

February, 2012

Broward County Retired Educators' Association

Number 219

Attitude Tops Ability, Intensity in Successful Exercise



Exercise Physiologist **Joseph Gatz** realizes even more the importance of exercise

now that he's "getting old." "I'm 43!" he announced as BCREA members laughed out loud! He added, "I'm also a retired teacher! I taught one year at Parkway MS!"

"Attitude plays a big part in wellness," he stated and proceeded to tell about 3 of his clients, all over 90!

One lady had pneumonia and another broke her knee; both were eager to recover so they could get back to the gym. Ira, 96, had a long walk from his parking place but wasn't bothered. "I'm coming to a gym to work



out! Why should a little walk bother me?" All 3 of these senior citizens are good examples of how important attitude is.

The best type of exercise is doing something you enjoy - biking, walking, swimming - and exercising in groups is often helpful. Stretching is good as it helps maintain

flexibility. "No pain, no gain" is out! Duration is now stressed instead. There are

3500 calories in a pound of fat. To lose 1 pound a week, you must cut out 500 per day: eat 250 fewer calories a day and burn 250 thru exercise. It'll be good for you!



Important Notice!

The location of the February Luncheon has been moved from Tropical Acres to Colony West Country Club



February 2 Meeting

Time: 11:30 am - Advance sale Tickets only
(Order Form on page 6)

Place: Colony West Country Club
Address: 6800 NW 88th Ave (Pine Island Rd)
(About 3/4 mile north of Commercial Blvd.)
954-721-7710

Program: Annual Scholarship Luncheon
With remarks by Roger Cuevas,
FREA District 10 Legislative Representative

Bring to meeting:

Volunteer Reporting Form
Raffle Prize for Luncheon

Blankies & Pillows
Aluminum pull-tabs
Coupons for our troops
Gently-used books for after-school program
Campbells labels
General Mills labels



Board Holds Annual Holiday Meeting

Pictured above are the BCREA Board members and friends who gathered at Arline Ziller's waterfront home on December 15 for their annual holiday meeting. They enjoyed lunch and had a Chinese-auction style gift exchange! Front: Frances Smoot, Pat Schroder, Charles Pipes, Kathlyn Barno, Will Hoppe; back: Anne French, Arline Ziller, Rosetta Watkins, Mel Wenig, Linda Horton, Martha Pipes, Barbara Morningstar, Margarite Falconer, Marelise LeClerc, Bev Hoppe and Olinda Marti-Volkoff.

President's Corner

Hi Everyone,

"As we think, so we do."

Well, we wanted to change things up a little but we didn't realize we'd be doing it so early in the year! Our annual Scholarship Luncheon location has changed to

Colony West in Tamarac. As many of you know **Tropical Acres** had a fire and is not back up in operation, so we adapt. We already have some really great prizes. We will pick up any items you want to donate that you can't get to the luncheon. Call me at 954-524-2938. If you are coming, bring a gift for the raffle. We make a lot of money for scholarships with the raffle so DON'T forget your donation. To date we have 99 attending.

We had 92 attendees at the meeting on January 5. We announced 90 but 2 signed in late. That's a record for any meeting we've ever had. Maybe the cool weather energized us!

With our numbers ever growing we send a message that we are concerned about education and the legislature's attempt to continue putting children at risk with cuts in spending.

I would personally like to thank each and every one of you for your efforts with what you do for our organization and the other groups you volunteer for.

Love ya, *Margarite*



Vice-President's Corner

Have you purchased your Scholarship Luncheon ticket yet? If you haven't, you will be missing out on a fabulous afternoon. It's always a fun and enjoyable afternoon spent with friends who are retired as well as eating delicious food. It's also one of the most beneficial scholarship fundraising events our organization hosts. Last year we raised over \$500 just selling raffle tickets for the variety of prizes that will be offered.

Our guest speaker will be Mr. **Roger Cuevas** who is our District 10 Legislative Representative. When I contacted him recently, he said this was perfect timing because he will be attending the Florida Retired Educators' Association Legislative Meeting the week of January 23, in Tallahassee, and he will have all the updated information on issues that will be of concern to us. This will also be a time for you to ask him any questions you may have concerning your retirement benefits or legislative issues that may be introduced this year.

We're looking forward to seeing you at the luncheon for a great afternoon. Here's wishing all of you a happy, healthy, and prosperous new year!

Barbara



Literacy

Chairman: Rosetta Watkins

954-584-8719

mamarowat@aol.com



Fifth Grade Essay Contest

With the Superintendent's Screening Committee approval, our Fifth Grade Essay Contest is up and running. We have one school, **Deerfield Beach Elementary**, participating. Hopefully we will get another school.

Book Donations

Many thanks to **Bev Hoppe** and **Nancy Ruiz** for their book donations for the after school program at the L.A. Lee YMCA. We will be collecting slightly used books for the after school program through May.

Literacy Hours

Please report your Literacy Volunteer Hours. Count all of your hours from April 2011 through February 2012.

