. Keep it up.



Teacher: Mrs. India Abel
Pierce Hammock Elementary School
Palm Beach County

Harmonium

By Emily



Harmonium

Today you will read about how my harmonium instructor has a big impact on my religious life. My instructor teaches me how to play an air instrument called a harmonium. A harmonium also called a Melodeon, originated in Germany, but it has been improved by Indians. It is now widely used in India and throughout the world, wherever Indian music is played. The notes are produced by air-driven to the keys to create a wonderful sound. Today I will tell you a story about my harmonium instructor.

My First Day

Allow me to introduce my instructor, I call him Grandpa Ramesh. In our culture, anyone who is around the age of our grandparents is considered a grandma or grandpa. On the first day of our lessons, Grandpa Ramesh gave my sister and I lessons 1-12 to practice. He showed us how to label the harmonium keys. Then he taught us how to do the lessons. I did the lessons until it was time to switch with my sister. I would practice daily until he comes once again.

Grandpa Ramesh is Admirable

Grandpa Ramesh would come once a week, every Thursday from 5 to 6 o'clock. I enjoy being around him, he is a really good influence. He makes the lessons look fun and easy. One of my favorite parts is that occasionally he would bring chocolate, candy, or other goodies to snack on. He always has encouraging words even if I didn't do so well. He believes that you should never give up and that you should always put your best foot forward.

Grandpa Ramesh has improved my life

Before Grandpa Ramesh came I used to be an ordinary person, I didn't have a talent. Now my life has changed. I have something fun and exciting to do when I have spare time, The harmonium and my instructor has a huge impact on my spiritual life, it is peaceful and calming. Continuing to play the harmonium will not only improve my vocal skills, but it will also strengthen my hand muscles. I like improving, it makes me confident. My grandparents from my dad's side don't want to be present in my life, and my mother's parents have passed away, so Grandpa Ramesh is there for my sister and I. My dad's parents don't have a close relationship with my family and so the gap is filled by Grandpa Ramesh.

Conclusion

To close with, Grandpa Ramesh has slowly improved my life. Grandpa Ramesh has been coming for 3 years now, and I will never forget those moments of my life. This is my story about a special time I had with my "Grandpa" . I am proud of all his support I had during these years.



FREA
5th Grade
Essay Contest
May 11, 2020



FREF—COVID 19 Style



Karla Brogdon
FREF Chair

I hope this Bulletin finds everyone safe and healthy. These are truly uncertain times. Due to COVID 19, everyone has had to become very creative in the way we conduct business. Even though we cannot meet face-to-face, the show has to go on. Via Zoom, we have been able to hold all meetings scheduled, and do the Extravaganza drawings. What a wonderful tool to have at our disposal. If you didn't know how dedicated and passionate our members were before the pandemic, you definitely should know it now. They are an amazing group of people, and I feel blessed to be a part of such a wonderful organization.



New Scholarships Awarded

For privacy reasons, students are listed first name, last initial, unit that submitted the application, & named/designated scholarship awarded. There are only eleven names, because we had one student decline. The winners are as follows:

Chelsie S. – Suwanee/Lafayette
 Faith N. – Nassau - FREF
 Krista K. – Franklin/Gulf – D. Paul Conley Scholarship
 Haylee D. – Dade - FREF
 William E. – Hernando – Aileen Chapman Scholarship
 Kale'a G. – North Pinellas – Marie Grein Scholarship
 Ashely M. – Orange – Joe Wallace Scholarship
 Lily P. – Manatee – Eloise Rogers Scholarship
 Ellie R. – Seminole – Lee Family
 Anika S. – Broward – Betty Thornton
 Brianna Z. – West Pasco – Mercedes Thompson Scholarship

Marie Grein Practicing Educator Grants

The Trustees also selected two practicing educators to receive the \$1000 Marie Grein Practicing Educators Grants. They are as follows:

Katie Sellars, Dunedin
 Erin Isaacs, Largo

You can read about their classroom projects in this newsletter and also on the FREA website.

