



SUN CITY CENTER EMERGENCY SQUAD



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The Siren

VALENTINE'S DAY



BECAUSE LOVE ISN'T QUITE COMPLICATED ENOUGH AS IT IS.

News and announcements from the Emergency Squad

February 2019

FROM THE DESK OF THE CHIEF



Chief Mike Bardell

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Just remember the mistakes you made yesterday are helping you make the right decisions today that you will be proud of tomorrow.

www.EnlighteningQuotes.com

Märk Amend

ELECTION NEWS

Five valid applications for Board of Director positions were received by the Standing Election Committee and are posted on the Board Bulletin Board in the Ready Room. Absentee Ballots will be available at the Captain's desk on Tuesday, February 20, 2018. Voting will conclude as the last item of business at the end of the Annual Membership Meeting on March 9, 2018.

We have five vacancies, **three open** and **two unexpired**. The **Three Open Positions** are for 3 year terms. The **Two Unexpired Positions** are for one year and two year terms. According to Policy 510:

Members will vote on the **THREE OPEN POSITIONS**.

The three candidates with the most votes will fill the THREE OPEN POSITIONS.

The two remaining candidates will fill the two Unexpired Positions with the two year position going to the candidate with the most votes between those two candidates.

DON'T FORGET OUR COOK-BOOKS

WE ARE CONTINUING TO SELL THE SQUAD COOKBOOKS. KEEP THEM IN MIND AS A NICE SHOWER GIFT OR A WEDDING PRESENT. \$10 EACH OR SIX BOOKS FOR \$50.



Sick List

Rick Frabotta	
Jack Riley	Maintenance
Betty Williams	Team 2
John Cortese	Team 3
Doris Ferron	Team 4
Tim Zion	Team 4
Barry McKee	Team 4
Brownie Hoffman	Team 5
Jerry Mitchell	Team 6
Mary Carter	Team 7
Tom Murphy	Team 8

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February Birthdays



DAY	NAME
1	Edward Cohen
1	Dennis Floto
1	Betty Williams
2	Tom Rawlings
4	Dolores Smith
5	William Reyes
6	Barbara Capron
6	John Phillips
7	Joyce Kline
8	Robert Kratzer
8	Deanna St. John
9	Emily Lahti
12	Connie Abbott
12	Dal Marme
12	Mike Rawlinson
13	Robert Jensen
14	William Bennett
14	Valerie Cook
14	Mary Mobley
14	Carolyn Wilkinson
16	Barbara Laino
17	Nick Avella
17	Helenanne Frobose
18	Brigitte Austen
18	John Colburn
19	Pete Blair
19	Paul Bromberg
19	Kenneth Rodman
20	James Clarke
20	Garry Gose
21	Ronald Claeys
21	Sharon Gomez
21	Judy Myette
21	Elizabeth Schneider
22	Fay Kenna
22	Irv Sanders
23	Floyda Jessee
23	Catherine Rogers
24	Rosie Lee
24	Barry McKee
25	Chris Avella
25	Marty Mallak
26	Annette Rawlinson
27	Erik Sager
28	Mary Carter
28	Christine McCann
28	Nan McNamara
29	Tom Murphy



VOLUNTEER OF THE MONTH

CHAPLAIN'S CORNER

Friday January 12, I had the pleasure of sitting at the Annual Sun City Center Chamber of Commerce Banquet with our Emergency Squad Chief Mike Bardell and his lovely wife, Shirley. This banquet is the yearly function where the new Board Members are announced and the old ones are "Sent Packing." (I have been on the Board for 4 years and chose not to run again so, I was sent packing!).

This is also where awards are given to individuals or area organizations for their above the norm efforts and super area involvement.... Last year, for 2016, the Emergency Squad won for Non-Profit of the Year. Chief Leonard accepted for the Squad. The system is set up for the past winner to introduce this year's winner so Chief Bardell was there to make that announcement and present the award. This year's winner was "South Shore Coalition for Mental Health & Aging" and our Chief flawlessly handled the presentation chores. I only mention this because of what comments I heard throughout the evening from the attendees about the Squad! Our Squad is cherished in Sun City Center because you folks dig a little deeper and find the community spirit to care for your neighbors and you put yourself second in the concern for someone in need.

God teaches us to care for each other; when someone is hungry give them food; when they are naked, give them clothes and when they're sick, look after them! Thanks for doing such a great job. Each of you shared in winning that award last year.

Rev. Hal

Practice Balance by Robin Watt

With 2018 just starting, many of us will entertain making resolutions. And most of us won't keep them more than a week or two. But allow me to propose one simple resolution to help keep you and your loved ones off the floor!

Practice Balance!

One of the most important things we can do as we age is to stay active. Our community offers many ways to do this – golf, water aerobics, yoga, Zumba are just a few examples. One of the best classes for balance is Tai Chi, considered an evidenced based program for improving balance.

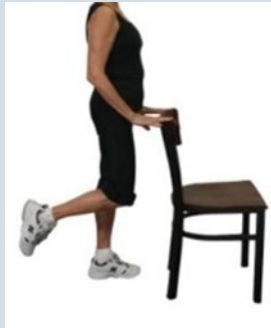
But practicing balance doesn't require a class setting. You don't have to change your clothes or your shoes! You can practice at home, in the privacy of your bedroom, bathroom, or kitchen.

First – always make sure you have something stable to hold onto – you don't need to fall, while practicing not to fall. A countertop, stable chair or high dresser that's too heavy to turn over, will work.

Second – if you are already worried about your balance, this is important. Hold onto the counter or chair until you are ready to let go.

Third – lift one foot off the floor and try to hold it there for 5 seconds. If you are comfortable with letting go of the counter, do so. You can always put your foot down if you feel unstable. Then lift the other foot and hold as long as possible, beginning with 5 seconds as a goal. Practice on each side at least 5 times.

As you improve – try holding that foot up higher and longer. Try moving it in front of you, beside or behind you.



Happy Anniversary

February Anniversaries

<u>Team</u>	<u>Name</u>	<u>Anniversary</u>
1	Jennie Casey	10
6	Garry Gose	5
8	Anne Cross	5
2	Linda Palmer	5
8	Donna Manship	3
3	Laura Schwandner	3
2	William Grussi	3
6	Franklin Sponhauer	1
3	John Dulik	1
6	Beverly Brown	1
6	Mike Brezec	1
8	Eliot Marcus	1
6	Loreen Brezec	1
1	Carol Sealey	1
3	Linda Dulik	1
7	Carol Bippen	1

Dates to Remember

FEB 13 VOLUNTEER OPEN HOUSE
AT EDUCATION BUILDING 6 PM

MARCH 9 ANNUAL MEMBERSHIP
MEETING

MAR 9 KINGS POINT SPRING
FLING

MAR 17 SCC FUN FEST

MAR 22 MINI RELAY FOR LIFE AT
FREEDOM PLAZA

STOP THE BLEED CLASSES
CONTINUE. CHECK EDUCA-
TION BOARD FOR DATES AND
TIMES.

Team Captains

Team 1—Robert Leonard

Team 2—Betty Richner

Team 3—Chuck Russ

Team 4—Tim Zion

Team 5—Ken Rodman

Team 6—Dick McCormick

Team 7—Tina Drury

Team 8—Tom Burlage

Thank you all for all you do for
our squad!