



BCREA Newsletter

December, 2008

Broward County Retired Educators' Association

Number 193

Wendy Shares "Waist Management" Tips!

Important Upcoming Dates!

December 4 Meeting

Time: 12 Noon

Place: Holiday Park Social Center
1150 G. Harold Martin Drive
Ft. Lauderdale

(behind War Memorial Auditorium)

Program: Walker Elementary Chorus



Bring to meeting:

Potluck Dish to Share

Items for Women in Distress

Campbells labels Aluminum pull-tabs
General Mills labels Coupons for our troops



December 11: December Board Meeting, 11:00 am
Michele Edwards home

Happy Holidays

December 22: Happy Hannukkah

December 25: Merry Christmas

December 26: Happy Kwanzaa



Mark Your 2009 Calendar:

BCREA invites You and your guests to our

Annual Scholarship Luncheon

Thursday, February 5, 2009

Social Hour: 11:30

Lunch served: 12 noon

Tropical Acres Restaurant

Tickets will be sold at the

December and January meetings or

order them by mail with the coupon on Page 4.



"If you want to lose weight," says Registered Dietician **Wendy Petusevsky**, "keep a food diary." This is just one of many tips she offers. Others include:

- ♦ Eat a salad or broth based soup first
- ♦ Don't eat and watch TV at the same time
- ♦ Don't skip meals
- ♦ Bring half your food home from a restaurant
- ♦ Have at least 30 minutes of physical activity every day
- ♦ Serve on smaller plates

She passed around "The Portion Plate" which suggests how much food of each type

people should consume : Meat or other protein should be the size of a deck of cards; A serving of fruit or vegetables should equal the size of a baseball; a serving of bread equals the size of a cassette tape, and starch should equal the size of your computer mouse. What this says overall is that half of a meal should be fruits and veggies, 1/4 should be protein and 1/4 starch and carbohydrates! Eat extra protein, and it gets stored in your midsection "for the famine that's coming!" To increase fiber in your diet, eat oatmeal, fruit (fresh is better than canned), whole grain cereal and bread. Drink low fat or skim milk. Increase your activity - it will lower your blood sugar! And don't try to eliminate all fat from your diet - your body DOES need some fat!!



President's Corner

Here we are in the midst of the holiday season - much to do about shopping, family gatherings and decorating our homes. This is also the time to think of how we can share our good fortune with those who are in need. Our organization helps through contributions to Women in Distress, Kids in Distress, our troops and their families, Castle Hill Elementary, Ronald McDonald House and the Lions' Club. Each individual in BCREA has an opportunity to help a friend, a family member, or a neighbor. It doesn't have to be a large gesture - it could be a kind word, helping to move something heavy or picking up an item at the grocery. This leads me to the thought of volunteerism for 2009. If you are involved in helping others, join a group and support its projects. An hour, once or twice a week, can make a big difference. And you know, people say it gives the helper much joy too. Volunteering for BCREA, **Bruce Arnold** will be selling the 50/50 tickets; **Lorene Broxton** and **Lillie Fye** are in charge of the Social Committee. Many thanks to you all! I'd like to wish all of you a Merry Christmas, Happy Hanukkah, Happy Kwanzaa - or whatever you celebrate - and most important, Happy New Year! May 2009 bring to you and yours a wonderful, happy year!

Linda



From the Vice-President...

The **Social Committee** needs help! This would involve setting up before meetings and cleaning up afterward. **Lorene Broxton**, **Lillie Fye** and **Faye Mullarkey** can't do it all!

I'd like to start up carpool groups from different parts of town. Anyone interested? Also it might help get members who don't drive or for other reasons don't come to meetings.

To get involved in either of both of these projects, call me at 954-524-2938.

Marguerite



Community Service

Chairman: **Darcia Drago**



Gifts for Women in Distress

At our December meeting we will collect unwrapped holiday gifts for the residents at the women's shelter. Suggested items: plastic laundry baskets, toiletries and personal care products.

Thanks for helping to restock the pantry and clothing bank at the Cooperative

Feeding Program. It's always nice to lend a helping hand, especially during the holiday season.

We have a new contact person and will resume collecting manufacturer's coupons for our troops overseas. They can redeem coupons up to six months after their expiration date, so you can include those with recently expired dates.

Darcy

Health & Blood Bank

Chairman: **Kathlyn Barno**



We are all interested in living a long healthy life. Here are some tips from a family physician that will help you achieve your goal:

Keep your mind stimulated. Remember "use it or lose it."

Maintain a healthy diet and try to stay in a healthy weight range. This lessens pain associated with osteoarthritis.

