

The Publication Dedicated to Retired Florida Educators & School Personnel



FREA BULLETIN

Volume 46, Issue 1
Spring 2020

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facebook



**The world is powered by those who show up.
FREA is keeping an Eagle Eye on your pension and
showing up for you!**

FREA Legislative Days 2020



On January 28-9, the FREA 2020 Legislative Committee made its presence known for 2 full days in Tallahassee this year. Your Legislative State and District Chairs each visited once, if not twice, all of their FREA districts' legislative offices, speaking about FREA Legislative Priorities and letting the legislators know that FREA members are a force to be reckoned with. (Full story and pictures on pages 6-7.)

From l-r: George Ellis, District 10 Chair; Janet Hayes, District 4, Chair; Bob Stephens, District 6, Chair; Valeria Stephens, District 6; Linda Edson, District 2, Chair and State Legislative Co-Chair; Antonio De La Luz, District 10; Leanne Karstedt, District 3 Chair; Evelyn Odom, District 10; Pam Schwartz, District 1, and FREA President; Larry Carmichael, District 2 and FREA Legislative Co-Chair; Bill Galvano, Florida Senate President; Susan Darovec, District 7 Chair; Nancy Hosie, District 9, and FREA President-Elect; Melissa Borghorst, District 5, Chair; Carrie Frye, District 8; Ed Stanford, District 1 Chair; Jay Jones, District 8 Chair; Roger Cuevas, District 10; Karin Palmer District 9.

Elections 2020-Learn!

Are you ready to promote FREA's Legislative Priorities aka YOUR Priorities regarding your pension and the future of quality education in Florida? Join us at Convention 2020. We have brought in the experts to show you how to get the word out! Note the strong presence of legislative training and education at Convention on the Timeline, page 7.





Anne M. Fagan
FREA
Executive Director

What is so Special About the You, the Members of the Florida Retired Educators Association?

Simple. You choose not to just exist, you choose to continue to make a positive difference in the world around you.

Our FREA members are special people who make the world around them a better place to live.

How do you do this? By:

- Participating as a State Board Member or Trustee or State Chair and strengthening our organization with your leadership and skills.
- Supporting your Unit by donating items for scholarship fundraising.
- Serve as a unit officer and handle hundreds of details.
- Giving books to schools through Margaret Poppell Literacy for Life Project.
- Collecting needed items at Unit Meetings to send to troops overseas, take to assisted living facilities or schools or any one of thousands of venues that can always use a helping hand.
- Not only volunteering for FREA, but also usually for several other community service organizations at the same time.
- Being advocates for the educators of the past, present, and future through scholarships, grants, and also very importantly: Legislative Advocacy.
- And too much more to list.

You may not think you are special, but take just a moment to look around and notice that there are many people who are content to just exist. They have *theirs*, no matter how much *that* is, and everyone else can worry about themselves. Not our FREA members. No way. Your giving never ends and yet, you just see it as a way of life. You do not think you are special, you are just doing what feels "right" to you. So hats off to you our very special FREA

Members. Please know that you are invaluable and appreciated, even if I do not have the time to individually thank you all.

God gave you a gift of 86,400 seconds today. Have you used one to say "thank you"?

William Arthur Ward

Having said that, an individual Thank you to Dr. Phyllis Omilak, FREA State Secretary, for sending in the picture to the left. She took that at sunrise one morning at Convention last year. She sent the photo because she wanted to share the beauty that she enjoyed one morning before assuming the duties of FREA Secretary. For those who have never been brave enough (definitely my reason) to be a secretary in an organization or business, it is a daunting task and one which requires endless patience and attention to detail. (Another couple of personality traits I am somewhat lacking.) Phyllis fulfills her duties with a smile that lights up the room, sorting the wheat from the chaff as conversations swirl around her and she tries to figure out what the heck is, and is not, important.

Phyllis,
"Thank you"
for all that
you do, and
for the
serenity
moment
your photo
gave me.

And now,
back to
finishing the
newsletter,
which is
already late.
As usual...



Extreme Ethel has her bag packed and is ready to go to Convention!



Why Florida Retirement Group?

www.flretirementgroup.com

1-800-595-8891



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.** Our main goal at Florida Retirement Group is to help eliminate the complexity around insurance and investments by creating an agency that is centered on a fiduciary promise. The vast array of products and confusing literature available to customers today can be very difficult to navigate. With over thirty years of combined experience, Florida Retirement Group advisors have helped thousands of individuals and their families protect their wealth in retirement.

Florida Retirement Group and their licensed advisors specialize in areas including health insurance for Medicare beneficiaries, long-term care insurance, life insurance, estate planning, and independent financial planning.

