



# The Retired Educator



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Issue 4

## THE RETIRED EDUCATOR

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Orange County Retired  
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to send thinking  
of you cards to those  
who are ill  
or  
to send sympathy  
cards to members or  
families.

## PRESIDENT'S CORNER

Well it was standing room only at the November meeting. I was told that it was the largest attendance ever. Thank you for coming and supporting OCREA. Our new District Director, Mike Ferger, shared a few thoughts and stories with us. A special thank you to Mike and his wife Mary for visiting us.

Have you sent in your recipe for the State Cookbook yet? You still have time, the deadline is December 1, 2009. All profit from the sales will benefit the FREF Scholarship Fund.

Type your name, address, phone number, your unit name, and the recipe(s). Send to Joyce Walters, at her email: [JEell1943@yahoo.com](mailto:JEell1943@yahoo.com) OR mail to: 726 52nd Ave. N., St. Petersburg, FL 33703-2832. Only typed submissions will be accepted.



PRESERVE OUR HERITAGE -

SHARE YOUR RECIPES FOR THE COOKBOOK PROJECT

Don't forget the children of Great Oaks Village. Last year we collected over \$400.00 and were able to sponsor 2 children. Treats are also appreciated—sweet or salty.

This will be your last chance to get an OCREA T-Shirt. Call Carol Egolf NOW.

WISHING YOU AND YOUR FAMILY A VERY HAPPY HOLIDAY SEASON

Sue Orth

## GENERAL MEMBERSHIP MEETING

Thursday, January 7, 2010  
College Park United Methodist Church

(located at corner of Edgewater & Harvard across from Publix)

10:00 a.m. Continental breakfast & Social hour  
10:30 a.m. Program and Business

**PROGRAM: Food Safety Information  
Restaurant and Take-out Safety  
Speaker - Representative from FDA**

### Hosts & Hostesses:

Board members with last names beginning with K-Z

**PLEASE PLAN TO ATTEND!**

Due to limited parking,  
please carpool if possible.



## HOSPITALITY FOR JANUARY MEETING

Our hosts for the January meeting will be Board Members with last names beginning with K-Z. They will bring a refreshment to share with our members at the Jan 7th general meeting. Please have your goodies at the meeting by 10:00 AM.

**Door greeters** for the January meeting will be Carol Egolf and Fran Winesett.

Carol Egolf, Ruth Ford, Eileen Lowe, Ross and Mary Lou Williams, Blanca Hernandez, Mary Long, Joan Gates and Arlene Stalnaker will bring goodies for the **Ronald McDonald House**.

**Thought for the Day** – Ruth Ford

**Beverage Table Hosts**  
Jean Forest and Betty Yandle

## Credit Union News

By Nancy L. Whitecavage

### Lock Out Fraud with CardLock™

CFE is excited to offer CardLock™, a FREE new service that gives cardholders the power to prevent fraud on their credit and debit card accounts.

CardLock protects payment card accounts in the same manner that locks protect other valuable assets. Now, when you're not using your credit or debit payment card, you can lock it.

Visit [mycfe.com/cardlock](http://mycfe.com/cardlock) to learn more and to enroll. Or, to enroll by phone, call 877-285-6251 (877-CULOCK1). Then simply call or go online to lock and unlock your card whenever you wish. Cut out and carry with you the following card with the number and website you'll need to lock and unlock your card. You can also pick up a laminated card in any of our branches.

### Special Gaylord Palms ICE!™ Promotion

Take advantage of a special CFE member discount to see ICE!™ at Gaylord Palms, Orlando.

Now in its 7<sup>th</sup> year, the walk-through Christmas attraction of TWO MILLION pounds of hand-carved ice, will take chill-seekers on a trip to the North Pole. Inside a simulated winter environment, kept at a chilly 9 degrees, guests are immersed in a wonderland of larger-than-life, three-dimensional hand-carved ice monuments and scenes, including slippery ice slides.

ICE! is open daily from November 14, 2009 to January 3, 2010, including holidays. Special purchase tickets are available exclusively to members for select dates (see [mycfe.com/promo](http://mycfe.com/promo)). CFE member discount tickets are \$13.99 for adults Monday – Thursday, and \$19.99 for Friday – Sunday. Children's tickets are \$7.99 Monday - Sunday. This is an online discount. To purchase tickets at this very cool rate visit [gaylordpalms.com/chillout](http://gaylordpalms.com/chillout) and use promotion code CCCFE.

### PAC Bears Are Here!

College football is back and so are our adorable college-themed plush bears; on sale now for just \$6 each. All proceeds from the sale benefit NAFCU/PAC (National Association of Federal Credit Unions' Political Action Committee). There are 8 plush animals from which to choose. There will be limited supply this year, so visit any one of CFE's 16 branch locations and buy your plush friend today.

### CFE Opens Third High School Branch

CFE opened the doors to its third high school branch at Poinciana High School in Osceola County on Monday, November 2. As with the high school branches at Timber Creek and Lake Brantley, the Poinciana Branch will be fully operated by students.

## Information and Protective Services

Phyllis Tacey

### Ideas to help Seniors Age in Place

Make outdoor adjustments:

- Make the address visible from the street.
- Install large or reflective numbers on the house, mailbox, or curb.
- Install path lighting to all doors. Add entry-area lights that are activated by motion-detection sensors.
- Equip steps and porches with sturdy handrail systems that can support full body weight.
- If necessary, add a pathway ramp with handrails.
- Mark stair edges with paint or traction tape to improve footing.