2020 Extravaganza Winners

District Prizes

District 1	Linda Lee-Thweatt
District 2	Christine White
District 3	Laura Hodges
District 4	Patricia Gilman
District 5	Anethette Durham
District 6	Donald Walker
District 7	Carolyn Brown
District 8	Gayle Hodges
District 9	Harriet Jenkins
District 10	Susan Lochrie

Grand Prizes

\$200	Richard Farmer—Dist. 9
\$300	Anne French—Dist. 10
\$500	Rebecca Black—Dist. 1

BUILD A

“THEY CONTINUE TO CARE” LEGACY

FOR YOUR DEPARTED LOVED ONE.



When loved ones pass, family members may donate to FREF in their memory. (i.e. include in obituary, “In lieu of flowers, please donate to FREF”.)

The loved ones legacy will live on in the Foundation.



Do You Sometimes Think Being an FREA Member is No Big Deal? Think Again.

Do You Wonder Where Those Extravaganza Dollars Go?

We hope you enjoy reading these heartfelt Thank You Letters from those you benefit below, and on page 6.



On June 18, 2020, at 10:50 AM, Alejandra G. wrote:
Hi Ms. French,

I hope all is well with you and your family. I know it has been a while since I have sent you an email, with the pandemic and I had my internship this past Spring, it has been hard to find the time to sit down and write you an email. I wanted to let you know that I have officially graduated from Florida International University with my Bachelor's Degree in Elementary Education with endorsements in Reading and ESOL.

Just yesterday, I accepted a job offer at Atlantic West Elementary School in Margate. I am still unsure which grade I will be teaching but it will either be 4th or 5th grade. Once I know, I will send you an email.

Thank you again for all that you and the Florida Retired Educators Foundation have done for me. I am eternally grateful because you and the Foundation have helped me reach this point.

Once again, thank you for everything and I wish you all the best,

Alejandra G.

(Broward CREA, sponsor)



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FLORIDA RETIRED EDUCATORS ASSOCIATION



Marie Grein Practicing Educator Grant

FREF provides \$1,000.00 grants yearly to classrooms who have a dream they want to turn into reality. Applicants are required to write an essay describing the project and how it will benefit the students. The FREF Trustees choose the winner for that year.

Dear Ms. Grein,

We simply cannot express how much being chosen for your grant has impacted our class this year. I was chosen to be an ESE and ESOL inclusion classroom for the 2019-2020 school year. I also received seven students from other schools, all of whom were in need of extra interventions to help them reach their full potential. The funding for these amazing hands-on learning activities and comfortable alternative seating has made our learning journey incredibly enjoyable! I absolutely love hearing my kids come into our classroom full of joy and anticipation to see what each day holds.

Our classroom family has transformed from 20 strangers into a wonderful blend of cultures, personalities, and learning abilities. This was possible because of your grant. As you can see from the pictures, the students are working with peers to understand the world around them. Though multi-sensory experiences, the students have a better understanding of science, mathematics, art, music and most importantly, social skills such as collaboration, cooperation, and compassion. Creativity has blossomed! We are extremely appreciative of your generosity and incredibly thankful for your choosing us.

Sincerely,

Megan Etheredge

Megan Etheredge



Necessity is the Mother of Invention. FREA/F Awards Show is a Virtual Success...Kinda

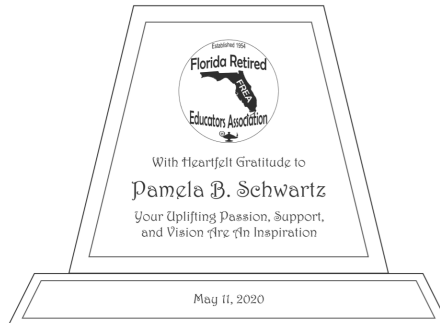
On May 11, the FREA Board and Trustees once again convened via Zoom. It was technically the 'last' day of Convention 2020. The day when the Extravaganza drawings are held, awards handed out, and farewell speeches given. Exciting, right? Not so much when you are sitting home watching through Zoom. To keep everything on the up and up, here was the process: In the FREA office each Districts' tickets were kept separate. Then each Districts' tickets were thrown in the big clear box one at a time. Shaken thoroughly, then the winner was drawn. A picture of the winning ticket was taken. Then the tickets from everyone in that District were thrown into drum. Repeat 9 more times. 20 long minutes later, all the tickets were in the drum. I think watching paint dry might have been more exciting, just saying. The drum was twirled and the 3 State winners were drawn. The winners are all listed on Page 4 of this Bulletin. If you would like to see the thrilling video of this process, just contact me at the FREA Office and I will be happy to share a link with you. anne@frea.org.