As an insurance agency broker, Florida Retirement Group has relationships with many of the highest rated insurance companies and the highest quality financial institutions. Florida Retirement Group strives to find the right insurance or financial portfolio to fit your needs and goals.

At the Florida Retirement Group, we work for you!

**Click Here To
JOIN OR
RENEW
TODAY**

FREA 2020-2021 Membership Drive Begins!

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

<input type="checkbox"/> Annual FREA Membership	\$35.00	<input type="checkbox"/> Associate Member	\$35.00
<input type="checkbox"/> New Membership	<input type="checkbox"/> Retired Teachers/Administrators/Support Staff/Food Service/Transportation/Maintenance, etc.	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.	
<input type="checkbox"/> Renewal of Membership			
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.

Make checks payable to:

FREA
Mail to: 8950 9th St N Suite105
St. Petersburg, FL 33702

or

Call the Office with your credit card
727-577-6400 ~ Mon-Fri 8AM-3PM

Yes, I would like to support FREA's Legislative Advocacy: \$ 4.00

FREA Dues for July 1—June 30 \$35.00

Local Unit Name _____ Local Dues \$ _____

Please Donate in my name to the Florida Retired Educators Foundation \$ _____

Total Enclosed \$ _____

<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Discover	<input type="checkbox"/> American Express
Name on Card		Exp. Date	
Card Number			



Pamela B. Schwartz

PASSING THE TORCH WITH 2020 VISION

As the world turns, orbiting the sun and creating the days of our lives in the annual cycle of seasons, time marches on. The 2018-2020 FREA Board of Directors is preparing to pass the torch of governance for continuing our mission as we spring forward to the 2020 Florida Retired Educators Association Convention.

Serving as head coach and cheerleader of the All-Star FREA Leadership Team for the past 2 years has been an honor. Working together to transform FREA into a more

efficient, effective, relevant organization while having FUN has taken dedication from engaged members at every level. All units are commended for submitting annual reports, updated by-laws & standing rules, delegate names, and nominations to fill vacant positions. As this fiscal year ends, this information helps to not only assess achievements, but to also plan for the next year.

Lighting the way to a brighter future requires ongoing commitment to our mission while staying focused on our vision. It requires a dedicated TEAM of members who RISE & SHINE every day striving to stay on course following a strategic plan which must be adjusted as change and challenges occur. To be most effective, a team requires members with diverse talents who are willing to stand up, speak out and take action when called upon to serve. The best teams engage all members in a mentoring cycle nurturing them to become their best selves transforming followers into leaders. To maintain efficiency team training must provide support for continuous progress moving forward. Communication, collaboration and cooperation are vital components to coordinate teamwork to stay relevant to survive and thrive as times change. There is strength in unity promoting health, education, and financial stability for everyone.

Come to convention in Daytona Beach to celebrate FREA STARS DANCING THROUGH THE DECADES as information and inspiration are shared to enlighten everyone. Participate in recognizing contributions of some of our most valuable players and electing leadership as the torch is passed to Nancy Hosie and her team for 2020-2022. As rising stars, let us all continue to shine as we soar in this new decade improving the Florida Retired Educators Association respected for community service with lifelong learning.

Pamela B. Schwartz

Pam Schwartz - FREA President

District Director Nominee for District 5

Mary E. Madison is a retired mathematics educator. She began her path to mathematics in middle school and continued through undergraduate and graduate school. She considers "Mathematics is the Queen of Science." After God, family, and volunteering, mathematics is one of the most important parts of her life.



Madison received graduate studies in mathematics at University of North Florida in 1986-1988. She completed her MBA, general business, at UNF in 1977 and received a Bachelor of Science in mathematics from Florida A & M University in 1970. She worked as a mathematics educator for 36 years in Duval County Schools, University of North Florida and Florida Community College at Jacksonville. She was a finalist for Duval County Teacher of the Year and a Tandy Technology Outstanding Teacher Award (given to 100 teachers in USA).

During 2014-2018, Mary volunteered with Gamma Rho Omega Chapter of Alpha Kappa Alpha Sorority, Inc. at the Northeast Florida Boys and Girls Club. She was leading high school students in the ASCEND Program to develop STEM projects. She still tutors middle, high, college students and adults in mathematics.

Madison is currently president of Duval County Retired Educators Association, past president and past treasurer of Gamma Rho Omega Chapter of Alpha Kappa Alpha Sorority, Inc. She is a member of the Northside Community Involvement Inc., and serves as the Assistant Finance Director, and a member of Florida Retired Educators Association.



