



The Retired Educator

Vol XIV

September 2011

Issue 1

It is easier to do a job right than to explain why you didn't. ~ Anonymous

PRESIDENT'S CORNER

A big **HELLO** to our current, new, and returning members! I hope your summer was full of fun activities, culture and adventure, and you're ready for another busy and exciting year with OCREA.

Please make plans to attend our first, general membership meeting of the year, September 1, at 10:00 a.m. Our program for September will take a slightly different approach in that a speaker will not be part of our program. Instead, the extra time can be spent with our visitors and guests during our WELCOME RECEPTION for NEW RETIREES. The change will allow ample time for members to meet, greet, and fellowship with attendees, reunite with former colleagues, and renew friendly ties with acquaintances. More quality time will be spent with retirees to inform them about our organization, as well as the benefits and value of being a member. They can receive some highlights of our activities, volunteer opportunities, purposes, projects, outreach services, and more.

Retirees, OCREA invites you to join us. We are the organization that stays united, committed, and informed. For more information about OCREA, please visit us on the web at: www.ocrea-fl.org. For your convenience, a membership form is included with this newsletter and additional ones will be available at the September meeting. We look forward to Welcoming You on September 1. I would like to encourage current members who know any new retirees or prospective members to invite them to the meeting, or bring them with you.

Our Vice President, Richard Gomer, has scheduled some relevant and interesting programs for the remainder of this year. You won't want to miss any of them. So, mark your calendar and make plans to attend our monthly membership meetings.

Remember the Challenge: Each member has been issued a challenge to bring in at least one new member by the September meeting, or at least by the end of 2011. Please work hard to meet the challenge. OCREA would like to increase its membership by 40 members this year. Please help us meet our goal. **continued on page 2**



OCREA GENERAL MEMBERSHIP MEETING Thursday, September 1, 2011



College Park United Methodist Church

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

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

PROGRAM:

Welcome Back Reception

Due to limited parking, please carpool if possible.

Hosts & Hostesses:

Refreshments---Board Members A-J

Center Piece---Mary Lynn Williams

Greeters --Marie Hernandez & Fleur Healy

Thought for the Day---Alton Nolle



**These are the folks who signed up to
bring snacks for Ronald McDonald
House:**

Carol Egolf, Eileen Lowe, Fleur de Lys Healy,
Blanca Hernandez, Patricia Johnson, and Sue Orth

PRESIDENT'S CORNER (continued)

Mildred Dunlap, our Yearbook Editor, has worked tirelessly to compile our yearbook. Please thank her for her time, effort, energy and hard work that went into putting the yearbook together. Please check your personal information and notify Mildred or Bob Ford of any corrections or changes that need to be made.

The Telephone Tree Committee is looking for volunteers to help make monthly phone calls to our members to remind them of upcoming meetings, events, and happenings in OCREA. Their pleasant voices are especially welcomed by those members who are confined and do not receive telephone calls very often, if at all. Please consider joining that committee. If interested, contact Dianne Esquinaldo. Her contact information is in our yearbook.

OCREA would like to extend get well wishes to its members who are ill, confined at home, in hospitals, or other health care facilities. To families who have experienced the loss of a loved one since we last met, we express sincere sympathy to you.

**BOOKS FOR SALE!**

OCREA has soft back books for sale at the cost of \$.50 each. THE PROCEEDS WILL HELP FUND THE ERNIE & RUTH HAWK SCHOLARSHIP. Please come prepared to purchase a book whenever you attend our monthly meetings. Thanks in advance for your purchase(s).

In solidarity, **Margie**

Save the Date!

When:

September 14, 2011

What:

District 8 Conference/Workshop

Where:

Grace United Methodist Church
Merritt Island, FL

Who:

Michael Ferger, District 8 Director

Contact numbers for information:

(407) 293-2450 or (407) 644-7092

Please Plan to Attend

HEALTH AND PROTECTIVE SERVICES

Lois Kolski, Chairperson

For educators, fall is traditionally the time for listing Long Term Goals and the Short Term Objectives to reach those goals. Compare the list below, especially if you are newly retired, with the goals and objectives you have set for yourself to maintain a healthy life style. See how you are doing.