The below photos show Anne Fagan during the drawing process. They were freeze-framed from the videotaped Zoom meeting.



We Say Thank You to Two Amazing Leaders

Pam Schwartz and Marie Grein between them have given decades of service to FREA. While they may be stepping down from their current active roles, they are still members of our Past Presidents Committee, and Pam will serve as Nominating Chair for another 2 years. We are so grateful to have these amazing and talented people in FREA! PS: Pam received the Wind Beneath her Wings, and Marie received the appropriately named Goddess of the Universe award.



The FREA Board of Directors was *the wind beneath my wings in 2018-2020!*

Let us continue to *RISE & SHINE LIGHTING THE WAY FOR A BRIGHTER FUTURE. We rise by lifting others up with kindness and compassion with education to empower, enlighten, and enrich everyone everywhere.*

PEACE,

Pamela B. Schwartz

I retired in June 1992 and joined NPCREA and FREA in September. By the second year I was president of my local unit. During the following years, I served as District Director, on state committees, President Elect, President, Nominating Chair, and, recycled as Treasurer. Volunteering for FREA has enhanced my life beyond measure. Please consider volunteering on the local, district, and/or state level to enhance YOUR life.

Marie Grein



A Heartfelt Thank you to You, our FREA Volunteers

The phenomenal successes of each local, district and state event held this fiscal year reflects the ever-increasing dedication and enthusiasm Florida Retired Educators Association **volunteers** display on a continual basis.

I would like to personally **thank you** for your commitment to excellence, time, talents, expertise, teamwork, and contributions to FREA. One thousand six hundred (1,600) FREA members reported 468,725 **Volunteer Services** hours this year. According to the Bureau of Labor Statistics your efforts saved the State of Florida a total of \$11,919,675.00. Wow! Every FREA member deserves a “high five” for another stellar year of **volunteering** throughout the state of Florida! **Teamwork works!**

Our **Volunteers are #1**, and are the reason we accomplished each goal set for total Volunteer Services Hours reported, and 5th Grade Essay Contest participation. (A special thank you to our Essay Contest judges from District Nine who expeditiously and unselfishly volunteered their services during a time when our country was at the early stages of the current worldwide pandemic.) We appreciate you! Our judges said our 5th graders are excellent writers and undoubtedly are destined to become great authors. We proudly celebrate and applaud the essay contest winners from Districts 1-10 and our First, Second and Third place State 5th Grade Essay Contest winners. You can also read all 3 essay online at <https://www.frea.org/5th-grade-essay-contest/>.

As the celebration continues, we are especially excited about our 2019-2020 **Volunteers of the Year** from Districts 1 – 10. When next you see them, be it virtually or in person, be certain to say, “thank you”. Hats off to our **Volunteers of the Year!** You are the **drum majors** for **volunteerism!** March on and model how it is done in 2021!

Thank you **FREA Volunteers** for **ALL** that you do! Stay safe and well. **YOU** Are the **BEST!**

Fond Regards,

Harriett

Harriett M. Jenkins

FREA State Volunteer Services Chairperson



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Florida Retirement Group is an insurance and financial services agency serving the pre-and post-retiree market Florida-wide. **We pride ourselves on clearly explaining and simplifying the insurance and investment landscape.**