FREA/FREF Officers	
President District 1	Pamela Schwartz sch3028can@aol.com
President-Elect District 9	Nancy Hosie nankwh@aol.com
State Director District 8	Kim Stutsman stutsmank@embarqmail.com
Secretary District 7	Phyllis Omilak omilakp@gmail.com
Treasurer District 6	Marie Grein marie.grein@aol.com
FREF Chair District 7	Karla Brogdon brogdon1@msn.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 FREF?

The Florida Retired Educators Foundation (FREF) is an autonomous branch of the Florida Retired Educators Association (FREA).

What Does FREF Do?

FREF aids educators, past, present, and future.

Past

FREF provides assistance to retired educators who find themselves in financial crisis.

Present

FREF provides grants to practicing teachers who want to initiate a project in their school or classroom.

Future

FREF awards scholarships to outstanding high school students who wish to major in education.



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”.)

Your loved one’s legacy will live on in the Foundation as their legacy shows that they “Continue to Care”.

Extravaganza Tickets—Get ‘Em While They’re Hot!

Can you use some extra cash? Of course you can!

You have a chance to win between \$100—\$600. For just \$10, you earn two chances to win the following cash prizes:

\$500 - 1st Prize

\$300—2nd Prize

\$200—3rd Prize

\$100 Cash Prize to a winner in each FREA District

Between now and the end of April 2020, you can buy tickets through your local units. They cannot be purchased at the convention. Get your tickets now. **Don’t belong to a Unit?** Give the office a call: 727-577-6400 - We can do phone orders.

Back by Popular Demand!

Gift Baskets for FREF Donation and Unit Project

The Gift Baskets last year were amazing! We had such a tough time picking the winning 3, we ended up doing a secret vote. So the gauntlet is thrown and we are challenging you again.

There are 3 Categories for Prizes:

- Most Creative Container
- Most Unusual Basket Overall
- Most Interesting Holiday

<http://www.holidayinsights.com/everyday.htm> Or [download list here](#)



Holiday Gift Basket Contest



Guidelines

- Not so big or heavy it can't be moved by one person.
- A list of what is in the basket and history of the holiday, if it is obscure.
 - In one container. No separate parts
 - Worth at least \$50.00

Have fun creating, and we can't wait to see them!



Attention Fashionistas... This Year's Colors are Blue and Gold



1940s STYLE GUIDE


Wednesday Night Gala Entertainment ... Check!

We have given everyone the year off from planning anything more challenging than how to dress up from your favorite decade, or in Gold and Blue, or both. Sit back and enjoy the Oceans Dance Club of Daytona Beach's Dancers as they take us Dancing Through the Decades. After the Dancing Pros finish entertaining you, they will be offering dance lessons in either groups or solo.



Convention 2020 Timeline

A full Timeline with room names, etc. will be in the Program in your Registration packet when you arrive at Convention. While there may be slight changes, the times and order of events will remain the same.

Monday, May 11, 2020	
Time	Event
12-6:00	Registration
12-5:00	FREA Trustees Meeting - Incoming and Outgoing – Box Lunch provided
3-5:00	Benefits Committee Meeting
5:30-6:30	Executive Committee Meeting
6:30-9:30	FREA Board of Directors Dinner Meeting (Incoming and Outgoing)
Tuesday ~ May 12, 2020	
8-4:00	Registration
8:30 –10 AM	FREA Board of Directors Meeting (continued)
10-12:00	District Directors Meeting-Incoming and Outgoing
10-12:00	State Committee Chair Meeting
11- ?	Past Presidents Council Meeting
LUNCH ON YOUR OWN	
Opening General Session	
1-1:15	Welcome
1:15-1:20	Pledge of Allegiance—
1:20-1:25	Thought for the Day
1:25-1:30	Introductions of Past Presidents, Vendors, FREA Office Personnel
1:30-2:30	 Dr. Leo Murphy Education: Our Best Defense Professor of Aeronautical Science at Embry-Riddle Aeronautical University
2:30	15 Minute Break - Opening Session Continues
2:45-3:00	Al Campos - Executive Director NRTA
3:00-3:10	Minutes of 2018 Convention
3:10-3:20	Presentation of Budget
3:20-3:25	Registrar's Report
3:25-3:30	Nominating Report Adjourn General Session
3:30-5?	District Meetings - However much time needed is up to each District.
5:15 Until...? Tuesday Night Beach Wander Go out and explore Daytona Beach-See you tomorrow morning!	
Wednesday, May 13	
Time	Event
7-8:45 am	Breakfast
9:00	General Session 2
9:00-9:05	Open Session
9:05-9:10	Thought for the Day

