

Elizabeth Van Zandt, Multi-Faceted Author

"Elizabeth Van Zandt had a tall order in front of her when she took on the task of writing *Feeding a Fitness Fanatic*. With her husband owning his own fitness company and also working as a personal trainer, she had to deal with his healthy food requirements. Working full time and wearing many hats, she sets out to let us know that healthy eating can be easy, fun and even economical. Her primary goal is not just a healthy lifestyle or a



food philosophy but also a best practice standard

that gives us a practical and useful approach that can be easily developed over a short amount of time."

This is an excerpt from just one of the 5-star reviews on Amazon.com about our November speaker's recently-published book. Although she was promoted as a speaker from the Downtown Developmental Authority where she has worked since 2005, Ms. Van Zandt probably works there in order to support her real loves: cooking, writing, fitness and dancing! She

did spend a few minutes discussing three downtown projects that are currently underway: beautification of utility boxes, beautification of the Las Olas area above the tunnel and the proposed Wave streetcar system. Her enthusiasm about the somewhat-controversial Wave was contagious. And the photos of the utility boxes (see photos on Shutterfly on the BCREA website to see them all) were amazing.

As soon as her presentation concluded, a line formed to

buy her book. Maybe they read the reviews! You can also get it on Amazon.com.



Important Upcoming Dates!

December 5 Meeting
Time: 11:45 am
Place: Deicke Auditorium
Address: 5701 Cypress Road
 Plantation
 (1 block off Broward at Royal Palm)

Program: "Teddar Bears" Holiday Music

December 12: Board Meeting, 11:30 am
 Carol Roland's home

Bring to meeting:
 Potluck Dish to Share
 Blankies & Pillows Books for Literacy
 Campbells labels Aluminum pull-tabs
 General Mills labels Coupons for our troops

November 28: Happy Hanukkah

December 25: Merry Christmas

December 26: Happy Kwanzaa

Mark Your 2014 Calendar:

BCREA

Invites You and Your Guests
to our
Annual Scholarship Luncheon
Thursday, February 6, 2014
 Social Hour: 11:30
 Lunch served: 12 noon
 Tropical Acres Restaurant
 2500 Griffin Road
 Tickets will be sold at the
 December and January meetings
 or
 Order them by mail with the coupon on Page 6.

President's Corner

I think most of us have fond memories of a "special school" where we taught and formed friendships. At our meetings, I often hear folks exchanging stories and catching up with "old" friends.



I taught at **Tedder Elementary** in Pompano Beach for 37 years. I saw many changes -from a new cafeteria and media center to a 2-story classroom building; new curriculum every five years, ten principals, hundreds of teachers, thousands of students and a changing community, but Tedder is still "my" school.

I love meeting students who have been in my class, but now I meet children who tell me I was their mother's or father's teacher.



The "Tedder Bear" chorus will entertain us at the December meeting. I am sure I will see some familiar faces. See you then.

Diane

From the President-Elect

Happy Holidays to all of our members. Our speaker for November was **Elizabeth Van Zandt**, a young woman with wonderful energy and ideas. She spoke about her schooling in Broward County and how her training in the performing arts magnet schools has helped her so much in her career. She talked about different projects that she was connected with while working for the Downtown Development Authority.



I've been reading through the book she has written, **FEEDING A FITNESS FANATIC**, and one area intrigued me. She asks, "What is your food philosophy?" It has me wondering why I eat a certain way. Looking through the many recipes is inspiring me to think about many ingredients that I could change to make a dish healthier. The book is well written and is available through Amazon.

Our December program will be the Tedder Elementary Chorus. Hearing the children sing will put us in the mood for the holidays.



Echo

Information Services

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



The winter season brings with it all kinds of festivities and celebrations and usually the main event connected with these affairs is eating. In turn our calorie intake increases and so do our waistlines. Several dietitians and nurses published some tips in *Health to You* magazine to help us avoid having to loosen up that belt. Here goes.

1. Drink water throughout the day and have an 8-ounce glass before eating.

2. When at a buffet,

fill at least half of your plate with fruits and vegetables. You won't have much space for high calorie foods.

3. Use smaller plates and skinny glasses. This tells your brain that you're eating a big, filling meal.

4. Think about how much and why you are eating. You will feel more satisfied with fewer calories

5. Take 20 minutes to eat a meal. That's how long your brain needs to realize your stomach is full. When you feel comfortable stop eating.

And this is a special tip: If you are talking and socializing you are not eating! So now you are equipped with information to enjoy the holidays and face the new year with a clear conscience.