Take your medications as prescribed by your doctor.

Monitor your blood pres-

sure. Blood pressure is a good indicator of whether things are going right.

Stay cool. Beware of heat exhaustion.

Protect your joints. Excess weight gain can cause added stress on joints. Get regular exercise.

We will be continuing our blood bank drive, so if you haven't signed up you may do so now. Happy Holidays. See you next year.

Kathlyn

Directories will be distributed at the December meeting. Copies will be mailed to members who are shut-ins or members who live out of county.



New member **Barbara Schmid** and guest from Bremerhaven, Germany **Birgit Jarchau** peruse last month's newsletter.

Passages



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

Elizabeth Freeman 12/1
Ethyl Mae Davis 12/2
Sara Pettis 12/16
Alzora Simmons 12/18
Dorsey Maynard 12/19
Dorothy Barringer 12/22
Elizabeth Johnson 12/26
And turning 85 on 12/3
Lillian Rahming



Thinking of You

**Carolyn Payne
Darcy Drago
Robert Rollins**

Welcome New Members

**Gwen Dudley
Barbara Schmid
Mary Taylor**

The Social Committee surely does miss **Harriet** and **Tom Drilling** who moved to Ocala in May. She was the chairman and he did the heavy work - carrying the boxes of serving pieces, paper goods, etc. I don't think **Linda Horton** knew this would be part of her job as president! She and other Board members have been helping out with clean-up until we can recruit some new committee members. It was so nice to see new member **Bruce Arnold** taking over the 50/50 ticket sales! We really need more men to take on jobs!

Ben's Bytes...



Be sure to sign in at meetings. Hospitality Chairman Martha Pipes wasn't sure how many were at the meeting as a few didn't sign

in. The 50/50 winners were **Lorene Broxton & Judy Joseph** (\$20 each) and **Bruce Arnold** (\$10). When no one claimed the \$10 prize, it suddenly dawned on Bruce that he'd bought tickets too! And sure enough, he had the winner! Two cookbooks were donated by **Margarite Falconer** and won by **Lorene Broxton** and yours truly - and I pulled my own winning ticket!! Does anyone notice a pattern here? Last Month **Lorene** was a 50/50 winner and this month she won twice!! And that's the last byte for this month!



FREA Travel...

Chairman: Arline Ziller



Southern Charm departing December 7, 2008 - Join FREA President **Marie Grein** and **Esther Twitchell** on this 7-day land tour including Charleston, Savannah, Jekyll Island and Jacksonville; visiting Boone Hall Cotton Plantation and Mrs. Wilkes Dining Room in Savannah with time and great places to shop.

13-night Transatlantic Eastbound cruise departing Fort Lauderdale April 12, 2009 for Ponta Delgado, Azores; Madeira, Portugal; Vigo, Spain; Southampton, England; includes such special amenities as ice skating shows, mini-golf course, pool deck and spas. **(There are now 32 people going on this transatlantic cruise. You still have time to join the group!)**

Be sure to include your name, address & phone number when requesting information. Contact me **Arline Ziller** at: Phone **954-781-4445** freatravel@cs.com

BCREA Officers...

President

Linda Horton
954-463-0912

Vice-President

Margarite Falconer
954-524-2938

Secretary

Madeline Martin
954-973-6509

Treasurer

Doris Emmett
954-772-8681

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 Scholarship Fund).

Thanks, **Doris**

Scholarship Donations

Donor:

Arline & Wayne McWhinney
Mildred Peterson
Mildred Peterson
Susan Lochrie
Susan Lochrie
Bettye Bradshaw
Echo Heyer
Elizabeth Ouelette

In Memory Of:

Ralph Kleinbeck
Leslie R. Peterson
Jerry L. Peterson
John Lyzott
Lillian Lampkins
Lydia Gassett
Elsa Kaye
Lillian Wilson

Undesignated Donations

Cultural Affairs

Chairman: Michele Edwards

Phone 954-849-5512

E-mail: dramama51@bellsouth.net



Greetings from your Cultural Affairs Chairperson! It was delightful to attend a meeting, meet some of our new members and visit with our (old?) members.

NEEDED: ONE CONVENTION DISPLAY COORDINATOR TO SERVE ON THE CULTURAL AFFAIRS COMMITTEE!!!

Due to family needs and travel plans, I will not be in town to construct and deliver the display for our Annual Convention. Pictured at right is this year's display.