Wednesday May 13, continued		
9:10-9:30	Volunteer of the Year Awards	
	Reading of the 5th Grade Essay	
Breakout Sessions Your Nametag has a group number on it. Please start with the session that matches your group number and then progress to the next session e.g. · Group 1 starts with Breakout 1 and moves from there to 2, then 3 · Group 2 starts with Breakout 2 and moves from there to 3, then 1 · Group 3 starts with Breakout 3 and moves from there to 1, then 2		
Session Durations	Breakout Session 1 Legislative Advocacy	Al Campos Executive Director National Retired Teachers Association Jasmine Vasques Senior Legislative Representative National Retired Teachers Association
9:35 -10:10		
10:10-10:55	Breakout Session 2 Benefits	Florida Retirement Group And Association of Member Benefits Advisors
10:55-11:40	Breakout Session 3 Fraud Prevention	AARP Fraud Watch Presentation
1:15-2:00	FREA Memorial Service	
	General Session 3	
2:15-2:20	Open Session	
2:20-2:35	FREA Officer Election	
2:35-2:45	Budget Vote	
2:45-3:00	Break	
3:00-4:30	Legislative Advocacy Training Attendees: All State, District, and Unit Legislative and Information Services Chairs	
3:00-4:30	Membership Roundtables: How to Use Your AMBA List Attendees: Unit Presidents, Vice Presidents, Treasurers, Membership, Secretaries, Volunteer Services, Info Svcs	
5:30-7:00	Mix and Mingle 1.5 hour courtesy open bar of hotel with appetizers	
7:00 -10:00	Dancing Through the Decades From the Roaring 20's to the Soaring 20's Mediterranean Buffet Dance Revue with DJ – Oceans Dance Studio Dance lessons and Open Dancing afterward.	
Thursday, May 14		
7:00-8:30	Breakfast	
8:45 AM	Closing Session	
8:45-8:55	Open Session	
8:55-9:00	Thought For the Day	
9:00-9:15	Installation of Officers	
9:15-9:30	Unit of Excellence Award	
9:30-9:40	Outgoing President's Remarks	
9:40-10:00	FREA Extravaganza and Winning Basket Drawings	
10:00-10:10	Incoming President's Remarks/Location of 2021 Convention	
	Adjourn	

FREA 2020 Convention

Tuesday, May 12 to Thursday, May 14, 2020
The Plaza Resort and Spa, Daytona Beach

Convention 2020 Need-To-Knows

NO REFUNDS for room cancellations after May 7, 2020. Rooms cancelled before that date will have refunds sent **after** the convention. (Emergencies do happen and we will address them on a case by case basis.)

Early Check-Out Fee: The hotel will impose an early check-out fee of \$111.00 in the event a guest in our group checks out prior to the reserved time. The attendee will be responsible for payment.

Meals:

- **No New Event Meal Packages Sold after May 1, 2020**
- Special Dietary requests need to be on Reservation Form. Please keep in mind all meals are buffet and you may pick and choose

Payment:

Register Online www.frea.org/Online

By Credit Card you can:

- Enter card info on form

Or, if you call the Office with your credit card. A completed Registration Form needs to be received by the office before we can process your registration.

By Check:

- Please write one check per reservation form, to FREA. Include this individual reservation form and mail **before April 11, 2020** to FREA Office.

Room Perks	
Free Parking	One 2 liter bottle designer water (per room)
Free Wi-fi	Fitness center
Pool towels	Daily newspaper
First hour of Water Sports	
Free Wednesday Night Mix and Mingle with Open Bar and Hor's douerves.	

FREA OFFICE

8950 9th St. N., Suite 105
St. Petersburg, FL 33702-3047

For changes in delegates and for last minute emergencies
Contact FREA Office: info@frea.org or 727-577-6400

Hotel Address

For navigation purposes only. All reservations, or reservation changes,
MUST go through FREA Office.

The Plaza Resort and Spa
600 N. Atlantic Ave.
Daytona Beach, FL 32118

www.plazaresortandspa.com

To Avoid a \$50.00 Late fee: Register by: April 11, 2020

Delegates: Your Unit did not make your Convention 2020

Reservation, they merely designated you as a delegate.

Delegates must send in a Reservation Form AND If you are a Delegate, Trustee or

FREA Board Member :

Please DO NOT USE the form on the next page.

- You can go online at www.frea.org/Convention to register.
- OR download your correct Reservation Form
- OR call Office 727-577-6400 - we will mail the correct form.
- OR email info@frea.org - we will send the correct form.
- Lastly: Please *do not* register directly with the hotel.