Thank you, *Rosetta*

Community Service/Directories

Chairman: Darcia Drago

954-977-7247

dardra@att.net



The Title I teachers at Broward Education Foundation send us a big "thank you" for our donations of school supplies. They are off to a good start for second semester. Even though we are retired it is great to know that

we can still contribute to the school system.

Remember to turn in any unreported community service hours at our February scholarship luncheon. Our report is due to FREA in March.

(Travel time to and from your volunteer site may be included.)

Directories will also be available at this meeting. *Darcy*



Left: Darcy gives the donated school supplies to BCREA member Mary Taylor who volunteers at the Foundation and delivered the donations.

Health & I+PS

Chairman: Kathlyn Barno
954-581-4731 BB9214@aol.com



Ben's Bytes.....



It is still early in the year and we are keeping our New Year's resolutions to get our bodies in good physical health. Well, let's don't forget the health of our brains. They need nourishment too. We always choose foods to keep our teeth and bones healthy but few of us think of choosing foods that keep our brains healthy. Foods that are good for your body are also good for your brains. Fish oils improve memory and learning

ability and may prevent depression, mood disorders and dementia. Eggs help carry messages to and from brain cells and nerves. Eggs are much lower in cholesterol than was once thought. Leafy greens have plenty of B vitamins to help you from forgetting and may ward off Alzheimer's disease. Next time you choose your menu, choose wisely.



Bon Appetit!
Kathlyn

From **Madeline Martin**: "Big Thanks to **Sallie Sherwood** and the rest of the Social Committee for a job well done!" I second that! My big serving spoon got lost in the shuffle at the meeting and Sallie found it for me! The happy winners of the 50/50 were: **Susan Lochrie** (\$20), **Michele Edwards** (\$10) and **Joan Garvin** (\$10). And the beautiful anthurium arrangement by **Carol Roland** went to **Olinda Marti-Volkoff**. Both Joan and Olinda were guests.

If you voted for BrightStar by commenting on CSCU's wall using BrightStar's name to help them win that grant for Homeless Student Education, you helped them win 2nd place! **Marjuree Larin** says, "Thanks!"

Susan Lochrie sent me these bits of news back in October - the day after that *Newsletter* went out! I just found them in my 600+ e-mails: **James Thurston** is recovering after having both legs amputated; **Runette Williams** is recovering from a stroke; and **Jimmie Wickham** broke her hip and had a hip replacement while she was visiting her daughter in England. We surely do hope they're all well on their way to good health by now. Keep sending those recipes! We have the cookbook started! And that's the last byte for this month!

Ben

Passages



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

Evelyn Morris 2/07
Laura Robinson 2/11
Lois Springer 2/13
Joseph Vargo 2/13
Ruby Huff 2/16
Eleanor Meyer 2/22
Faye Mullarkey 2/24
...And turning 85:
Barbara Rhone 2/17



Thinking of You....
James Thurston
Runette Williams
Jimmie Wickham



Directory *Correction:*
Ginny Dewar
5501 Tourraine Dr.
Tallahassee, FL 32308

Welcome New Members



Jannes Stauch
Bruce Voelkel

AARP To Meet on Valentine's Day

An AARP Florida meeting to update AARP members, volunteers, affiliates and friends will be held on

Tuesday, February 14th

1:00 pm

Fellowship Hall of Our Lady of Lourdes
22094 Lyons Road
Boca Raton

The church is located at the SE corner of Palmetto Park Blvd and Lyons Rd.

We especially welcome all BCREA members and friends to attend.

Refreshments will be served.

Questions? Please contact **Terry Elder** at

telder@aarp.org or

954-602-2246

Terry is the AARP Associate State Director and will conduct this meeting



BCREA Officers....

President

Margarite Falconer
954-524-2938

Secretary

Josephine Walker
954-742-2430

Vice-President

Barbara Morningstar
954-781-4356

Treasurer

Marelise LeClerc
954-962-7343

Membership...

Chairman: Susan Lochrie

954-525-8503

or

slochrie@bellsouth.net



This month's column for Membership is written by BCREA Member **Jeanette**



Petrozella who is an AARP Tax-Aide Volunteer. She tells us, "I have helped AARP the past two years since retiring from Broward Schools. I have been a Financial Advisor the past 17 years and also a Registered Representative. I was working part time in the financial business while I was teaching, and since retiring from my teaching career in 2009, I've been working as a Financial Advisor on a full time

basis. Hopefully some retirees will benefit from the Tax-Aide program. The AARP Foundation Tax-Aide program was created to help low and middle income taxpayers prepare and file their income tax returns with the IRS, free of charge. Every year, from **February 1st through April 15th**, trained and certified volunteers will prepare your federal tax return. To locate an AARP Tax-Aide site near you and the times of operation, go to http://www.aarp.org/money/taxes/info-2004/about_aarp_taxaide.html

Once on that website, select "Find Tax Aide Foundation Site Near you" to enter your home location. The locations near your home will be available to view. Some sites require appointments and others welcome walk-ins. AARP Foundation Tax-Aide is offered in cooperation with the IRS.

If you have any questions, please do not hesitate to call me at 954-389-0373.