### Improve the Indoors:

- Make portable phones available with large numbers for easy reading. Encourage carrying a cell phone in your pocket if you are away from the other phone or outside.
- Equip a cabinet with pullout or revolving shelves to make hard to reach items more accessible.
- Check for and eliminate tripping hazards such as scatter rugs. Mount loose cords to baseboards or walls with tape or clips designed for that purpose.
- Be sure that there is a night light in each room.

### Find Resources at the following Web sites.

**Beyond Barriers**-a resource for barrier-free products to improve daily living conditions for seniors. [beyondbarriers.com](http://beyondbarriers.com) or 800-561-2223

**Lifease, Inc.** Features thousands of better- living ideas. [lifease.com/lifease-home.html](http://lifease.com/lifease-home.html) or 763-277-5206

**Senior Resource**- online information relating to aging- in- place; [seniorresource.com](http://seniorresource.com) or 877-793-7901.

## FREF Report

*FREF Chairperson Chris Couch*

Contributions to the Scholarship Fund for November.

General Meeting: \$83.00 Little Red Schoolhouse

Book Sales: \$7.00 General Meeting



## Christmas Season at Great Oaks Village

**It is time for goodies!  
It's time for gifts!**

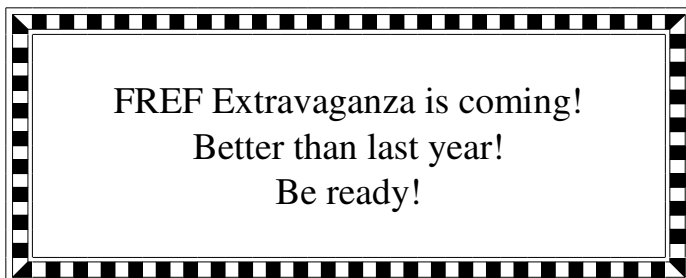
- We will collect money at the December meeting for the holiday gift fund.
- The boys and girls make wish lists and the staff members purchase the presents.
- Sponsorship for one child is \$200.00 dollars.
- We sponsored two children last year.

Don't forget to bring yummy goodies sweet or salty. These are divided between the cottages. Everyone enjoys these special treats at Christmas.

## COMMUNITY SERVICE

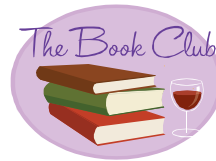
Arleen Stalnaker

There are ways that you can be compensated for your volunteer efforts. One way is to deduct your car mileage for volunteer activities when filing your federal income taxes. You may also find some select programs for senior citizen volunteers that offer a free meal or other non-cash incentives. The true compensation you will receive through your volunteer service is your sense of connection to the world around you, which brings a sense of purpose and joy to your life. No amount of money can buy the benefits generated by becoming a volunteer. Many of you have experienced these benefits through the 3,302 hours of volunteer service donated to our community. There are many opportunities to volunteer at schools, churches, hospitals, food banks and shelters. Jonas Salk once said, "I feel the greatest reward for doing is the opportunity to do more."



## Literacy Henrietta Sebag

Literacy volunteers have only five months to collect hours, until the end of the collection year. As of today, we have only 512 hours and of that 265 are youth hours. We have 18 individuals participating. We really need to get the hours in and exert a grand push to even try to succeed. At every meeting, I encourage each and every one of the members to bring in a book to our literacy table; show it and sign on the list, that you have brought the book and that way you will earn one hour each time. So keep those interesting, funny or meaningful books coming to the literacy table. Thank you.



Don't forget to bring in your favorite book to display at the next general meeting. Give new ideas to others and earn an hour's credit as a Literacy volunteer.

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## Welcome

### New Members since last newsletter:



Mrs. Zora (Beth) Venables.....

Mr. Lowell G. Britz.....

Mrs. Linda Harp.....

Mrs. Nancy Richter

Mrs. Hazel Wright.....

Ms. Bobbie DeWolf.....

Mr. George W. Martens

Betty Joan Douglas

Membership total **373**

**GENERAL  
MEMBERSHIP MEETING  
Thursday, December 3, 2009**



College Park United Methodist Church  
*(located at corner of Edgewater & Harvard across from Publix)*

10:00 a.m. Continental breakfast & Social hour

10:30 a.m. Program and Business

**PROGRAM:**

***Kilarney Elementary School Chorus***

**Hosts & Hostesses:**

*Members with last names beginning with I-M*

*All members are asked to bring a goodie to share  
with the Great Oaks Village children*

**Please plan to attend**

Due to limited parking, please carpool if possible.

**HOSPITALITY FOR  
DECEMBER MEETING**



Our hosts for the December meeting will be members with last names beginning with I-M. They will bring a refreshment to share with our members at the Dec 3rd general meeting. Please have your goodies at the meeting by 10:00 AM.

Greeting us at the door will be Martha Florey and Jean Workman.

A centerpiece will be provided for us by Blanca Hernandez

Thought for the Day -- Fleur Healy

Bringing snacks for the Ronald McDonald House are:

Carol Egolf, Blanca Hernandez, Elaine Sloan, Mildred Dunlap, Martha Florey, Eugenia Messervey, Mary Long, Jean Workman

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