Goal: Monitor your health by:

1. Planning ahead and making appointments for annual medical, visual, and dental check-ups.
2. Making appointments for: mammogram's, dermatologist's and hearing screenings.
3. Talking to your doctor about Flu and Shingles shots.
4. Reviewing your health-care plan and checking your current prescription coverage.
5. Updating your file of life card: Listing Doctors names and phone numbers, medicines with current dosages and current emergency contacts – keeping a copy in your wallet and in your car.

Goal: Maintain physical fitness by planning for:

1. Aerobic exercise- 20-40 minutes of vigorous activity daily (such as walking, gardening, dancing, playing golf, tennis, vacuuming etc.)
2. Muscular strength – by performing resistance exercises (can be done while sitting).
3. Flexibility – by performing daily stretching and balancing exercises.
4. Endurance – by slowly increasing time on physical activities.

Goal: Maintain Mental Alertness by:

1. Learning something completely new such as; computer or phone technology, a language or a creative skill, etc.
2. Performing Cross Word and Sudoku puzzles and mentally demanding card or board games.
3. Attending lectures or seniors classes at a local college or university.

HEALTH AND PROTECTIVE SERVICES

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Goal: Avoiding depressed moods by:

1. Seeking out volunteer activities to help others.
2. Planning social activities with others and choosing activities that will make you laugh frequently.

Goal: Maintain a healthy weight by:

1. Monitoring food intake, planning healthy meals and avoiding overeating.
2. Exercising

Goal: Protecting yourself within your environment by:

1. Reviewing safety plans to prevent falls or accidents within and outside your home.
2. Staying abreast of current safety precautions when walking in your neighborhood, in shopping centers, in parking garages.
3. Staying aware of recent scams and fraudulent activities aimed at seniors.

FREF REPORT

Chairperson, Chris Couch

The Ruth and Ernest Hawk Scholarship Award was presented to Amanda Fleminger at the Honors ceremony at Boone High School on May 12, 2011. Amanda will be attending Florida Atlantic University in September.

OCREA members are encouraged to contribute to the Scholarship Fund as the Little Red Schoolhouse is passed at each meeting. Also paperback books are for sale at the meetings, priced at \$.50 each. Contributions of books are welcomed. All proceeds go to the Scholarship Fund.

Has your yearbook information changed? Are you a non-member? We hope you will join our organization. Please complete the application below and send it to us or better yet, we hope to see you at our September 1st meeting, when we would be delighted to meet you and accept your membership.

**ORANGE COUNTY RETIRED EDUCATORS ASSOCIATION
2011-2012 MEMBERSHIP**

Unified Dues - \$40

Amount Remitted _____

Membership: New ___ Renewal ___ Associate ___

Make check payable to OCREA (Orange County Retired Educators Association)
Mail to Robert H. Ford, 2480 Deloraine Trl., Maitland, FL 32751 (407-644-7092)

Mrs.Miss Ms.Mr.Dr. _____

Number	Street	PO Box/Route	City	State	Zip
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Telephone Number _____

Date of Birth (Only needed for 90's club membership) _____

Date Retired _____

E-mail address _____

VOLUNTEERING

COMMUNITY SERVICE

Welcome back, returning members; and a big "hello & glad you're here" to new retirees! Most of us in OCREA volunteer somewhere, somehow, and have continued with these services during the summer. We encourage everyone to discover his/her place to get involved as a volunteer.

1,400 hours are recorded right now. Calculate those May - August hours, and bring those totals to the September meeting. We hope to have ten times 1,400 hours for the end-of-the-year report period.

Look for the display table for Community Service & Literacy. Report forms, volunteer opportunities, special project reminders, collection areas, etc., will be there. Yellow table cover, turquoise poster board.

Sharing skills, staying active.

Carol Egolf, C.S. chair



literacy
noun

literacy and numeracy are the first goals of education: ability to read and write, reading/writing proficiency; learning, book learning, education, scholarship, schooling.