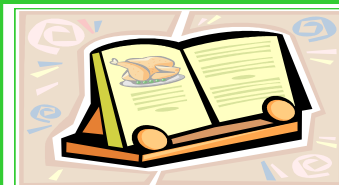


Seasons Greetings!
Kathlyn

Did I read that sign correctly?

TOILET OUT OF ORDER.
PLEASE USE FLOOR BELOW

Spotted in a safari park:(I sure hope so)
ELEPHANTS PLEASE
STAY IN YOUR CAR



For those of you who have been anxiously awaiting the BCREA Potluck Cookbook, I'm going to try to get it organized and printed ASAP. So consider this your last chance to send your recipes to Bev Hoppe - either by e-mail to HapiHopi@aol.com, by USPS mail, call me and read it aloud or hand it to me at a meeting.

Many thanks to the members who have contributed so far!

Bev

Passages



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

- Elizabeth Freeman 12/1
- Barbara Doherty 12/07
- Jean Funk 12/18
- Alzora Simmons 12/18
- Panchitta Chisholm 12/19
- Caroline Hooper 12/20
- Toni Merton 12/20
- Kay Vetro 12/23
- Betty Deacon 12/31
- ...And turning 85
- Doris Emmett 12/26

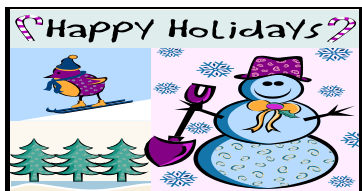


In Memoriam

Lily Diekman - 11/3/13



Thinking of You
 Bruce Arnold



BCREA Officers...

- President
Diane Texter
 954-972-8032
- President-Elect
Echo Heyer
 954-523-0661
- Secretary
Josephine Walker
 954-742-2430
- Treasurer
Marelise LeClerc
 954-962-7343

Social Committee

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



YOU have done it again. Another wonderful BCREA luncheon table provided by YOU! Thank you everyone for all of your contributions which make our luncheon one of the best in town. Our table is so full of "goodies" that it is often difficult to make our selection and sometimes we even go back for seconds. It is amazing that time and time again, you walk in with your bags, containers, platters, or even boxes storing delectable food items to be shared by all. Speaking of food containers, there was a little bag left at the last luncheon. It is a brightly colored blue, orange, green and yellow tote bag. It has a zipper across the top with a velcro closing and the word "care" printed along the bottom. This bag would like to go back home with you and you will be able to reclaim it from the coffee table at the December meeting. This committee works very hard trying to make sure that we are able to enjoy our lunch. We would greatly appreciate your assistance in the following area. We ask that as you are leaving the building, please walk by the table in the back of the room and if your container is still on the table, either take

it home with you or dispose of the empty dish in one of the trash cans which have been provided.

It was good to see even more new members at this meeting. Thank you everyone for your participation and food preparation. If you have questions or ideas, please let one of us know. Hope to see you in December.

Sallie



There were 76 members and friends at the November meeting. Notably absent was Membership Chairman **Susan Lochrie** who was on a trip to Israel! **Diane Jarchow** filled in at the Membership table. Thanks to **BrightStar** for their donation of 6 tickets to **Joseph and the Amazing Technicolor Dreamcoat** at the Pembroke Pines Center for the Performing Arts. The winners of the tickets were **Nancy Adams, Jewel Ecton, Josephine Walker, Joyce Stokes and Ana Hayden**. The usual winners of the Scholarship raffle were \$20: **Susan Smiler**; \$10 each: **Bonnie Kinghorn-Cagle, Gloria Marshall, Alyce Aspler**; flowers: **Nancy Ruiz & Doris Emmett**; and a tote-bag: **Joseph Anselme** - see their photos on page 6. Out of room - AGAIN! Happy Holidays!! And that's the last byte for December! *Bea*



Cultural Affairs

Chairman: Carol Roland
 954-472-2389 CAROLRBEADS@aol.com



This is the last call for members who want to go on the day trip to **Morikami Museum**. We will meet at the Museum entrance on

Wednesday January 22
at 10:30 AM.

After our visit, there will be an optional lunch. If interested, send Carol Roland a check for \$15 right away.

Also, there are 5 tickets available for **Crimes of the Heart** on February 15th, and 4 tickets for **Over the River and Through the Woods** on April 11th. Both shows are at the Stage Door Theater in Coral Springs. Send a check for \$33.00 per ticket.

For more information call or e-mail me at: 954-472-2389 or carolrbeads@aol.com. Mail checks (payable to BCREA) to Carol Roland, 9721 SW 14th Pl, Davie, FL 33324.

Literacy

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



As the holiday season rushes in, enjoy family, friends, and loved ones.

Try to stop by an elementary school before the winter break and encourage 5th graders to enter the essay contest. Posters and guidelines are readily available.

