



## Board Holds Annual Holiday Bash!

Pictured above are the BCREA Board members who gathered at Bev Hoppe's home on December 10 for their annual holiday meeting. They enjoyed a lunch featuring prime rib, had a Chinese-auction style gift exchange and no business was conducted at all!! "Santa" Linda Horton gave each member a small gift and her thanks for their participation on the Board, which is reason enough to join the Board!



Above: Ed Aqua discusses the Lifelong Learning Institute's Winter Welcome Week with Cheryl Ammons at the January Meeting. Turn to page 4 for the complete schedule of events.

## Pharmacist Emilio Perez Fills January's Bill

Pharmacist Emilio Perez, Clinical Coordinator for Broward General Medical Center, had to talk fast to cover the 14 pages of the informational packet which he distributed to members at the January meeting. Even so, interest from the group was so strong that Vice-President Margarite Falconer finally had to call a halt to his presentation. It seemed everyone had a question or 2 about his topic: medications and their possible interactions with food, other drugs or natural remedies. This is not surprising



when you consider that most people of retirement age and beyond are taking at least one and maybe several prescriptions. Among the food-drug interactions Dr. Perez discussed were grapefruit, calcium, licorice, leafy green vegetables and caffeine. Among the most common drug-drug interactions is alcohol - many prescriptions include a warning about the use of alcohol while taking drugs. He listed 9 herbal / over-the-counter supplements which can interfere with medicines. Among these were Echinacea, Ginkgo Biloba, garlic and cranberry. He pointed out that meds should ideally be taken with water. To get additional information on these interactions, visit <http://GlobalRPH.com>.

## February 4 Meeting

**Time:** 11:30 am - **Advance Tickets only**  
**Order Form on page 6**

**Place:** Tropical Acres Restaurant  
**Address:** 2500 Griffin Road  
(1/2 mile west of I-95)  
954-761-1744

**Program:** Annual Scholarship Luncheon  
(Ticket Order Form on page 4)

With remarks by  
**FREA President Marie Grein**

### Bring to meeting:

Volunteer Reporting Form  
Door Prize for Luncheon

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

## President's Corner

Hi Members of BCREA:

I'm still singing and having pleasant memories from the January 8 Doo-Wop Rock & Roll Show at Parker Playhouse! That was a fun evening.

The January meeting went well. We were kept warm by heat and a variety of warm foods, as January 7th, 2010 was a cool day. **Emilio Perez**, our speaker, informed us about drug combinations to be aware of ... and he gave us handouts on valuable drug data.

BCREA is presently looking for a vice-president in charge of programs for our monthly meetings for the Club year 2010 - 2011. Current VP Margarite Falconer will be moving up to be President of BCREA. The office of treasurer is also in need of a volunteer. **Doris Emmett** has held this position for ten years, and may I say, she has done a fine job! If you are interested in either position contact Margarite or me. Our phone numbers are in this Newsletter and in the BCREA Directory.

FEBRUARY! what does this month bring to mind? Shortest month? Valentine's Day? President's Day? Black History Month? Scholarship Luncheon for BCREA? The latter is on my mind because it is our major fundraiser for our Scholarships! The luncheon is at Tropical Acres on Thursday, February 4. Tropical Acres provides us with a great room and delicious food. Bright Star Credit Union gives us prizes, centerpieces, and of course their support. We [BCREA] provide the scholarship money, prizes, friendship, and promote generally a good time! **COME ONE, COME ALL, TO THE SCHOLARSHIP LUNCHEON!**

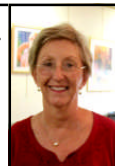
See you there.

Linda



## Community Service / Directories

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



Remember to turn in your community service hours at our February scholarship luncheon at Tropical Acres. Our unit report is due to FREA in March.

Please continue to collect eyeglasses, cell phones, books and magazines, manu-

facturer's coupons and "Labels for Education" and bring them to our remaining meetings.

For those who have not yet picked up a 2009-2010 Directory, I'll have them available at the luncheon.

Darcy

## Literacy

Chairman: Rosetta Watkins  
954-584-8719 mamarowat@aol.com



**Fifth Grade Essay Contest**  
Our Fifth Grade Essay Contest got off to a slow start this year due to some unforeseen circumstances, but we are up and running now with two schools, Liberty Elementary and Lakeside Elementary, participating. Hopefully we will get a third school.

### Book Donations

The Literacy Committee is asking for donations of new books, appropriate for a fifth grader, to be given to essay participants. Each participant will receive a certificate and a new book. We are also collecting slightly used books to give to the after school Program (K

- 5) at Bass Park. Thanks to **Faye Mullarkey** who donated 4 cartons of books and to **Madeline Martin** who donated 29 books, our collection is off to a good start.

### Literacy Hours

Thanks to all of you for reporting your hours last year. Our Unit (BCREA) received a Patch for Literacy at the Assembly and Convention of FREA.