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Volunteers of the Year

2019 ~2020



Bonnie Justice
District 1
Santa Rosa CREA



Patricia Taylor
District 2
Gadsden CREA



Gwendolyn Hubbard
District 3
Madison CREA



Janis Slean
District 4
Alachua CREA



Barbara Grass
District 5
Nassau CREA



Nina Ritter
District 6
South Pinellas REA



Barbara Borderieux
District 7
Manatee CREA



Ella Wilderson
District 8
Polk II REA



Esther Twitchell
District 9
Martin CREA



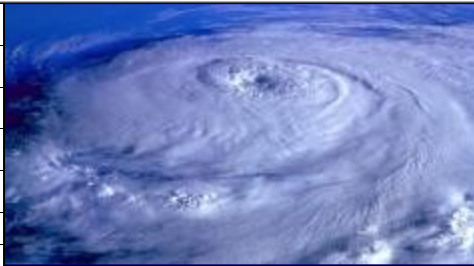
Flora Jackson
District 10
Palm Beach REA

The human contribution
is the essential ingredient.
It is only in the giving
of oneself to others
that we truly live.

Ethel Percy Andrus

Is Your 'Go Bag' Ready to Go? - A COVID-19 Refresher

Think small, a backpack is ideal, rolling backpack even better. A small suitcase with wheels is fine. Just remember, you may have to run with it. (Tom Johnson, former Info Services State Chair)

Basic Electronics	Food and Drink	
Phone Charger (Solar)	Bottles of water	
LED Flashlight	Protein Bars/Energy Bars	
Portable radio with extra batteries-solar	Nuts and dried fruit	
Personal Needs/Hygiene Pack	Survival	
Backup Eyeglasses	Waterproof sports blanket/for shelter	
First Aid Kit/Extra prescriptions	Gallon size Ziploc bags	
Masks - Enough for at least a week per	Water Purification tablets/Straw	
Suntan Lotion	Matches in waterproof bag	
Portable oxygen if needed	Cash	
Anti-bacterial wipes	Enough money for a few days in a waterproof money belt. Small bills.	Important Papers
Multi-purpose Tool (swiss army knife with a can opener)	Prepare for the worst, and hope for the best	If possible, keep the originals in a safety deposit box and have photocopies of the originals with you. Make sure they are secure in a waterproof pouch or small box. Theft can occur, so make sure you can keep them on your person.
Clothing		Social Security Card, Medicare Cards, Insurance info, Birth certificate, Power of Attorney, Will, Marriage Certificate.
3-4 days clothing, including layers to add or remove.		
Lightweight rain gear & hat		

Click Here To JOIN OR RENEW TODAY

FREA 2020-2021 Membership Drive

IF you have not already renewed, you may now renew or join online!

To set up your account, you will need:

The email address that we have on file for you & your invoice or membership #. Don't have? Just email the office: info@frea.org

Already a member of FREA? Please detach this application and give it to a friend who may be interested in taking advantage of our MEMBERSHIP BENEFITS and in supporting the Florida Retirement System.

All FREA Members, General or Associate, regardless of which state they come from, may utilize FREA Benefits.

There is strength in numbers, and FREA needs YOU to make our voices stronger together!

Florida Retired Educators Association Membership Application

Annual FREA Membership \$35.00
 Associate Member \$35.00

New Membership
 Retired Teachers/Administrators/Support Staff/Food Service/Transportation/Maintenance, etc.

Renewal of Membership

Associate: Any person interested in the work of the Association may apply for associate membership. An approved applicant may become an associate member with all benefits except: the right to vote, hold office, or serve as a delegate to the Annual Delegate Convention.

Circle One: Miss, Mrs., Mr., Dr., Other Date:

Your Name: Spouse's Name

Mailing Address Apt./Condo/ Telephone

City State Zip County

E-mail address: Your Date of Birth: Month/Day

School District Retired From: Local FREA Unit (if known)

FREA is your advocate regarding your pension and the future of education in the State of Florida. Would you like to support FREA's efforts on behalf of all present, and future Retired Educators, and other beneficiaries of the Florida Retirement System? This money will be used in a non-partisan way.

