

Dr. Abigail Shares Pearls of Wisdom

Dr. Mohsin Jaffer, the scheduled speaker for the January meeting wasn't available. In his place was Dr. Abigail Lomarda, a



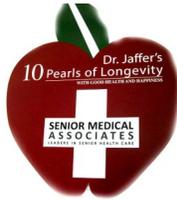
beautiful young woman who could pass for a high school

student. However, looks can be deceiving! Dr. Lomarda, a graduate of Dr. J. P. Rizal College of Medicine, Xavier University - a private, Catholic university

in Cagayan de Oro, Philippines - has been in practice for 9 years! Her use of visual aids and audience involvement indi-



cate she would make a good teacher. Her topic for Thursday's meeting was "Dr. Jaffer's 10 Pearls of Longevity" or ways to grow old gracefully! It was timely



information to coincide with New Year's resolutions. Number 1 on her list was, "Have a positive attitude." Whatever you think influences everything in your body. Other points included regular exercise (Walk away from disease and toward good health), weight management, healthy diet (Include a wide variety of fruits, veggies and high-fiber foods), don't worry (Reduce stress,

be sociable), laugh a lot, and be thankful for each day!

Dr. Lomarda was assisted by Patricia Izquierdo, Marketing Director of Senior Medical Associates. At the end of the presentation she gave out door prizes such as back scratchers & stress balls. For more info, call 954-532-4121.



February 4 Luncheon

Time: 11:30 am

Theme: 50th Anniversary Celebration

Place: Tropical Acres Restaurant

Address: 2500 Griffin Road
(1/2 mile west of I-95)
954-761-1744

Program: The Miamians (barbershop quartet)

On the Agenda: A Golden Moment
Memorial Service



Bring to meeting:

- Raffle Prize for Luncheon
- \$\$ to buy raffle tickets
- Books for Elementary Students
- Boxtops & Labels for Education
- Aluminum pull-tabs
- Coupons for our troops
- Old cell phones & eyeglasses
- Used duffel bags
- Blankies & Pillows

Board Members Enjoy Holiday Luncheon



Pictured above are the BCREA Board members and friends who gathered at Bev Hoppe's home on December 9 for their annual holiday meeting. They enjoyed lunch and had a Chinese-auction style gift exchange! Front: Bev, Arline Ziller, Sandy Lefkowitz, Pat Schroder, Nancy Adams, Diane Jarchow, Diane Texter, Susan Lochrie, Kathryn Barno; Rear: Marelise LeClerc, Darcy Drago, Martha Pipes, Anne French, Josephine Walker, Linda Horton, Judy Edwards, Margarite Falconer, & Echo Heyer.

President's Corner

Our January meeting had so many interesting aspects to it. Our two speakers had many health tips for us to start in the new year.

Our Golden Moment showed us how BCREA put coins in our pocket because of our contact with what is happening in the state legislature.

Louise Costello and Nancy Adams shared information about the importance of the coming state legislature that starts the second week of January. It is so important that we keep track of what is happening in reference to the Florida Retirement System (FRS). After the meeting I got a note from 5 of our attendees asking for copies of the information. This made me realize that we have to provide more "hands on information".

We need to be involved. Today I heard about the "Tally Rally" where teachers from all over the state are going to Tallahassee to voice their ideas. I had not heard about this so I called Louise Costello and she found out about it and sent me the information via e-mail. Included were great ideas on contacting your legislature and writing letters to the editor of your newspaper. I will share these at the March meeting. Our BCREA members have many contacts throughout the state. We need to share and receive the information of what is happening and then act on it. We can be a great support of FRS by making connections with one another, sharing Legislative information and by continuing to be active BCREA participants.



Echo

President-Elect's Corner

I would like to express appreciation to Dr. Abigail Lomarda M.D. from the Senior Medical Associates the who spoke for Dr Mohsin Jaffer.

At our banquet this month we will enjoy the melodious sounds of a barbershop quartet. The renown group, **The Miami-ans**, will be performing for our musical entertainment.

Carol



Volunteer Services/ Directories

Chairman: Darcia Drago
954-977-7247 dardra@att.net



The County's Title I teachers are grateful for our donation of school supplies to the Broward Education Foundation's resource center. Providing support for education although we are retired is both gratifying and in line with our new mission statement. BCREA's annual community service report will be sent to FREA immediately following our March meeting, so get

your volunteer hours in to me ASAP. If you are unable to attend our meetings you may send your hours to me via e-mail at dardra@att.net. Remember that travel time counts. Thanks for supporting our group projects throughout the year and for your individual service in the community..