General Attendee (NOT for Delegates, Board, or Trustee) Reservation Form—FREA Convention 2020
Tuesday May 12 to Thursday May 14, 2020—The Plaza Resort and Spa, Daytona Beach
All FREA members, friends, and family are welcome to attend the Convention
Avoid the \$50.00 Late Fee—Return postmarked BEFORE April 11, 2020

Name:	Phone:
	E-Mail:
Unit Name (if applicable)	1 st time attendee? Yes No
Address	
City	State Zip
EMERGENCY CONTACT: Name:	Phone: - - - -
Others in room: Full Name (s)	

- Each ROOM needs a separate Registration Form. If you are sharing a room, please send all money in at one time. No separate payments please and...Please make sure 'Others in room' section is completed.
- 4 P.M. is check-in: Hotel may not have room available until after 4 PM
- Early check-out Fee: The hotel will impose an early check-out fee of \$111.00 if a guest checks out prior to original check-out date. Guest is responsible for payment.
- Cancellation: Reservation must be cancelled with FREA Office before May 7, 2020 or Attendee is responsible for charges

Please Complete ALL Information and Return Form, with full payment To:
FREA Office - 8950 9thSt N, Ste 105, Saint Petersburg, FL 33702

Handicap? Yes or No	King Bed	Double Beds	Rollaway:
Special Requests or Handicap Room - Please Specify all needs:			
Arrival Day	Date: May 2020 ~	Departure Day	Date: May 2020
\$111.00 Special Room Rate (with Perks Page 2), applies 3 days before and 3 days after Convention			
Registration: PAID BY ALL attendees – non-refundable (This covers name tags, meeting materials, complimentary Convention Tote Bags, with giveaways inside and more.)	\$50.00	x	# of people = \$
Late Fee (If registration is postmarked after April 11, 2020)	\$50.00	x	# of people = \$
Hotel Room Cost per night: \$111.00	\$111.00	x	# of nights = \$
Wednesday Morning Breakfast Buffet	This year, due to the hotels' limited dining options, we are offering all meals and activities listed for the low cost of \$125.00 per person.	#	\$125.00 x people = \$
Wednesday All-American Lunch Buffet			
Wednesday Night Mix and Mingle: Complimentary Open Bar and Hors d'ouerves from 5:30-7:00 plus Chobee Steelers Steel Drum Band, and Green Screen Photography by Ed for Groups and Individuals			
Wednesday Night Mediterranean Buffet Dinner and a Show. "Dancing Through the Decades" Presented by the Oceans Dance Studio. From the Roaring 20's to the Soaring 20's we relax and be entertained and then complimentary dance lessons and open dancing afterward.			
Thursday Morning Breakfast Buffet			

Special Dietary Needs. The Buffets will have dietary choices available.

•Enter card info at right. •If you call the Office with your credit card, a completed Registration form needs to be mailed or emailed before we can process your registration.	<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Discover	<input type="checkbox"/> American Express
	Name on Card			Exp. Date
	Card Number			3-4 digit code
Check #		TOTAL Amount Authorized or Enclosed		



Tom Johnson
Information Services
State Chair

This Is What a Coronavirus Infection Feels Like

Rule #1: Don't Panic. Educate Yourself

We are educators. Learn, and share, and be a source of educated reason.

A doctor overseeing quarantined patients details COVID-19's symptoms

by Rachel Nania, [AARP](#), March 2, 2020 | Comments: 4

In most cases, it starts with a fever.

There's usually a cough that accompanies it — sometimes shortness of breath. But for people with a mild case of COVID-19, the disease caused by the new coronavirus, that's pretty much the extent of unpleasant symptoms, says Mike Wadman, an emergency physician and co-medical director of the National Quarantine Unit at the University of

Nebraska Medical Center in Omaha, where 15 Americans who were onboard the Diamond Princess cruise ship are being treated or observed for the illness.

If COVID-19 doesn't sound much different from the cold, flu or any other respiratory illness that circulates seasonally, you're right. "There is a lot of overlap," Wadman says.

In fact, some of his patients tell him the coronavirus illness is a lot like the flu; a handful have reported it's not as bad. Influenza typically comes with a longer list of symptoms, such as nasal congestion, sore throat, muscle aches, vomiting and diarrhea. "And we're really not seeing that in the patients we've seen here with COVID-19," Wadman says.

So far, the large majority (80 percent) of the 87,000 people who have been sickened by the coronavirus since it was first detected in Wuhan, China, in late December have experienced the mild symptoms described by Wadman, the World Health Organization reports. Typically, those symptoms subside in a few days.

In more severe cases (about 14 percent), some people with COVID-19 have reported chest pain and have developed pneumonia, an inflammation of the lungs caused by infection. Preliminary data show that older adults and people with underlying health conditions are most at risk for severe illness. To date, nearly 2,900 people have died from the disease, most in China.

What to do if you experience signs of infection

The majority of confirmed COVID-19 cases in the U.S. have been linked to travel from a country where the illness is prevalent or by close contact with an infected person. Some instances of community spread have been reported, however, and the trend could continue.

