Greetings to all,

This will be my final message to you as President of VBREA. I want to take this opportunity to say Thank You to all of you for your support; guidance and assistance to me during my years as both Vice President and President. The years have just flown by and during these 10 years our accomplishments and achievements are numerous. It would be impossible to list every one of them or to name all the individuals by name that helped to keep the “Lifeline for a Lifetime” progressing and successful. It takes the whole team, the “VBREA TEAM” to make it all work. As members of VBREA we are all a part of the team. I know that we all look forward to many more years of great success for our Association.

Our Annual Meeting this year was a celebration of our 10th year as an association. For those who were unable to attend, we missed you. We started the celebration with our first guest speaker former City Manager Mr. James Spore who recapped his vision for the creation of a retiree association and the steps that eventually lead to the creation of VBREA in 2007.

The next speaker was a returning speaker from our very first Annual Meeting in 2008, Mr. Joe Flanagan, retired WVEC reporter best known for his Joe’s Job series. Mr. Flanagan shared his passion for reporting and told us about some of the projects that he has been involved with since his retirement.

Current City Manager Mr. Dave Hansen also attended and updated us on the city’s economic status and some of city projects and he answered many questions and concerns that were expressed by the members.

Please go to www.vbrea.org “VBREA Events” page under the More tab to see pictures and read more about the meeting.

We also had the Board elections at this meeting for the Executive positions. Currently we have two of those positions unfilled. As you know both the Secretary position and President position had no nominees up for election to serve in those positions. As a result both will be vacant as of January 1st 2018. The remaining Board of Directors will cover these positions until they can be filled.

If you would like to serve on the Board or one of the committees I encourage you to review the Bylaws and Duties and Responsibilities documents on the “About Us” page. Also,
take a look at the minutes from the Board meetings and committee meetings, they can be found on the “Stay Connected” page under the More tab. Please go to www.vbrea.org to view these items. These documents can help you stay informed and maybe even prompt you to take a more active role in the management of the Association.

Keep the “Lifeline for a Lifetime” going strong!

Stay Safe, Stay Happy

Barbara Byrd, President

Retirees Listing, continued from page 4

November 2017
Thomas Smigel ~ Police, 1 yr

December 2017
Jennifer Aydlett ~ Libraries, 29 yrs
Michele Butler ~ Pub Util, 29 yrs
Brenda Highton ~ Hum Svs, 19 yrs
Johnny Myers ~ Pub Util, 44 yrs
Richard Pulley ~ CIT, 35 yrs
Michael Szymanski ~ Fire, 30 yrs

Many Thanks to our Sponsors of our 10th Anniversary Annual Meeting:
Virginia Beach Convention and Visitors Bureau
Virginia Aquarium and Marine Science Center
Beach Municipal Federal Credit Union
Chick’s Oyster Bar
VBREA members Donna Brehm and Dorothy Simmons

HELP WANTED!
We are in need of a person who can write the quarterly newsletter. Much of the information is provided to you to plug into Publisher. It is not that difficult to do and you will have someone train you in using Publisher. If interested, please contact the Communications Committee Chair, Twila Leavitt at tkleavitt@cox.net 757-620-7690.

Francis Land House, 2010
Va. Beach Old Courthouse, 2010
**BUTTERNUT SQUASH & APPLE STUFFING**

**INGREDIENTS**

1. medium butternut squash (about 2½ lbs–3 lbs / 750 g–1 kg)

2. 3 Granny Smith apples, cored

3. ½ cup (125 mL) butter, softened (1 stick)

4. 2 medium onions, finely chopped (about 2 cups / 500 mL)

5. 5 stalks celery, finely chopped (about 2 cups / 500 mL)

6. 1 tbsp (15 mL) fresh sage, finely chopped

7. 1 tbsp (15 mL) fresh thyme, finely chopped

8. 3 cups (750 mL) low–sodium chicken, turkey, or vegetable stock

9. 2 eggs

10. ¼ cup (50 mL) fresh parsley, chopped

11. 16 cups (4 L) ½” (1 cm) day–old, cubed French or Italian white bread (16 oz / 454 g loaf)

12. ½ cup (125 mL) pomegranate seeds (optional)

**DIRECTIONS**

1. Preheat the oven to 375°F (190°C).

2. Cut the neck of the butternut squash from the body, reserving the body for another use. Peel the neck and spiralize with the ribbon blade (not comb blade) of the Veggie Spiralizer. Then spiralize the cored apple.

3. Melt the butter over medium heat. Add the onions, celery, sage, and thyme and cook for 3 minutes. Add in the butternut squash and apple. Cook and stir occasionally for 5–7 minutes or until softened.

