



# Bronco News

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our WEBSITE  
[www.BHSAA.org](http://www.BHSAA.org)



## 2011 BHS Distinguished Alumnus

### CLASS OF 1967 SARAH SPECK

Dr. Sarah Speck, a 1967 Barrington High School graduate, was named Barrington High School's 2011 Distinguished Graduate. Dr. Speck was honored on May 17, 2011 at the 31<sup>st</sup> Annual Senior Scholarship Night, for her distinguished career in medicine.

Dr. Speck is a cardiologist and the medical director of Cardiac Rehabilitation and Prevention Services at Swedish Heart and Vascular Institute at the Swedish Medical Center in Seattle, Washington. Dr. Speck was one of the first women cardiologists in Washington State and the only woman, to date, to chair the Department of Cardiology for the Swedish Heart and Vascular Institute. Dr. Speck is a consultant and speaker for the pharmaceutical industry and Dr. Speck has also edited and produced an internet based "Heart Healthy" cooking series, with six of Seattle's best chefs, designed to assist men and women in preparing healthy meals. Dr. Speck is the author of numerous publications along with being a sought after regional and national lecturer and presenter in the field of preventive cardiology and cardiovascular diseases in women.



Congratulations to Dr. Sarah Speck, on behalf of Barrington High School and School District 220, for being honored as Barrington High School's Distinguished Graduate for 2011.

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**DO YOU WANT TO CONTINUE TO RECEIVE BRONCO NEWS?**

# Register Today!

[www.BHSAA.org](http://www.BHSAA.org)

and like us on FaceBook Barrington High School Alumni

Mailing of the Newsletter has stopped for most classes. Future editions of *Bronco News* will be sent via e-mail and our website: [www.BHSAA.org](http://www.BHSAA.org). Based on your class year, you will automatically be linked to your class home page where you can:

- Register for upcoming Reunion Events
- View recent Reunion photos
- Network with classmates with blogs and photo pages
- Stay updated on BHS and alumni news





Please lend a hand for your Reunion via your Chair or [www.bhsaa.org](http://www.bhsaa.org)!!!

CLASS	CONTACT NAME	E-MAIL
1941 - 70th	Les Bennett	
1956 - 55th	Jim Condill	<a href="mailto:gymellen@sbcglobal.net">gymellen@sbcglobal.net</a>
1961 - 50th	Don Thompson/Maxine Cress	<a href="mailto:nadon803@sbcglobal.net">nadon803@sbcglobal.net</a>
1966 - 45th	Bob Siegworth/ Kay Griffith/Bill Lee	<a href="mailto:donkayg803@prodigy.net">donkayg803@prodigy.net</a>
1976 - 35th	Cindy Emling/Bob Blanke,Amy Bash	<a href="mailto:bashley@yahoo.com">bashley@yahoo.com</a>
1981 - 30th	Mike Bentle	<a href="mailto:mjjj1197@sbcglobal.net">mjjj1197@sbcglobal.net</a>
1986 - 25th	Caryn Rasnick	<a href="mailto:rasnickc@comcast.net">rasnickc@comcast.net</a>
1991 - 20th	Kaia(van Dam) Kraus	<a href="mailto:kaiakraus@hotmail.com">kaiakraus@hotmail.com</a>
1996 - 15th	Nicole Ryan Hands	<a href="mailto:curls@gmail.com">curls@gmail.com</a>
2001 -10th	Kelly Stachura	<a href="mailto:info@kellystachura.com">info@kellystachura.com</a>

## Planning A Reunion?



**We have loads of information  
and resources for you!**

**While every reunion is unique, we have compiled a “Reunion Packet” to help with your reunion planning. Visit our website, [www.BHSAA.org](http://www.BHSAA.org), and print out a “Reunion Planning Guide” to help you get started!**

Join Us for  
GREAT TOE TAPPIN'  
**CHILI & MUSIC**  
and One Heck  
of a Good Time!

Event Cooked Up by  
The District 220 Educational Foundation

Onion Pub, 22221 North Pepper  
Road, Lake Barrington, IL,  
March 10, 2012 7:00 pm

# What Are The Barrington Follies?

Definition:

**“An elaborate theatrical revue consisting of music, dance, and skits”**

The Barrington Follies is a community based musical theater event that has been proposed and is being produced by the BHSPAAE: Barrington High School Performing Arts Alumni. Some of you will remember them from the 2010 Alumni Show! Recognized and supported (non-financially) by both the Village of Barrington and the Barrington High School Fine Arts Dept. they continue to promote the performing arts in Barrington and in the Dist. #220. All proceeds benefit the Galfer Award at BHS Performing Arts.