This month is the beginning of the rest of the year to collect hours for Literacy. So make sure you have tallied up all your summer hours and turn them in. Let's try to make this year the best for literacy volunteerism.

Henrietta Sebag, Literacy Chair

**I LOVE TO
READ**

Teddy Roosevelt and the Fire That Saved America by Timothy Egan is a fascinating history of how conservation, our National Parks and the US Forest Service came to be, and almost never made it because of politics and the worst forest fire in US history.

One hundred years ago, there were few National Parks and barely a US Forest Service. The Big Burn takes us back to a time when some thought our forests were only good for one thing, the cutting down of all the trees, mining and the building of railroads through the forest.

This book can be a little slow in the beginning with some of the background information but you will be glad you read this information about the characters and politics involved as the book moves forward. Sue Orth

CFE FEDERAL CREDIT UNION NEWS

Nancy Whitecavage

Help CFE Fight Diabetes

CFE is a proud sponsor of the American Diabetes Association (ADA) Step Out Walk again for 2011. We'd like to ask for your help by supporting the ADA and CFE and Step Out on Saturday, November 5, 2011, at Baldwin Park. Learn more at mycfe.com/stepout. Also to help support the cause, we're having a Schwan's™ Truckload sale to benefit American Diabetes Association (ADA) on the following day:

- Saturday, September 17
9:00 a.m. - 1:00 p.m.
Oviedo Branch

You may also pre-order your gourmet food online at mycfe.com/schwans. Thank you for your support.

Back to School Helper Loan

Getting ready for back-to-school can put a dent in your wallet. Instead of using high-interest credit cards or payday advances, take advantage of CFE's low fixed-rate loan

promotion. From now through September 15, 2011, get up to \$2,500¹(to help with school expenses at a rate of 7.75% APR¹ for 10 months. Learn more and apply today at mycfe.com.

¹Annual Percentage Rate. Certain restrictions apply. Loans are granted based on credit worthiness and the ability to repay.

Frugal Fill-Ups: Ways to Save at the Pump

Don't let skyrocketing fuel prices drive you crazy – there are many ways to put an immediate dent in your gas bill.

First, nothing will save you more money at the station than a fuel-efficient car. Large, heavy vehicles can burn up to three times as much fuel as small cars. If it's time for a trade in, seriously consider purchasing a car that was built to get good gas mileage and finance with CFE for a low rate. The following tips will also speed up your savings:

- Make sure your air filter is clean.
- Use your air conditioner sparingly.
- Keep the windows closed when traveling at high speeds
- Remove heavy objects from the car.
- Accelerate slowly when leaving the stop light.
- Drive the speed limit!

For more tips, visit mycfe.com/balance.

Complimentary Seminars

MEMBERS Financial Services, located at CFE Federal Credit Union, is planning to host more financial planning seminars this year. Coming soon:

- Kissimmee Branch • Wednesday, September 28 from 6 to 7 p.m.
- Fern Park Branch • Thursday, September 29 from 6 to 7 p.m.
- Forest City Branch • Tuesday, October 4 from 6 to 7 p.m.
- Winter Garden Branch • Thursday, October 6 from 6 to 7 p.m.

Please join us and get advice from the experts at MEMBERS Financial Services. Contact Lorna Bell at lbelle@mycfe.com or call 407-228-7600, option 1, to reserve your spot.

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is under contract with the financial institution, through the financial services program, to make securities available to members. FR120918-9C21

Identity Theft Solutions

Join us via webinar 6:30pm to 7:30pm on September 22 This online presentation provides an overview of common identity theft practices, tools for preventing identity theft, and specific steps for victims of these kinds of crimes to take in order to minimize damage. Register online at mycfe.com/balance.

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Remember OCREA's Inclement Weather Policy- In the event of inclement weather, OCREA will follow Orange County Public School System's decision relating to the closing of schools. If weather conditions have you questioning whether OCREA will meet, tune in to your local news to hear the decision of OCPS.



*Visit us on the web
at
www.ocrea-fl.org*

**ORANGE COUNTY RETIRED EDUCATORS ASSOCIATION
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A Special Invitation to New Retirees !!