Yes, I would like to support FREA's Legislative Advocacy: \$ 4.00
 FREA Dues for July 1—June 30 \$35.00

Make checks payable to: Local Unit Name _____ Local Dues \$ _____
 FREA Please Donate in my name to the Florida Retired Educators Foundation \$ _____
 Mail to: 8950 9th St N Suite105 Total Enclosed \$ _____
 St. Petersburg, FL 33702

Visa Mastercard Discover American Express

or Name on Card _____ Exp. Date _____
 Call the Office with your credit card Card Number _____
 727-577-6400 ~ Mon-Fri 8AM-3PM



Linda Edson and Larry Carmichael
FREA Legislative Co-Chairs

Legislative Review of the 2020 Session

Submitted by Linda Edson (Editor: This letter was written on May 6, 2020. for updates please contact Linda Edson edsonl@nettally.com)

The Florida Legislature passed the budget a few days late because of disagreements between the House and Senate. Here is a breakdown on some of these bills and whether actions was taken, or not .

**** The Best and Brightest program was repealed.** This was the program which gave some teachers a bonus based on their test scores on some high school national tests.

****An increase in Base Student Allocation.** This is important because it may cover the extra cost of Florida Retirement System. **No action yet**

****\$500,000,000 in funds for increasing teacher salaries. No action yet**

****Rate Changes for FRS to help pay down the unfunded liability No action yet**

****Increased funding for Voucher Schools with no increase in school safety or having to adhere to antidiscrimination policies No action yet**

****Early Learning assessment failed**

****Turnaround Schools Failed.** These bills said if a school receives one D or F grading they will require an external or charter school contract

On March 13 the session was to end, however they had not yet voted on the budget. This required all legislators to return to Tallahassee, since our constitution requires the vote be in person. The problem was on March 16, Tallahassee had their first Corona-19 death. Do not be surprised if a bill appears next year allowing online voting.

As we all know the pandemic has impacted people around the world. Schools have been closed and suddenly the public is realizing the value of teachers. Retirees with a pension are the lucky ones. They are receiving their regular income and thus are helping their local economy. People who are relying on their 401K are not in the same position. Count your blessings!



FREA: Keeping an Eagle Eye on your Pension!

Need help? The Department of Elder Affairs is Here for You!

To apply for services or obtain information about our programs and services,

please [click here](#) for your local Elder Helpline number,

or you may call the statewide, toll-free Elder Helpline at 1-800-96-ELDER (1-800-963-5337).



Mission Statement:

To promote the well-being, safety, and independence of Florida's seniors, their families, and caregivers.

Vision:

For all Floridians to live well and age well

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Background Screening
Disaster Preparedness
Elder Abuse Prevention
Elder Helpline
Elder Update Newspaper
Employment for Seniors
Health Insurance for Seniors
Pain Management and Opioid Misuse Prevention Campaign for Older Adults
Press Releases
Public Meeting Notices
Rulemaking
Senior Centers in Florida
Senior Legal Services
Services in My Area
Volunteering
Annual Regulatory Plan 2015-2016
Annual Regulatory Plan 2016-2017
Annual Regulatory Plan 2017-2018
Annual Regulatory Plan 2018-2019
Annual Regulatory Plan 2019-2020

To access the website: <http://elderaffairs.state.fl.us/>

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FREA 5th Grade Essay Contest

May 11, 2020

Mrs. Cindy Jacobs ~ W.H. Rhodes Elementary ~ Santa Rosa County



Mutton Busting with Pawpaw

By Mason

Has your grandpa ever won the Southeast Region of the US Calf Roping Association? Mine has. Has your grandpa been the National Director of the Alabama High School Rodeo Association for the past twelve years? Mine has. Has your grandpa won numerous belt buckles for calf roping? Mine has. Is your grandpa's greatest accomplishment awarding children hundreds of scholarships over the past 10 years? My grandpa made it happen! As you can see, my Pawpaw is a very special man.

One of my favorite memories was hanging out with my Pawpaw when I was five years old. We attended a rodeo. When Pawpaw was at a rodeo, he was there to work. I was sitting quietly in the stands when all of a sudden he started waving at me. He wanted me to come down to the arena with him. I didn't know what to expect! Pawpaw put a pair of chaps on me. I called them fancy pants. Then he strapped a padded vest onto my chest, and he shoved an Alabama football helmet onto my head for protection. I said, "Pawpaw! Why are you doing this?" I felt like a prize steer at a cow auction, but I knew this was just Pawpaw's way of showing others that he was proud of me.