Health officials encourage anyone exhibiting the three primary symptoms (fever, cough and shortness of breath) to call their health care provider first. Going into a health care setting isn't always the best course of action, since you could infect others or pick up another infection, Wadman points out.

Pain in the chest typically warrants an emergency department visit, no matter the illness in question, Wadman says. The same goes for progressive or sudden onset of shortness of breath or any sudden change in mental functioning. Fever and cough, however, may be managed at home or with a trip to the doctor's office.

Coronavirus symptoms

Mild COVID-19 cases:

- fever
- cough
- shortness of breath

Severe COVID-19 cases:

- chest pain
- pneumonia

If you are diagnosed with COVID-19, stay home and avoid public areas, the Centers for Disease Control and Prevention (CDC) advises. A face mask may help prevent the spread of germs to those around you. (Experts recommend an N95 respirator.) Washing your hands often and wiping down frequently touched surfaces also reduces the risk of getting others sick.

There is no cure yet for COVID-19, just relief from symptoms. A clinical trial is underway, however, to test the safety and efficacy of the antiviral drug *remdesivir* as a potential treatment.

Continued next page.

This Is What a Coronavirus Infection Feels Like-continued from page 10

How to protect yourself from the coronavirus

Without a vaccine to protect against the coronavirus, experts say the best way to avoid it is to practice everyday prevention measures: Wash your hands often and stay away from sick people — at least six feet away, Wadman says.

"This disease is transmitted by respiratory droplets. So those droplets from a sneeze or cough, if [they land] in your mouth or nose, or if you're inhaling those droplets, that's the way that this disease is primarily transmitted from one person to the next. And if you stay six feet away, you minimize the possibility of that happening," he says.

Avoid touching your nose, mouth and eyes. And if you do need to cough or sneeze, be sure to cover it.

"Especially if you are older, or if you do have other medical conditions, you're at higher risk. And so really adhering to these preventive measures is a very important thing to prevent becoming ill, and if you are sick, to prevent giving that infection to someone else," Wadman says.



Roger Cuevas
Past President &
FREA Nominating Chair

Leaders Create Leaders!



We are currently seeking nominations for the 2020 election – Job Descriptions are available in the FREA Bylaws and Standing rules, and FREF Bylaws available on the FREA website or by contacting the FREA Office.

FREA President-Elect Nominee

Nominations are being sought for this position.

FREA District Directors for Districts: 2,3,4,5. Nominations are being sought for all of the below districts. District Directors may serve two-year terms and **must be nominated each term.**

Districts that are open for nomination for a new director, or with directors who may be nominated for a second term, are:

District: 2 – Nominee needed

District: 3 – Nominee needed

District: 4 - Nominee needed

District: 5 – Nominee needed

FREF Trustees for Districts: Nominations are being accepted for the districts listed below. Trustees may serve three three-year terms and **must be nominated for each term.**

Trustees requiring nomination are the current members of the Class of 2019.

District 9 – Nominee needed

· **Self-nominations are not accepted.**

Any member within the districts above may be considered for the District Director or Trustee available. Nominees for these positions must be members in good standing and possess a willingness to promote the mission, goals, and objectives of FREA and FREF.

Nominations shall include: A letter of nomination and a statement by the nominee indicating a willingness to be considered and to serve, if elected. If the nominee is NOT already serving in the position, the nomination shall also include a biographical sketch, and a photograph.

All nominating materials should be forwarded to:

Roger Cuevas
FREA Nominating Committee
FREA Office
8950 9th St. North Suite 105
St. Petersburg FL 33702-3047

The documentation received for nominations will be reviewed by the Nominations Committee. Further consideration and approval will be made by the FREA Board at their January Board Meeting. All nominees will be notified of Committee action. Nominees selected for the slate will be contacted for reaffirmation of willingness to serve. The biographical sketch and photograph must be published in the Spring issue of the **FREA Bulletin** as required by the Bylaws. Voting on the slate will occur during the **Annual Convention.**

FREA & AARP FL Take on Tallahassee & Prove: We Are Stronger Together

Showing off the cupcake cake symbolizing our working partnership. From l-r: Nancy Hosie, FREA President-Elect; Pam Schwartz, FREA President; Ann Marie Flannery, AARP Assoc State Director Community Outreach, Anne Fagan, FREA Executive Director, and Jeff Johnson, AARPFL State Director. Yes, Cupcakes!



Tallahassee, Miami, St. Pete and Orlando AARPFL offices were all in attendance.



FREA was welcomed into the AARP Tallahassee offices for a Sip and Savor evening. The collaborative meeting with AARP FL resulted in a shared Legislative Priority, at left. Look out legislators, here we come...