4. Add the broth, bring to a simmer, then re-

5. Beat the eggs and add the chopped parsley. Stir in the cubed bread and the broth mixture.

6. Transfer the mixture to a buttered Rectangular Baker. Cover and bake for 30 minutes. Uncover and bake for 15–20 minutes or until the top is golden brown. Top with pomegranate seeds, if desired.

**Yield:** 16 servings of (¾ cup/175 mL each)

**Nutrients per serving:** U.S. Nutrients per serving (¾ cup / 175 mL): Calories 190, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 40 mg, Sodium 330 mg, Carbohydrate 29 g, Fiber 3 g, Sugar 7 g, Protein 6 g

**Cook’s Tips:** If your bread is fresh, cut bread into ½” (1 cm) cubes to make 16 cups (4 L). Spread the cubes out onto 1–2 baking sheets and dry in a 300°F (150°C) oven for 15–20 minutes. The bread cubes can be made 2–3 days in advance and stored in an airtight container or in a resealable plastic bag.
Karen Moen ~ Pub Util, 18 yrs
Shawna Nicolucci ~ Police, 12 yrs
Arleen Pettus ~ Hum Svvs, 9 yrs
Kelly Robinson ~ Hum Svvs, 21 yrs
Terrance Shields ~ Police, 30 yrs
Ramon Snowden ~ PbWks, 24 yr
Mark Stewart ~ Plan, 11 yrs
Christian Waterfield ~ Pub Wks, 35 yrs
George Woodruff ~ Fire, 29 yrs
George Yates ~ Police, 23 yrs

March 2017
Grant Wylie III ~ Police, 27 yrs
May 2017
Samuel Hall ~ Pub Wks, 20 yrs
June 2017
David Redburn ~ Pub Wks, 28 yrs
August 2017
Dathan Ashe ~ Police, 28 yrs
Lou Bryant ~ Pks&Rec, 41 yrs
Jody Burdin ~ Pks&Rec, 38 yrs
Susie Campbell ~ Police, 33 yrs
David Cherry ~ Pks&Rec, 35 yrs
Vickie Clemons ~ Hum Svvs, 9 yrs
Dawn Chabrol ~ Lib., 32 yrs
Clinton Cuffee ~ Pks&Rec, 31 yrs
Charles Fazio II ~ Police, 29 yrs
William Henry ~ Police, 30 yrs
Lisa Herman ~ COR, 30 yr
Ted Itschner ~ Fire, 15 yrs
Robert Leedom ~ Pks&Rec, 41 yrs

Doreen McGrotty ~ Sheriff, 9 yr
Artuban Mitchell ~ Pks&Rec, 30 yrs
Lorraine Negron ~ Hum Svvs, 20 yrs
Virginia Page ~ Police, 16 yrs
Linda Price ~ TRE, 31 yrs
Mary Richards ~ Hum Svvs, 40 yrs
Charles Robinson ~ PubWks, 30 yrs
Cheryl Smith ~ Housing, 30 yrs
Suzanne Snyder ~ Fin, 35 yrs
Rebecca Valadin ~ Pks&Rec, 23 yrs
Mary Whitehead ~ Hum Svvs, 12 yr

September 2017
Ada Fluellen ~ Pks&Rec, 22 yrs
Margaret Haid ~ Sheriff, 25 yrs
Michelle Howard ~ Fin, 26 yrs
David Knight ~ Pub Util, 13 yrs
Velma Mills ~ Pub Util, 26 yrs
Angela Pagan ~ Pks&Rec, 8 yrs
David Parker ~ Pub Wks, 31 yrs
Ebert Phillips ~ Pub Util, 37 yrs
Vena Sanders ~ ComAtty, 15 yrs
Antonio Wilkinson ~ ECC, 24 yrs
Penny Williams ~ Fin, 33 yrs

October 2017
Karen Arnoe ~ Hum Svvs, 30 yrs
Lynn Clements ~ MUS, 32 yrs
Chandra Cooper ~ Hum Svvs, 22 yr
Kenny Gee ~ Sheriff, 7 yrs
Theresa Hoppel ~ Hum Svvs, 11 yrs
Samuel Jerome ~ Police, 30 yrs
Mechelle Johnson ~ Police, 28 yrs
Bradley Liverman ~ Police, 16 yrs

Karen Moen ~ Pub Util, 18 yrs
Shawna Nicolucci ~ Police, 12 yrs
Arleen Pettus ~ Hum Svvs, 9 yrs
Kelly Robinson ~ Hum Svvs, 21 yrs
Terrance Shields ~ Police, 30 yrs
Ramon Snowden ~ PbWks, 24 yr
Mark Stewart ~ Plan, 11 yrs
Christian Waterfield ~ Pub Wks, 35 yrs
George Woodruff ~ Fire, 29 yrs
George Yates ~ Police, 23 yrs