Just contact me at slef123@bellsouth.net. Be sure to add BCREA to the subject line.

Happy reading, **Sandy**

From the Treasurer

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



We are on our way to raising scholarship money for the upcoming year! Thanks to all who have given toward the primary goal of our organization. *Marelise*

Scholarship Donations	
Donor	In Memory Of
Rose Crupi	Joan Rosener
Darcy Drago	Joan Rosener
Darcy Drago	Rita Burns
Darcy Drago	Tucker Morris
Mary Hiers	Dorothy Johnson
Vivian Thanos	Joan Rosener
Undesignated Donations	
Janice Johnson	Richard Perry
Mary Shannon	Norma Van Baskirk
	Beverly Williams



11/07/2013

Membership...

Chairman: Susan Lochrie
954-525-8503 or slochrie@bellsouth.net



As of the November meeting we had 323 paid members. Membership Dues are \$50. This includes \$35. State dues and \$15. local dues. Most members have already paid the annual dues. Recently, reminders were sent to those who had not paid. Checks are payable to BCREA and should be mailed to

BCREA-Susan Lochrie;
P.O. Box 30533;
Fort Lauderdale, FL 33303.

If you have friends who have retired, invite them to one of our meetings or send me their name and address and I will send information to them. **Susan**

Welcome New Members



Barbara Bohuny	Joanne Brewton
Carol Chess	Joann Corder
Ellen Greenberg	Ana Maria Hayden
Heidi Hoffner	Linda Jackson
Sheryl Keyes (Jane)	Judith Mager
Dorothy Moore	Julie Patten
Juan Perez	



District 10 Director

Margarite Falconer
954-524-2938 margaritef@yahoo.com



Broward County Retired Educators will be the host for the District 10 September workshop. District 10 includes Dade, Broward and Palm Beach Counties. The meeting is both fun and informative. We need members with strong organizational skills to volunteer to chair this event and to coordinate some activities. Anne French was chairman when we hosted it 3 years ago and she will help, There will be several members of the committee who also have experience putting these on.



Please contact **President, Diane Texter** at Texterdr@gmail.com or Margarite Falconer at margaritefal@yahoo.com for more information..

Margarite

At Left, President Diane Texter presents a certificate for being the District 10 Volunteer of the Year to Darcy Drago.

Community Service / Directories

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



Community Service

Many thanks for your donation of food, clothing and personal care products to LifeNet4Families/Cooperative Feeding Program. We had the largest collection we've ever had!

There will be no specific items for collection in December - just continue to bring your pull-tabs, coupons, labels, blankies & pillows, etc.

Directories

The 2013-14 directory will be distributed at our December meeting. Copies will be mailed out to "shut-ins" and those members who live out of the area.

Wishing you & your family a happy, safe and healthy holiday season!



Darcia

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



FREA Tours for 2014

FREA Travel for FREF Scholarships
Arline Ziller, FREA Travel Chairman
954-781-4445 Email: arlinez@juno.com



Things are in flux right now because I have had a miserable time getting through to Royal Caribbean Cruise Lines, so I have to make some decisions. But I would like to introduce new member **Juan Perez** who is going to be working as my partner in training this year. He still teaches part-time at Miami Dade College North and will be able to converse in

Spanish as needed.

Call me for your travel needs.

Arline

Friendship

Chairman: Nancy Ruiz
954-966-7242 nanserf68@att.net



Hi Everyone,
I thank everyone who has helped to supply me with the names and addresses of people who need cheering up.

Keep up the good work! I appreciate it.

Happy Holidays!

Nancy



The cost of the BCREA Newsletter is underwritten by:



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**- DATED MATERIAL -
 PLEASE DO NOT DELAY**

The lunch line snakes around the room!



Scenes at the November meeting!

Scholarship Luncheon Ticket Order Form

Number of tickets: _____ @\$25.00 each

Entrée choices: Beef
 Chicken
 Fish

Name	Entrée Choice
_____	_____
_____	_____
_____	_____

Send a check made out to BCREA

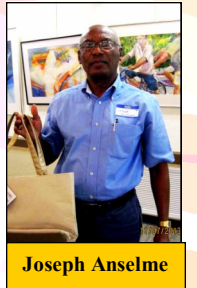
Include a Self-addressed, stamped envelope
 to
 Echo Heyer
 1800 SW 12 Avenue
 Ft. Lauderdale, FL 33315



Susan Smiler **Bonnie Kinghorn-Cagle** **Gloria Marshall**



Alyce Aspler **Nancy Ruiz** **Doris Emmett**



Joseph Anselme



President Diane opens the meeting



Ethel Pappy is greeted by her "Soror."