Jeanette

Repeating last month's info in case you tried the phone number and got a wrong #: **DRIVER SAFETY PROGRAM Change of Contact Phone Number to 954-828-4610** BCREA member **Echo Heyer** is an instructor with the

AARP Safe Driver Safety Program, a refresher course for motorists 55 and older. A certificate is issued at the end of the course and many auto insurance companies give a discount in premiums for completion of this course. The informative and interactive classes are given in 2 morning sessions from 9:00 to 12 noon. The fee is \$12.00 for AARP members (bring your AARP membership card) and \$14.00 for non-members. Echo teaches classes at the FtL Beach community Center at 3357 NE 33 Avenue (A1A and Oakland Park Blvd.) Parking is free. To register, call **954-828-4610**. The dates at the Center are: January 9 & 11; February 6 & 8; March 5 & 7; April 16 & 18; and May 14 & 16.

Susan



FREA Travel...

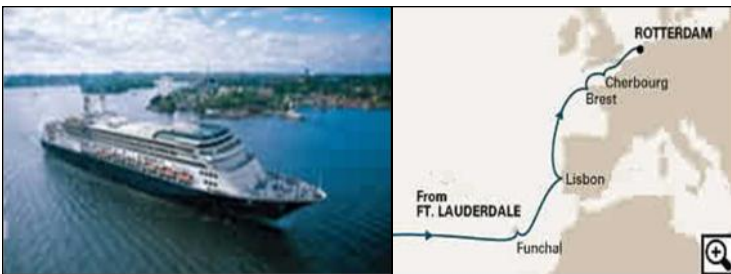
Chairman: Arline Ziller

954-781-4445

Email: arlinez@juno.com



For full information on FREA travel, including prices, visit <http://frea.org/benefits/travel>



Remember the Transatlantic Cruise From: Ft. Lauderdale -

Ship: Ms. Rotterdam Departure: April 17, 2012
Ports of Call: Fort Lauderdale, Funchal (Madeira), Portugal; Lisbon, Portugal; Brest, France; Cherbourg, France; Rotterdam, The Netherlands

You can reach me 24/7 and the goal is to enjoy yourselves while supporting the FREF Scholarship Fund!

Arline

Cultural Affairs

New Chairman: Carol Roland

954-472-2389 CAROLRBEADS@aol.com



Michele Edwards, who has been Cultural Arts Chairman since 2003, happily passed along the Chairmanship to **Carol Roland** at the January meeting. Michele is moving to Stuart, but plans to return to attend this year's shows.



She reminds everyone:

"Don't forget to attend Last of the Red Hot Lovers -Stage Door Theater 2:00 PM on January 28."



Brenda Mellowe buys a 50/50 ticket from Linda



Margarite gives Michele going-away flowers

Seen at the January Meeting



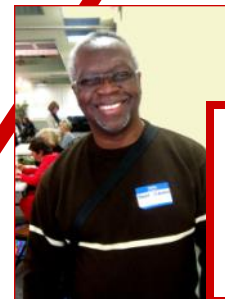
Martha and Louise have a chat



Charles welcomes a guest



Margarite, Faye, Barbara and Diane surround Carr Grigg



Henry Graham strikes a pose



Josephine reads the minutes



The 50/50 winners: Susan Lochrie, Joan Gavin and Olinda Marti-Volkoff. Michele Edwards won but donated hers back to the Scholarship Fund

The cost of the BCREA Newsletter is underwritten by:



954-486-2728 • Online at BSCU.org

Serving Broward Educators Since 1946

Bring this to our next meeting or mail it to:

Darcia Drago
4346 Carambola Circle North
Coconut Creek, FL 33066

BCREA VOLUNTEER REPORTING FORM

Name _____
(Please Print)

Month _____, 201__

LITERACY VOLUNTEER HOURS:

Teaching Sunday School, reading to children/adults; tutoring;
helping with testing programs, etc; Includes any activities to
promote a more literate America. TOTAL: _____

WORKING WITH OUR YOUTH:

School, tutoring, mentoring, coaching etc. (Persons 25 years
of age or younger. TOTAL: _____

OTHER COMMUNITY SERVICE HOURS:

Church, civic, hospital / hospice, personal help to others (non
-relatives), school, drug, ecology / environment.

TOTAL: _____

Overlapping categories should be reported in both places.

GRAND TOTAL: _____

**February 2 Scholarship Luncheon
Ticket Order Form**

Number of tickets: _____ @ \$25.00 each
Extra donation for Scholarships ? _____

Entrée choices: **Prime Rib of Beef**
Chicken Cordon Bleu
Broiled Salmon

Name	Entrée Choice
_____	_____
_____	_____
_____	_____
_____	_____

Send a check made out to BCREA
(Include a Self-addressed, Stamped Envelope) to
Margarite Falconer
1625 SE 10 Avenue, Apt. 503
Fort Lauderdale, FL 33316



A reminder from the Treasurer.....

All checks must be made out to
BCREA

Write the purpose of the check on the memo line.
Our bank refuses checks made out any other way
(i.e. BCREA Luncheon). Thanks, Marelise

BCREA NEWSLETTER

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Plantation, FL 33317

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PLEASE DO NOT DELAY