Darcy

From the Treasurer

Marelise LeClerc
954-962-7343 Flsun1@comcast.net



We thank the following people for their generous contributions to our Scholarship Fund:

Scholarship Donations

Donor

- Susan Lochrie
- Susan Lochrie
- Nancy Ruiz
- Harolyn Manyard
- Margaret Wentz

In Memory Of

- JoAnne Davis
- Bill Kaelin
- Alphonso Giles
- Maria McNamara
- Maria MeNamara

Marelise

Social Committee

Chairman: Sallie Sherwood
954-629-3712 matildatwo@aol.com



. The January BCREA luncheon was a wonderful way to start the New Year. Thank you to those who participated in the 50th Anniversary Celebration by bringing in a favorite recipe. Please remember that the theme for the March meeting will

be "Favorite Ethnic Recipe." Thank you to all members who remembered to claim their leftover items from the back table. Your Social Committee wishes everyone the very best in the coming year.

Sallie

Information Services

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



So we have all been good folk and are keeping those resolutions that we made for the new year that we would make a special effort to eat healthier foods to keep us fit. Sometimes that can be a bit boring but here are some such suggestions to give your meals a little zip. Nutritionist recommend them as super foods. Spinach is high in potassium and vitamin K. This can enhance bone health and help lower blood pressure. Blueberries contain vitamins A and C and antioxidants that may help memory problems and diabetes. Oats provide fiber that can lower heart disease risk. It can help with

weight management. Walnuts have lots of omega-3 fats that are heart-healthy. Yogurt is a digestion aid and the calcium is good for bone health. Tomatoes have an antioxidant that may help ward off cancer. This is also true of carrots. Black beans have fiber to help lower blood sugar and cholesterol. Now that you have done all of the right things, it is time for a reward. Come out and enjoy our scrumptious luncheon in honor of our fiftieth anniversary. There will be good food, exciting entertainment and interesting door prizes. See you there and happy Valentine Day.

Kathlyn

Literacy

Chairman: Sandy Lefkowitz
954-473-9480 Slef123@bellsouth.net



We are all fortunate to be educated, to be successful and to enjoy retirement! Now it's time to think about "Giving it Back". It's easy! Just donate a new or gently used children's book. To quote Readingrockets.org: "There is a well-established correlation between reading, prior knowledge and comprehension: students who have it, get it. Students who don't, don't." Children can't read books if they don't have them. Ensuring that books are available to any child is a necessary step in closing the reading achievement gap. And we

can make a difference. Please bring a book to the March meeting. There will be a book box to drop in your book. Let's fill the box. It was Dr. Seuss who wrote in his book "I Can Read With My Eyes Shut!": "The more that you read, the more things you will know. The more you learn, the more places you'll go." That could become our BCREA literacy motto. The more books we give, the more children can read. The more children read, the more they succeed.

Sandy

From Beverly Williams



What:
AARP Tax-Aide Program
Who:
IRS certified volunteers prepare free personal income tax returns
When:
Thursdays and Fridays from 10:15 a.m. to 2:15 p.m. (last entry) beginning Thursday, February 4, 2016, through Friday, April 15, 2016

Where:
Broward County Main Library, 7th Floor Computer Lab, 100 S. Andrews Avenue, Fort Lauderdale

How much:
Free!
For more information or additional locations in Broward County (we have sites every day Monday-Friday), contact

**Beverly Williams at
954-370-5896.**

Passages



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

**Evelyn Morris 2/07
Lois Springer 2/13
Joseph Vargo 2/13
Ruby Huff 2/16
Barbara Rhone 2/17
Eleanor Meyer 2/22
Faye Mullarkey 2/24**



Thinking of You...
**Alyce Appler
Nancy Ruiz
Barbara Wilder
Arline Ziller**



In Memoriam
**William Kaelin 12/3/15
Joanne Davis 12/15/15**



Welcome to new member
Valoria W. Latson

Telephone Committee

Chairman: Arline Ziller
954-290-9237 arlinez@juno.com



We need some more people on the telephone committee. It is an easy but important way to participate with the membership of BCREA. You can email me at arlinez@juno.com or phone me at 954-290-9237. I look forward to hearing from you.

Arline

Legislative

Chairman: Nancy Adams
954-784-7128 NancyannBR@aol.com



Friendship

Chairman: Julia Penley
561-465-2739 jgpen581@aol.com



Here is the sample letter that I read at the meeting:

Honorable (Senator ____ or Representative ____),

As a citizen and voter of your district, I am asking that you do not vote for any changes to the Florida Retirement System. Our Florida Retirement System is one of the strongest in the US. It is a working system that benefits the hard working state workers, teachers, police and firefighters in our state. It is one of the best in the nation; a model for others to follow. FRS has been working and will continue to do so if it is left alone.

Sincerely,
Name

Here are names of legislators from other districts who have supported our cause in the past:

Charles Dean - Inverness Nancy Detert - Venice
Miguel Diaz de la Portilla - Coral Way Tom Lee - Brandon
Greg Evers - Pensacola Anitere Flores - Miami
Denise Grimsley - Sebring Jack Latvala - Clearwater

It could be helpful for members to write thank-you letters for their support.