Keep up the good work and let's make it two years in a row. You may report your Literacy Volunteer hours to me via the telephone (954-584-8719) or E-mail

[mamarowat@aol.com](mailto:mamarowat@aol.com)

Rosetta

## BCREA Officers....

### President

Linda Horton  
954-463-0192

### Secretary

Judy Joseph  
954-974-8224

### Vice-President

Margarite Falconer  
954-524-2938

### Treasurer

Doris Emmett  
954-772-8681

## Health & I+PS

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



There will be no money collected for the blood drive at the February luncheon. The drive will continue in March.

Kathlyn

## Cultural Affairs

Chairman: Michele Edwards

954-849-5512 dramama51@bellsouth.net



It's time for another sell-out!!!!

2 remaining tickets must be paid for February 4th!!! Florida Follies presents "Celebrate" at Parker Playhouse on Sunday, March 14, 2010 @ 1:45 p.m. for \$30/ticket.

Due no later than April 1st!!!! "Love, Sex, and the IRS" on Saturday, April 17, 2010 @ 2:00 p.m. for \$35/ticket. There are only 4 tickets left!!!

Bring your checks made payable to BCREA to me at the February 4th luncheon or mail them to me: **Michele Edwards**, 1933 NW 107 Drive, Coral Springs, FL 33071.

Sales are first-come, first-served; I will try to get additional tickets if they are requested. Monies received after tickets are gone will be returned to sender.

**REMINDER: I am looking for a volunteer to replace me as the Cultural Affairs chairperson.** Personal obligations interfere with my doing my best job so I feel it is time to step aside. This season's shows are arranged; the job would begin for the 2010-11 year. Please submit your interest to Linda Horton, President. Don't hesitate to call and speak with me if you are considering this and need clarification.

*Michele*

*Bev's Bytes.....*



Have a look at the photos in this *Newsletter*. Notice anything different? Yes! People are dressed for winter in all of them! It's been cold in SoFla! This morning the low was around 38!

Counting members and guests, there were 50 in attendance at the meeting in spite of the cold. It was **Carol Roland's** first meeting - and she won \$20 in the 50/50! It was **Mel Wenig's** 2nd meeting - and she won \$20 - her 2nd win in a row! (Last month she only won \$10.) Winning \$10 was **Myken Brady** a longtime member who hadn't been getting to meetings as she volunteers at Broward General on Thursdays! It seems as if Lady Luck is encouraging members to attend! BCREA's first Cultural Affairs event was Friday night, 1/8. Chairman **Michele Edwards** tried in vain to get back for it; thanks to **Margarite Falconer** for picking up the tickets and distributing them. "**Cool Bobby B**" of Sirius Radio was the emcee; **Kid Kyle**, an amazing kid who turned 15 that night - just like his hero **Elvis** (who would've been 75!); and 3 Doo-Wop groups of guys old enough to be in BCREA comprised the "**Doo-Wop: Oh, what a Night**" show that 14 members and friends attended. Along with **Kid Kyle**, **Jay Siegel and the Tokens**, **Johnny Maestro and the**

## Passages



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

**Annie Williams, 2/04**  
**Laura Robinson, 2/11**  
**Ruby Huff, 2/16**  
**Faye Mullarkey 2/24**



*Thinking of You....*

**Violet Dargan**  
**Ed & Marion Elder**  
**June Travers**

**Brooklyn Bridge;** and **The Mystics** sang the oldies - and the sell-out crowd was with them all the way - even when the performance left something to be desired! There were no programs which was a real problem - senior citizens need to know when intermission is coming - if you know what I mean! Quite a few were seen wending their way out during the 3-hour performance. Overall, people seemed to have fun. **And in Member News:** Past-President **Tom Drilling** and his wife **Harriet**, who are now living in Ocala, took a trip to Australia and New Zealand in October. And that's the last byte for February!

*Bev*

## FREF

Chairman: Frances Smoot

954-733-3385 francessmoot@hotmail.com



### FREF Extravaganza 2010!!!!

Tickets are here and ready to be sold for the exciting FREF Extravaganza 2010. You have a chance to win four excellent prizes for the cost of \$10.00. Remember the funds will go to support the state scholarship fund for any student who wants to become teacher in the state of Florida. We look forward to your cooperation, we need your participation.

**Frances**



Scenes from the Doo - Wop Show



## Core K-12 Recruiting Retired Educators

Since Core Education and Consulting Solutions purchased our K-12 Intervention division from The Princeton Review, we at CORE K-12 have been recruiting potential consultants and trainers. We have clients in various districts throughout Florida, and our Professional Development staff database needs to expand.

We like to recruit highly-qualified, master, retired teachers who have the expertise and depth of knowledge needed to coach, mentor, and train inside the schools and who, in addition, have the energy and enthusiasm to encourage teachers and students to excel.