I stood beside the bull riding chutes, and I learned all about a sport called "Mutton Busting". Mutton Busting is a rodeo event for young children in which each participant tries to remain on the back of a sheep for as long as possible. I was ready to go. I had my chaps, my vest, and my Roll Tide helmet. I was very nervous. My Pawpaw explained what I was supposed to do, which was to hang on tight. He told me to have fun.

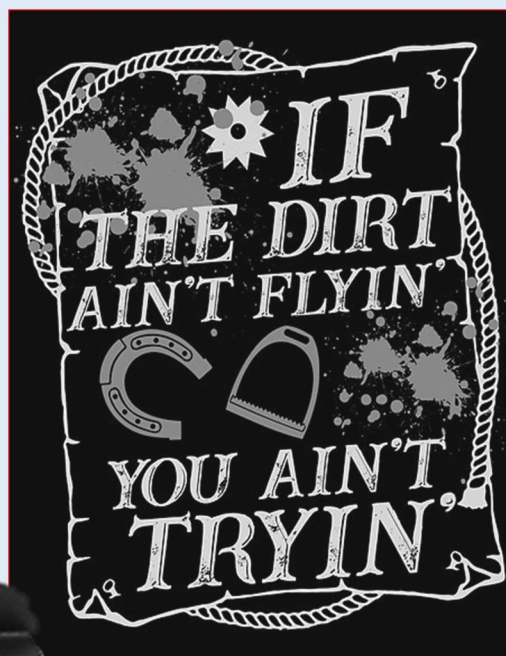
As the first kid rode, I nervously watched. I watched several other kids. Suddenly, I heard my name announced over the loudspeaker! Mason Bradberry! I entered the bull riding chute and several people helped me onto the back of a big, fluffy sheep. That sheep smelled so badly! I laid my chest against the sheep's back and grabbed fists full of wool like Pawpaw told me to do. Pawpaw said, "Are you ready, Sport?" Then he opened the gate. Everything was a blur! I didn't know sheep could run so fast! I heard people cheering for me. I heard loud music. Then I hit the ground with a loud thud. I felt like I rode the sheep for five minutes, but I later found out it was only for about five

seconds. In an instant, Pawpaw was by my side with a big smile on his face.

My Pawpaw is my biggest fan. Mutton Busting is just one example of something fun we did together. It doesn't matter what we do. I love spending time with my Pawpaw. I am hoping that one day soon I can move closer to him so that we can spend as much time as possible together. I love my Pawpaw.



Graphics by Anne Fagan





Teacher: Mrs. Haber
School: Chocachatti Elementary
County: Hernando

The Sleepover

Author: Alyssa



My mom told me I was having my first sleepover the weekend of my 11th birthday, I was beyond excited! This was literally the first time she seemed open to the idea of my friends spending the night, and I was determined to make the most of it. A million questions began racing through my mind at once. Who to invite, what games to play, movies to watch, snacks to buy. Just then my mom's voice broke through my thoughts.

"Alyssa? Don't you want to know where you'll be sleeping over?"

Wait, what did she say?

"Um, don't you mean who do I want to sleepover here?"

"No Sweetheart. You'll be sleeping over Nana and Grand Dads this weekend. It will be your very first sleepover! Aren't you so excited?"

I pretended I was, but deep down I was dying. It's not that I don't love spending time with my Grandparents. I do. It's just that they're a little bit older than me if you know what I mean, and the idea of spending a whole night at their boring house was more than I could take.

Realizing I didn't have a choice in the matter, I began packing my Little Mermaid suitcase for the big occasion.



That's right, The Little Mermaid. I had the same suitcase from when I was 4 and my parents took me to Disney World. No need for new luggage when you never get to sleepover anywhere. Until now that is.