I will gladly share the materials that are re-usable, photos of past displays, ideas and resources for the display with the wonderful volunteer who takes on this project. You do get help from the Historian (provides the scrapbook), Newsletter Editor (provides photos and other information), President (provides the banner) and the treasurer (provides a budget for supplies). Creating the display was my first foray into active membership; that was four years ago... Please contact Michele Edwards at dramama51@bellsouth.net or on her cell phone 954-849-5512 as I will be in and out of town.

At the November 6th meeting, I canvassed the attendees regarding the selection of cultural activities for the 08-09 Season. And the verdict is.....

"SHOWTUNE!" A revue celebrating the words and music of Jerry Herman, composer and lyricist for some of Broadway's greatest shows, including "Hello, Dolly!," "Mame" and "La Cage Aux Folles." Incorporating hit song after hit song, this musical is sure to please audiences young and old

alike with its toe-tapping music including some of Broadway's National Anthems. And here's the scoop!

Our group contract is for 20 seats on

Saturday, January 17, 2009

at 2:00 pm. Our group discount rate is \$27.00 per ticket/seat to be paid in cash or by check made payable to BCREA. Payments can be mailed to Michele Edwards at 1933 NW 107 Drive, Coral Springs, FL, 33071 or handed to her at the meeting on **December 4, 2008**. As always ticket sales are **FIRST PAID FIRST SEATED**; when we run out of seats, I will try to add to our order but I make no promises!

It was also decided that outings to the **Museum of Art** at Fort Lauderdale would be advertised FYI so that members can pick and chose dates and events/exhibits that appeal to them. The Museum offers

**FREE ADMISSION on
THIRD THURSDAYS.**

The current exhibit schedule is as follows:

Nov. 20 Pablo Picasso 3-D w/ Carlos Luna 2-D; Conrad Marca-Relli and Selections from the Contemporary Collection

Dec. 18 Pablo Picasso 3-D w/ Carlos Luna 2-D; Conrad Marca-Relli and Selections from the Contemporary Collection

Jan. 15 Pablo Picasso 3-D w/ Carlos Luna 2-D; Conrad Marca-Relli and Selections from the Contemporary Collection

Feb. 19 Pablo Picasso 3-D w/ Carlos Luna 2-D

Mar. 19 TBA

Apr. 16 TBA

May 21 TBA

For more information on the exhibits go to: www.moaf1.org/exhi_onview.htm

Enjoy!

Michele



**Scenes
at the
November
meeting!**

Page 4



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 _____, 200_____

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: _____

Scholarship Luncheon Ticket Order Form

Number of tickets: _____ @\$25.00 each

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

Doris Emmett
6000 NE 22 Way, Apt. 3-B
Ft. Lauderdale, FL 33308

The cost of the BCREA Newsletter is underwritten by:



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When I tried to Google Wendy Petusevsky to get some background info for the Newsletter, I instead found her brother-in-law Steve Petusevsky's website and food column (<http://www.chefsteves.com/columns.htm>) called Chef Steve's. He writes a weekly syndicated food column for the Tribune News Service called "Vegetarian Today." He includes recipes such as this one which includes 3 of my favorites - broccoli, cheddar and corn bread. I made them and thought you might like them as much as I do!

Broccoli- Cheddar Cupcakes

Makes 12 cupcakes (or more!)

4 large eggs, lightly beaten

$\frac{1}{4}$ cup melted butter

$\frac{1}{4}$ canola oil

1-1/2 cups low fat shredded cheddar cheese (**I'm bad - I used regular cheese!**)

8 ounce package, corn muffin mix

1 head broccoli, chopped, cooked in boiling water and drained (or 10 ounce package frozen, cooked and drained)

$\frac{1}{2}$ cup frozen peas, defrosted (**optional - I didn't use**)

Vegetable oil for spraying muffin tins

Optional: any cheese spread, softened to spread on cupcakes surface. (**Makes them look like regular cupcakes!**)

Preheat oven to 350 degrees.

Place the eggs in a large mixing bowl and begin to beat with an electric mixer on low. Add butter, oil and cheese, mix on low.

Add muffin mix, broccoli and peas, mix on low speed for another minute.

Spray muffin tins with cooking spray, line with wax paper muffin liners and divide batter among muffin cups. (I didn't spray tins with spray. Paper liners work fine alone)

Bake in 350 degree oven for 15-20 minutes until lightly browned.

Cool on a rack before serving and if desired, spread with prepared cheese spread, or nacho cheese sauce before serving.

Enjoy!! *Bev*

Margarite Falconer's Thought for the Day at the November meeting:
Arguing with a child is like mud-wrestling a pig: You both get dirty and the pig loves it!

BCREA NEWSLETTER

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