November 2017
Kim Bowman ~ Fire, 40 yrs
Merlin Burchette, Jr. ~ Pol, 10 yrs
Zondell Carter ~ Hum Svvs, 4 yrs
Patrick Dehart ~ PBWks, 43 yrs
Jackie Elliott ~ TRE, 41 yrs
Mark Johnson ~ Police, 20 yrs
Lance Lord ~ PBWks, 6 yrs
Kay Norton ~ Hum Svvs, 27 yrs
Valerie Randolph ~ Hum Svvs, 9 yr
Get Well, Condolences, and Thinking of You

**Get Well—Thinking of You**
**Thanks & Congrats**

Barbara Byrd
Tony French
Bob Scott

**Condolences**

**Husband of Sue Harris**, ~ City Mg  
passed 8-14-17

**Harold Journigan Sr**, ~ Fire  
passed 8-15-17

**Norma Hunter**, Cir Court ~  
passed 8-20-17

**Mother of Paulette Cason Brown**, ComIt ~  
passed 8-28-17

**Ada Bradshaw**, Gen Dist Ct ~  
passed 8-27-17

**Robert Hall**, Central Files ~  
passed 10-2-17

**Sue Harris**, Finance ~  
passed 10-9-17

**Father of Robert Hembree**, Pub Util ~  
passed 10-10-17

**Son of Sue Shipp**, ComIt ~  
passed 10-8-17

**Sister of Twila Leavitt**, ~  
passed 11-13-17

**Father of Renee Mixner**, passed 11-18-17

**Brenda Frazier**, Acct Clk ~ passed 12-4-17

**Monica Rae Carlton Cairns**, Landscaping ~ passed 12-11-17

We extend our sincere condolences to the families for those who have passed. We send our happy thoughts for a speedy recovery to those in need.

Perhaps they are not stars in the sky, but rather openings where our loved ones shine down to let us know they are happy.

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Finally, the day had come. My first cruise. I was so excited because I was going to the Bahamas, Grand Turk and the Dominican Republic. We flew out on September 2nd to Fort Lauderdale to catch the cruise. I was going with a great friend and knew I would enjoy myself.

As it turned out, this was the same time that Hurricane Irma was forming in the Caribbean. Exploring the ship was great fun and required a lot of walking because the ship was so large. During the first day on the ship, we learned that Hurricane Irma was looking like it would go right over areas to which we were headed. The ship’s captain notified us that we were changing our trip to avoid the hurricane. We were now going to Belize, Honduras and Cozumel, Mexico. I was sad that our route had to change because I had scheduled a swim with the dolphins and some other side trips. Oh well, better safe than sorry.

Of all the places I visited, I liked Belize the most. I did not know they had won their independence from England in 1981. Because of the British reign, English is their primary language. I also had such a grand time at the Sit & Sip Pedal Bar that took us touring Belize while we drank as much as we liked. BOY DID WE HAVE A GREAT TIME!

In Honduras we swam in the most beautiful water. We kayaked to a small island to see and touch huge sea turtles. That’s where I got a bad sunburn on my feet. I feel asleep under a cabana but my feet were sticking out. I won’t do that again.

In Mexico, I did a lot Christmas shopping. Good prices and interesting things to see.

We spent a lot of time on the ship in the end because we could not go back to Port Lauderdale because of Hurricane Irma’s destruction. We made the best of the situation and ended up staying ten days on the Carnival Splendor. We were scheduled for six days and by the tenth day, I was ready to get off that ship. But during that time, I found a passion for drinking Bloody Marys. They made the best ones and I learned to like olives. The best fun was had during Motown night. I even got up and lip singed to a Motown tune.

We did experience a little rough seas when returning towards Fort Lauderdale. The waves made the swimming pools overflow so they had to shut them down. The food was wonderful and there was plenty.

I shared a room with my best friend, Helene Quick and her Aunt Susan. We had the most fun in the room. I did play in the casino but not much because I quit after losing $30. I’m not a gambler.

The additional four days on the ship were at the expense of the cruise line. They assured us they had plenty of food and water to last for a couple of weeks. All in all, it was a great trip.
Message from VBREA’s first President Wade Kyle

Ten years has gone by so fast. As we get older we tend to forget things. I will never forget how wonderful all of the Volunteers were when Mr. Spore suggested that the City of Virginia Beach should have a Retirement Association. Becky Taylor-Schmidt was instrumental in coordinating a group of wonderful retirees to begin the process to establish the VBREA. We had a lot of work ahead of us, but the daunting tasks were much easier due to the dedication of many people.