Last night I spent the entire night with my Grandparents. It turned out to be the best first sleepover ever!! I had no idea my Grandparents were so much fun to be with! When I arrived at their house, I hadn't even unpacked my suitcase when Nana announced we were going out for "a night on the town." They took me everywhere that night.

We went bowling first and then went out for ice cream. I told them I hadn't had dinner yet, but they took me for ice cream anyway! Mom would have a fit if she knew. Then we went to my favorite restaurant and had breakfast for dinner! After dinner it seemed late, but they said we were going to a movie. At 10:00 at night!

My mom never lets me stay up that late; except for last year on New Year's Eve! And yet, here I was on a Saturday night, hanging out with my Grandparents.

Up until tonight, I would of have bet they went to bed earlier than me, but here they were, seemingly less tired than I was. After candy, way too much popcorn, and a large soda, which I'm not allowed to drink ever, we went back to their house for bed. I fell asleep smiling and dreaming about my next sleepover at my Grandparent's house. I can't wait to thank my mom!



A
NIGHT
OUT ON THE
TOWN



Grandparents



ROCK

Graphics by
Anne Fagan

“The only constant in life is change”

Heraclitus



Helen Shaw

It has been my esteemed honor to have been the FREA Necrology Chairman for the past 12 years. I would like to thank Marie Grein for asking me to take on this position during her tenure as FREA President. Her vote of confidence and encouragement started me on a journey that was supposed to last 2 years, but continued for 10 additional years. Thank you to the 5 succeeding FREA Presidents for their confidence and support: Esther Twitchell, Thelma Mosley, Cathy McCartney, Roger Cuevas, and Pam Schwartz.

Special acknowledgement and appreciation goes out to Michael Ferger for his musical talents on the keyboard for the past 10 years. He contributed so much to the enhancement of our special programs. Also, thank you to FREA members for your support by attending these programs.

It is now a new era. Time to bring in a new Memorial Services Chairman. Hats off to Carolyn McLaughlin for accepting this position. She will do an amazing job, and has my support and best wishes in this endeavor.

Pictured at right is the cover to 2020 FREA Memorial Program. If you would like a copy of the program, please contact the FREA office and we will be happy to mail you one. If you would like to look at the program online, please go to www.frea.org

On behalf of FREA, thank you to Helen Shaw for her years of doing honor to the FREA members who have left before us. For the last 12 years, with grace and style, and loving heart, Helen shepherded us through the bittersweet beauty of her meticulously designed Memorial Services. Her words inspired us to remember those who gave so much to us, while also giving us hope for the wonder of the journey. Thank you Helen, you were amazing.

“A Time to Remember”

Helen Shaw, FREA Necrology Chair,

2008 ~ 2020



Our Celebration of Life

FREA Convention

May 12, 2020

May 1, 2019 through June 23, 2020

Verse by Helen Shaw

Graphics and Design by Anne Fagan

Unit Members		
Joyce	Weldon	Baker CREA
Catherine	Albury	Baker CREA
Joseph	Eddings	Broward CREA
Geneva	Yokel	Broward CREA
Lucille	Folsom-Mason	Broward CREA
Diane	Cashour	Central Brevard REA
Edward	Hall Sr	Duval CREA
Carmen	Fiveash	Escambia CREA
Gertrude	Wilson	Escambia CREA
Laurie	Thrash	Escambia CREA
Ruth	Kingry	Escambia CREA
Virginia	Mc Clean	Escambia CREA
Esther Lee	Martin	Escambia CREA
Pauline	Jenkins	Escambia CREA
Jean	Peters	Franklin/Gulf REA
Myra	Ponder	Franklin/Gulf REA
Iris	Smoak	Gadsden CREA
Beverly	Adams	Highlands CREASP
Gene	Brenner	Highlands CREASP
Patrick	Hogan	Highlands CREASP
Thomas	Daniels	Jackson CREA
Emma	Stokes	Jefferson CREA
Flossie	Byrd	Jefferson CREA
Rayner	Fetzner	Leon/Wakulla REA
Margaret	Cash	Leon/Wakulla REA
Alma	Twiggs	Madison CREA
Joyce	Wright	Madison CREA
Doris	Wilson	Manatee CREA
Kim	Stinson	Manatee CREA
Frank	Pittman	Martin CREA
Georgiana	Bethel	Miami-Dade CREA
Jerald	Beasley	Miami-Dade CREA
Ana	Martinez	Miami-Dade CREA
Esther	Villaverde	Miami-Dade CREA
Iola Jean	Felton	Miami-Dade CREA
Cornelia	Graves	Nassau CREA
Patricia	Manning	North Brevard REA
Robert	Ross	North Brevard REA
Ronald	Bobay	North Brevard REA
Alice	Prendergast	North Pinellas REA
Margaret	Woodbery	Orange CREA
Billy	Moffett	Orange CREA
Lillie	Gamble	Orange CREA
Janet	Wilkins	Palm Beach CREA
Geneva	Sheely	Palm Beach CREA
Shaver	Sasser Jr	Santa Rosa CREA
Dorothy	Heritage	Sarasota REA
Donald	Bernat	Sarasota REA