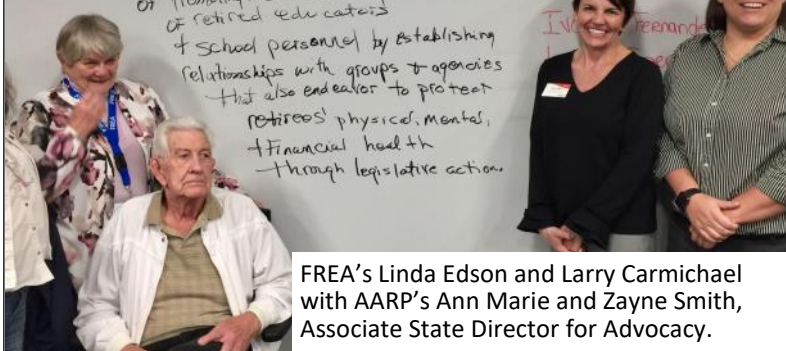
OUR PRIORITIES Together:

Goal: to create 3 ideas aligning AARPFL/FREA legislative Priorities
Result: We are stronger together.

To fulfill the FREA Mission of Promoting the well-being of retired educators + school personnel by establishing relationships with groups + agencies that also endeavor to protect retirees' physical, mental, + financial health through legislative action.

AARP FL:

State Director Jeff Johnson
Public Policy Zayne Smith
Dorothy Barker
Ivan Fernandez



FREA's Linda Edson and Larry Carmichael with AARP's Ann Marie and Zayne Smith, Associate State Director for Advocacy.





**KEEPING AN EAGLE
EYE ON YOUR PENSION**

LARRY

CARMICHAEL

**STATE LEGISLATIVE
CO-CHAIR**

FREA

A Member
of:



NRTA
AARP's Educator Community



Lots of miles put in by the Committee members, interspersed with sitting and waiting for various meetings to start, so that they could be heard. You, our FREA members, were well represented by these tireless advocates for your pension fund and quality education.



FREA Bylaws Update

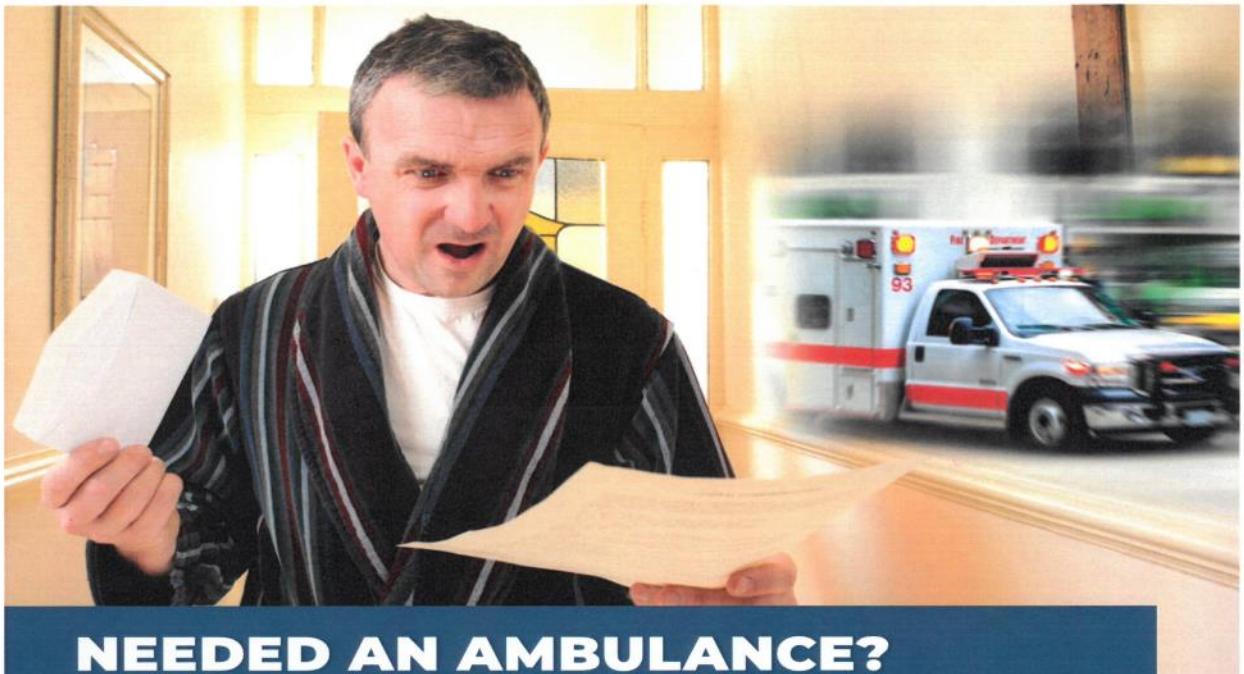
At the May 2019 Convention, the amended FREA Bylaws were voted in and unnoticed was a typo, regarding delegates, in the section for convention.