Nancy

Here we are already into 2016 and I hope the New Year has started off well for everyone! Thank you again for your phone calls and emails to let me know of any member who is ill, has some good news, or any member who has passed away or lost a family member. Without your help I would not be able to let our BCREA family know of important events in each other's lives. Unfortunately we lost two of our members in December

- **Joanne Davis** and **William Kaelin**. Cards were mailed to their families to express our grief and let them know we were thinking of them. Also, two of our members, **Arline Ziller** and **Barbara Wilder**, lost their sons in December. Our thoughts

and prayers are with them. But good news that **Frances Smoot** has recovered from her illness that caused her to miss last month's meeting, and is back to good health, as is **Josephine Walker!! Nancy Ruiz** is scheduled for surgery soon so please keep her in your thoughts and prayers that she will soon be back to good health too. Also, a thank you to **Dorothy Johnson** for her sweet Christmas card and note thanking me for her birthday card from us. She is one of our 85-plus members and she wanted to let me know how much she appreciated us remembering her birthday.

Hope everyone has a healthy and happy year and thank you again for your help and support.

Julia

Items For the Raffle!

Remember those NEW items for the raffle at the Luncheon. Please do not clean out your closets and donate things you no longer want. Others probably won't want them either! Christmas or Hanukkah gifts you don't want would be good - but please leave them unopened! Are we being picky? YES! Donate only things you'd like to win!



The cost of the BCREA Newsletter is underwritten by:



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Serving Broward Educators Since 1946



BCREA VOLUNTEER REPORTING FORM

Name _____
(Please Print)

Month _____, 20____

Volunteer hours working with adults _____
(persons who are non-family members;
this also includes literacy hours)

Volunteer hours working with youth _____
(Persons 25 years of age or younger;
This also includes literacy hours)

Bring this to our next meeting, e-mail it to me at dardra@att.net
or mail it to me at:

Darcia Drago
4346 Carambola Circle North
Coconut Creek, FL 33066

Bev's Bytes... **Alyce Appler** wore an outfit to the meeting that coordinated with her blue soft cast and funny shoe - necessary because she broke her foot in a freak accident. **Nancy Ruiz** was scheduled for her final surgery on January 4; she got as far as the operating room before her blood levels caused it to be cancelled! Talk about frustration! At each meeting, **Darcy Drago** draws a volunteer hour sheet out of her bag for a small reward for turning in your hours. **Ellie Kelleher** won the drawing this month. Seven lucky ladies were winners in the scholarship drawing. They were \$20, **LuAnn Comes**; \$10 each, **Diane Raymond**, **Bonnie Kinghorn-Cagle**, **Missy Belsito**. Flowers were won by **Peggy Schultz** and **Juanita Pringle**; and a box of chocolates went to **Betty Ouellette**.



**Scholarship Luncheon February 4
Ticket Order Form**

Number of tickets: _____ @ \$35.00 each _____

Extra donation for scholarships _____
Total _____

Entrée choices: **Prime Rib of Beef**
Stuffed Chicken **Broiled Salmon**

Name _____ **Entrée Choice** _____

Send a check made out to BCREA
by January 27 (no refunds!)
Include a Self-addressed, STAMPED envelope

to
Anne French
1017 NE 28 Drive
Wilton Manors, FL 33334-3722

**FREF Extravaganza
Tickets - Only \$10.00**

Buy your tickets now for a Chance to WIN:
\$500 Cash - 1st Prize
\$300 Cash - 2nd Prize
\$200 Cash - 3rd Prize
\$100 Cash Guaranteed Prize to a winner in District 10:
Dade, Broward or Palm Beach.
Donations are used to fund scholarships for future Florida teachers. Buy Tickets at the February - March meetings or fill out the form below and send with a check to:

Anne French
1017 NE 28 Drive
Wilton Manors, FL 33334

Make your check payable to FREF (Florida Retired Educators Foundation).

Name _____

Street _____

City, State, Zip _____

Phone _____

Email _____

NON PROFIT ORG
U.S. POSTAGE PAID
FORT LAUDERDALE, FL
PERMIT NO. 409

- DATED MATERIAL -
PLEASE DO NOT DELAY



Alyce Appler has a blue cast

Seen at the January Meeting



Mel brings 2 guests Patti and Melode



Mike Phillips and Kathlyn Barno



Anne and Marsy sell a luncheon ticket



Yay! Frances has recovered from her illness



Cultural Affairs is goin' on a train ride!



The Lunch line-up - 86 this month!



Louise Costello does a Golden Moment



BrightStar rep Greg



Mary Taylor takes the school supplies to the Broward Education Foundation