Their goal is to engage the Barrington community in a rewarding and entertaining theatrical event at BHS. Cast, Crew & Audience should expect an immersive experience as they blend a combination of existing Barrington groups and students, rehearsed cast, and skilled local theatrical talent to produce a show of great fun and sparkle.

This is not a talent show. The show will be crafted based on both available talent and those wanting to participate but not currently performing. They will be including existing Barrington residents and community groups in both vocal & dance segments as part of the show. A Core Cast will be assembled to rehearse the core of the show. Several showpieces will be featured by local theater groups and standout talent. They are looking forward to working with the Barrington community as a whole, spotlighting their talent and the performing arts in Barrington. All in good fun and for a good cause.

They have chosen a “radio” themed broadcast (aka Garrison Keeler) to segway between their musical segments that will allow them to introduce some humor and Barrington “wag”. It will also allow them to spotlight a few of their sponsors and help fund the show. Writing these segways will be a challenge they are prepared to have fun with.

This year will see the first Galfer Award presented to a Performing Arts student at BHS for \$1000. They are very excited by this achievement and look forward to funding this award into the future. Your participation will be appreciated and ultimately contributes directly to their goal!

[www.bhstheater.com](http://www.bhstheater.com)

The BHSPAAE is a 501(c)3 public charity.



### Barrington Resident Swims for Students

One stroke at a time – that is how Don Macdonald, a Barrington resident and father of a Barrington 220 student, will swim the English Channel in August 2011.



Don Macdonald, Barrington 220 resident and father

The **English Channel** presents swimmers with multiple challenges:

- Distance – 21 miles at its narrowest, closer to 30 miles when factoring tides and current.
- Endurance – the average swim is between 13 and 14 hours.
- Temperature – it is at its “warmest” during the July - September period, between 58 and 63 degrees. Wetsuits are not allowed in certified swims.
- Traffic – It is one of the busiest commercial waterways in the world, with ferries, freighters, and fishing boats.

Salt water and jellyfish – irksome to the eyes and the skin.

All these factors will require resilience – both physical and mental. Don is training to be ready for the challenge. Follow his journey by clicking on <http://one-stroke-at-a-time.blogspot.com/>

**Resilience** is an important characteristic to possess for both adults and students. Barrington 220 is committed to helping students develop social and emotional skills. These skills will prepare our students to be resilient and achieve individual success academically, interpersonally and throughout their lives. (Source: *Barrington School District 220 Strategic Plan*)

All funds donated through “One Stroke at a Time” will be devoted to funding social emotional learning programs for Barrington 220.

Don encourages others to join his “One Stroke at a Time” journey with a tax deductible donation to the District 220 Educational Foundation, a 501c3, not for profit organization. 100% of the proceeds will go to Barrington 220’s social emotional learning programs.

Visit on [www.220foundation.org](http://www.220foundation.org) to donate.

**BHSAA BOARD OF DIRECTORS**

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Past Chair	Don Thompson ('61) Jim Potter ('65)
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**BHSAA DONATION FORM**  
 Mail to: BHSAA  
 P.O. Box 262  
 Barrington, IL 60011

\$25.00-Colt  
 \$50.00-Pony  
 \$100.00-Bronco  
 Other \$ \_\_\_\_\_

I am Interested in getting involved with BHSAA

Mr. Mrs. Ms. Dr. (Circle One)

Name (First, Middle, Last)

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Address

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City State Zip

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Phone Year of Graduation

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Email Address

Your donations are essential to continued communication with BHS Alumni. Our only source of revenue is the generosity of our alumni. Please complete this donation form and return it along with your donation and current e-mail address.

The BHSAA Board appreciates your continued support.

NONPROFIT  
 ORGANIZATION  
 U.S. POSTAGE  
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 PERMIT NO. 78  
 BARRINGTON, IL  
 60010

**BARRINGTON HIGH SCHOOL ALUMNI  
 ASSOCIATION  
 P.O. BOX 262, BARRINGTON, IL 60011  
 SPRING 2011 NEWSLETTER**



Website: [www.BHSAA.org](http://www.BHSAA.org)

**Plan Ahead for 2012!**

- **March 10- District 220 Education Foundation Chili Party**