Section 11.02 Local Unit Delegates.

*'Each unit is entitled to have at least **one** delegate to the Delegate Convention, who should be the newly elected President. Units shall be entitled to additional delegates according to the chart.'*

The Bylaws on the website have been updated to show Delegate #s (right).

1-50 members	=	0 additional
51-300 members	=	1 additional
301-500 members	=	2 additional
501-700 members	=	3 additional



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Gone From Our Sight ~ Still By Our Side

November 27, 2019 ~ February 28, 2020

Jane	Becker	Bay County REA
Evelyn	Morris	Broward CREA
Laurence	Byrne	Broward CREA
Frankie	Mc Coy	Duval CREA
Russell	Dowling	Duval CREA
Lillian	Boland	Hillsborough E REA
Rhea	Schwartz	Leon Wakulla REA
Evelyn	Florence	Leon/Wakulla REA
Marguerite	Roberts	Leon/Wakulla REA
Sarah	Black	Leon/Wakulla REA
Thelma	Lawrence	Leon/Wakulla REA
Lillie	Nesbitt	Madison CREA
Colette	Bony	Miami-Dade CREA
James	Taylor	Miami-Dade CREA
Pauline	Hord	Nassau CREA
Eugenia	Messervey	Orange CREA
Otto	Stover	Orange CREA
Mildred	Stoddard	Osceola CREA
Martha	Lively	Palm Beach CREA
Freddie Mae	Crumpton	Pasco CREA

Walter	Reese	Santa Rosa CREA
Juanita	Papino	Seminole CREA
Hart	Stephenson	St. Lucie CREA
Monette	Wynn	St. Lucie CREA
Lucille	Strickland	Sumter CREA
William	Caruthers	Sumter CREA
Charles	Craft	West Volusia CREA
Josephine	Sond	West Volusia CREA
Kathleen	Jenkins	West Volusia CREA
Ruth	Ryon	West Volusia CREA
Annie	Gucciardo	<p>Dear FREA Members</p> <p>Please Note:</p> <p>Convention Memorial Program submissions must be received by April 30.</p>
Barbara	Davidson	
Betty	Mattingly	
Donald	Rosenberger	
Dorothea	Moran	
Dorothy	Gates	
George	Young	
Juanita	Gardner	
Nancy	Hall	
Richard	Hoffman	
Yvonne	Cherry	



A Song of Living

by Amelia Josephine Barr

Because I have loved life, I shall have no sorrow to die.
 I have sent up my gladness on wings,
 to be lost in the blue of the sky.
 I have run and leaped with the rain,
 I have taken the wind to my breast.
 My cheek like a drowsy child
 to the face of the earth I have pressed.
 Because I have loved life,
 I shall have no sorrow to die.



A member of
NRTA
 AARP's Educator Community

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 St. Petersburg, FL 33702
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Affiliated with NRTA:
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 St. Petersburg, FL 33702
 (727) 577-6400
www.FREA.org — info@frea.org
 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.

--The Nation's Report Card: Evolution and Perspectives



NAEP IS HIRING

The National Assessment of Educational Progress (NAEP) is seeking retired educators who would like to work with a team to proctor digitally based assessments on tablets with fourth- and eighth-grade students in schools. You must be available for online and in-person training during the month of January 2021 and able to proctor between January 25 and March 12, 2021, when work is available. NAEP offers paid training, hourly wages paid weekly, and mileage reimbursement for local driving. This is a part-time, temporary position.

Visit <http://www.WorkNAEP.com> and provide your contact information. We will send you a link to our online application in July 2020.

For more information about NAEP, please visit <https://nces.ed.gov/nationsreportcard>
 For questions about the job, email NAEPRecruit@westat.com

WESTAT
 EOE Minorities/Females/Protected Veterans/Disabled

After much exploration of a national assessment in the early 1960s, an Exploratory Committee for the Assessment Progress in Education (ECAPE) was established in 1964 and the first national assessments - now known as the National Assessment of Educational Progress (NAEP) - were held successfully in 1969.

Since those first assessments, the origin and evolution of a successful NAEP program has involved a wide array of participants, including researchers, state and district education officials, contractors, policymakers, students, and teachers. NAEP has grown to meet changes in the educational landscape and has ensured the efficiency of its processes and the credibility of its results by introducing many technical innovations in test design, statistical analysis, psychometrics, and modern computing.