March 1, to June 23, 2020

When you lose
someone you love,
You gain an angel you know.

unknown

Unit Members		
Betty W	Bates	Seminole CREA
James	Beck	Seminole CREA
Norma	Ragsdale	Seminole CREA
Ronald	Jones	Seminole CREA
Elizabeth	Miller	Seminole CREA
Yvonne	Pierce	South Pinellas CREA
R Jeanne	Gilley	South Pinellas CREA
Charles	Hayling	St. Lucie CREA
Betty	Warren	Sumter CREA
Adria	Allen	Suwannee/Lafayette REA
Carolyn	Winburn	Suwannee/Lafayette REA
Dorothy	De Pass	Suwannee/Lafayette REA
Georgie	Anderson	Suwannee/Lafayette REA
Hugh	Mills	Suwannee/Lafayette REA
Katheryne	Pryor	Suwannee/Lafayette REA
Louise	Blevins	Suwannee/Lafayette REA
Gwendolyn	Biddle	Volusia CREA
Amelia	Skolnik	W Hillsborough REA
Charles	Nabors	W Hillsborough REA
Mollie	Boone	W Hillsborough REA
Rosalie	Tosh	West Volusia CREA

State Members

Barbara	Needleman
Almeda	Montgomery
James Ferrel	Smith
Richard	Demeri
Mildred	Justus
Cynthia	Stein
Gary	Gilbert
Sylvia	Heit
Barbara M	Pariso
Harvey	Gordon
Maurice	Ingber
John	Hampp
Lou	Nicholson
Sheila	Shapiro
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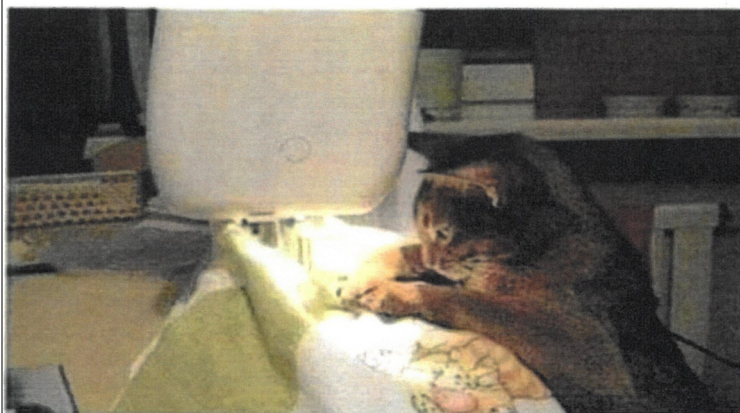
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Submissions sent to:
info@frea.org

EDITOR'S NOTE: The editor has exercised the privilege of editing Bulletin material where space was limited or when similar information was received.

Osceola CREA Wins New Member Contest!

But we are *all* winners thanks to our growing FREA Membership. Even in these crazy times our membership is growing. Hang in there everyone, remember: ..."This too shall pass".

I will make you a mask and I want you out of my house TODAY, Karen!



WHAT PETS THINK ABOUT QUARANTINE