Resumes may be sent to me at  
[kathy.sapaugh@corek12.com](mailto:kathy.sapaugh@corek12.com)  
or call 877-267-3512.

Thank you!  
Kathy

**Kathy Sapaugh**  
**Exec. Dir. Professional Development**  
**CORE K12 Services**  
**Office: 877-267-3512 x 1272**  
**Fax: 870-779-0283**  
**Mobile: 917-484-2989**



## Membership...

Chairman: Susan Lochrie  
954-525-8503 or [slochrie@bellsouth.net](mailto:slochrie@bellsouth.net)



We have 320 members who have paid their dues for 2009-2010, with 33 new members. It is wonderful to see so many new members at the meetings. The official year of membership is from July 1, 2010 to June 30, 2011. In March we will start to collect the dues of \$45. for the 2010-2011

year. Members who have the American Pioneer Med-Gap Insurance will need to pay their dues before June 30. The state organization, Florida Retired Educators Asso-

### Member Spotlight

**Helen Munnings** retired after a long career as a Media Specialist. Born as Helen Poitier, the daughter of a minister, she attended Braithwaite Elementary in Deerfield Beach and Carver High School in Delray Beach. After she graduated from the Tennessee State University, she lived in West Palm Beach. Her first job in education was in 1960 as the School Librarian and teacher of a fifth-sixth grade combination class at Roadman Elementary School in Boca Raton. In Broward County, Helen worked as the Media Specialist at Larkdale Elementary. She continued her education with further studies during the summers at Buffalo State University, University of Miami, Barry University and Florida Atlantic University.

ciation has updated their website: [frea.org](http://frea.org). with more information about the state organization. Remember to check our website [browardrea.org](http://browardrea.org) for information on meetings and to read past newsletters.

Please contact me if you know of anyone who would like to receive a membership information packet and I will mail it to them. Susan Lochrie 954-525-8503 [slochrie@bellsouth.net](mailto:slochrie@bellsouth.net)



Helen has two sons, one daughter and three grandchildren. After retirement she volunteered to set up a library at her church, the Cathedral Church of God, in Deerfield Beach. She also volunteered her services to teach reading classes at the church library. Most of her students were children and some were adults and the adults attended the classes faithfully. Helen recounts that the Bible has been a source of strength and inspiration for in many difficult situations.

## Aqua Extends Invitation to LLI's Winter Welcome Week, January 11 - 13

**Ed Aqua** stopped by to invite BCREA members to the Nova-SE University Lifelong Learning Institute's Winter Welcome Week. The schedule is:

**Monday, January 11** 9:30 a.m. Breakfast and welcome 10:30 a.m. Classroom introduction to the LLI 11:00 a.m. Opening Class: Pat Wickman—Native American Studies Seminar 12:00 p.m. Lunch break 1:00 p.m. Afternoon Class: Mario Ferrante — West Papua, New Guinea: An anthropological study of the Dani, Lani, Yali and Asmat tribes of the Baliem Valley

**Tuesday, January 12** 9:30 a.m. Breakfast and welcome 10:30 a.m. Classroom introduction to the LLI 11:00 a.m. Morning Class: Tim Dixon & Gary Gershman—World Update 12:00 p.m. Lunch break 1:00 p.m. Afternoon Class: Dennis Darlak—Inside the Intelligence World 2:00 p.m. Program Q&A

**Wednesday, January 13** 9:30 a.m. Breakfast and welcome 10:30 a.m. Classroom introduction to the LLI 11:00 a.m. Morning Class: Judith Etzion—Music & Culture 12:00 p.m. Lunch break 1:00 p.m. Afternoon Class: Arnold Ages— French literature: Moliere's "Le Malade Imaginaire" (The Imaginary Invalid) Hypochondria is also a cure.



Seen at the  
January Meeting



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 \_\_\_\_\_, 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: \_\_\_\_\_

**February 4 Scholarship Luncheon  
Ticket Order Form**

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

Entrée choices: Prime Rib of Beef  
Chicken Francaise  
Broiled Salmon

Name Entrée Choice

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Send a check made out to BCREA (by January 23)  
(Include a Self-addressed, Stamped Envelope)

to

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

Give a hug - For no reason;

Say I love you - Just because;

Share a smile with a stranger;

Take time - Count your blessings;

Don't take anything or anyone for granted;

End each day with no regrets.

**Scholarship Donations**

**Undesignated:**

Doris Cotnoir  
Linda Marable

Winifred Graham  
Madeline Martin

**BCREA NEWSLETTER**

Published 8 times a year, September – April by the  
**BROWARD COUNTY RETIRED EDUCATORS ASSOCIATION**  
1040 SW 52 Avenue  
Plantation, FL 33317

NON PROFIT ORGANIZATION

**U.S. POSTAGE  
PAID**

PERMIT NO. 409  
Ft. Lauderdale, FL

- DATED MATERIAL -  
PLEASE DO NOT DELAY