After a few months of planning and meetings, I was up at 3 am one night working on some Association matters, and was thinking that we needed a Motto for the Association. At the next meeting, the Board discussed a few suggestions. We decided that “A Lifeline for a Lifetime” was perfect for us, since it was and is still the primary reason we have a Retirement Association. The VBREA members are brought together to help each other during our later years of life and to bridge the sometime scary transition from a working life to a retirement life. The Association is a great way to stay in touch with friends and to stay informed of City issues.

The many volunteer Board members that have followed us have continued to improve upon the early foundation of the VBREA and I am very proud of all of the hard work you have done on behalf of all retirees.

I have a personal motto that I try to follow every day of my retirement years…..”We are not here for a long time, but we are here for a good time.”

A message from former VBREA President and PSDT member Sandra MacKay

I am so sad that Scott and I are unable to be with you today for this unbelievable anniversary of ten incredible years of the Virginia Beach Retired Employees Association.

I cannot believe it has been ten years since the start of one of the best memories ever. Four of the most fun ladies I have ever worked with: Josey Irving from Human Resources, Becky Taylor-Schmidt from Budget, Sue Shipp from Media Services and Sherry Isles from Public works.

We had no idea what we were getting into but once we got started with an advisory committee of recent retirees we were on our way.

Gatherings of old friends became something to look forward to as well as day trips to many places around Tidewater. Of course the most favorite trip was to a winery for a tasting and then a great lunch. Eat, drink and be merry….. now that's what retirement is all about!

Before long the Virginia Beach Retired Employees Association was up and running. We had to be careful in the beginning by distinguishing our VBREA from the Virginia Beach Real Estate Assessor's Office. Especially when receiving mail!

The vision of a very few members has grown to an association that has seen numerous accomplishments throughout its ten years of service and contributing to the welfare of city organizations as well as the private sector.

I will always be proud to say that I was and still am a founding member of one great association.
A message from Cathy LaRue VBREA’s first Secretary/Treasurer

It’s hard to believe it has been 10 years since we started this organization!! I remember signing up to be part of the VBREA, but had no idea I would help with getting it started. Fortunately, we had support from Mr. Spore – I think it was his brain child - and PSDT, without whom we wouldn’t have been able to accomplish so much.

While the website says I retired from the Planning Department, I actually retired from Public Utilities, and was on the first board as the Secretary-Treasurer. My memory is so bad, I can’t quote any statistics, but the first year, we wrote the by-laws, established a motto, and designed a logo. I’m sure much has been changed since then, but the ‘LifeLine for a Lifetime’ remains, proving VBREA truly is a lifeline. VBREA gives us so much – friends, activities, community service projects, volunteer opportunities, staying connected, and so much more – all of which keeps us busy, healthier, and happier.

I wonder how many other cities afford their retirees such an opportunity as this? We are truly blessed to have such a great organization and live in this great location!! Hopefully everyone is enjoying retirement as much as I am, and will continue to do so. We all earned it!

Take care …
Cathy LaRue
Christmases Past, continued from page 11
Christmases Past
The History of the Virginia Beach Retired Employee Association

In 2006 Mr. James K. Spore, City Manager, approached the PSDT members with an idea about starting a retiree association for the City of Virginia Beach. Immediately five PSDT members, Josey Irving of Human Resources, Becky Taylor-Schmidt of Management Services, Sherry Isles of Public Works, Sue Shipp of Video Services and Sandy MacKay of Finance/Risk Management volunteered to “get the ball rolling.” They had several meeting and arranged to have an “Advisory Meeting” with several retirees to see if there would be an interest in starting such an association. These meetings proved to be very successful. A membership drive was completed and over 300 invitations were mailed out.

Becky Taylor-Schmidt contacted a colleague to draw up bylaws; retired employees came forward for Board of Directors and Officer positions and in January 2007 the VBREA officially became the Virginia Beach Retired Employees Association. Somewhere in one of the Board of Director’s meetings, Wade Kyle—a retiree from Public Works, and the 1st VBREA President stated that a slogan…”A Lifeline for a Lifetime” should be used and the lifesaver logo was created.

There is a dedicated Mail Box for them in the city’s mail room, a website http://www.vbrea.com/Pages/default.aspx has been created and maintained by a retired Webmaster, There is a savings and banking account, general meeting/luncheons each month to keep attendees up-to-date on current happenings, a unique contribution number has been assigned to the VBREA for the United Way and they partner with the PSDT each year for local charities.

It is so awesome to see the fruition of an idea come into being and grow as a family. Each year there is annual meeting and the State of the Association is given in the form of an Annual Report. If elections are needed then ballots are given out and new officers or board members are elected.

“A Lifeline for a Lifetime” is not just a slogan; it has become a way of communicating with those who have worked, lived and enjoyed working for a wonderful organization.

Virginia Beach Retired Employees Association
2405 Courthouse Drive, B68
Virginia Beach, VA 23456