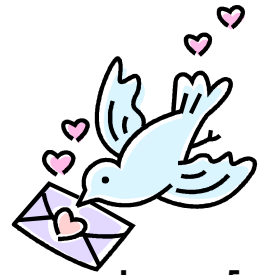




# The Retired Educator



Volume XI

February 2009

Issue 5

## THE RETIRED EDUCATOR

Published By

Orange County Retired  
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Orlando, Florida 32867

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Visit us on the web  
at  
[www.ocrea-fl.org](http://www.ocrea-fl.org)

### Contact

**Mary Mixner**  
**407-841-1310**

to send thinking  
of you cards to those  
who are ill

**Tom Ard**  
**407-896-9224**

to send sympathy  
cards to members or  
families.

## PRESIDENT'S CORNER



2009 began with a wonderful program. Patrick Davis from LifeCare of Florida taught us how to prevent falls and kept us in stitches with his anecdotes. In February we will look forward to a musical program with our own Loretta Dow and a soloist as well as a delicious pot luck luncheon. It looks like Carol Egolf has some surprises in store for us.

In March we will go "Green" with Richard Gomer. April brings us Canine Companions and to finish we will have our Spring Luncheon in May. I hope you will join us for each of these programs and bring a guest or potential new member. Margie Wells has worked hard to select a variety of interesting programs. Thank you Margie.


*Sue Orth*

## GREAT OAKS VILLAGE SAY THANKS

At December's meeting we collected \$500 for gifts for residents at the youth home. Staff members Shirley Barber and Donar Johnson were pleased to accept all the goodies which we brought as well as the \$500 check. GOV children send their sincere thanks for our generosity.

*Carol Egolf*





### GENERAL MEMBERSHIP MEETING

**Thursday, February 5, 2009**

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

11:15 a.m. Arrive for Luncheon

11:30 a.m. Pot Luck Luncheon  
Musical Program

### Hosts & Hostesses


Members please bring a salad, vegetable dish or dessert.  
Board members will provide the meat dish.

**PROJECT: Pet Food Donations**

\*\*\*Door prizes

## PLEASE PLAN TO ATTEND!

Due to limited parking, please carpool if possible.



## Credit Union News

By Nancy L. Whitecavage

### CFE Opens First Student-Run Branch

CFE Federal Credit Union celebrated the Grand Opening of its Paw Print Branch at Timber Creek High School (TCHS) on January 6, 2009. Paw Print opened as CFE's first student-run branch.

Orange County School Board Members Rick Roach and Daryl Flynn, School Principal John Wright, numerous school officials and students joined CFE President and CEO Joseph A. Melbourne, Jr., Chairman George P. Drivas, several Board members, and senior management for the ribbon cutting and festivities held at TCHS. Now, more than 4,400 students and 240 faculty will enjoy convenient, onsite financial services provided by TCHS business students. The branch provides a unique opportunity for many students to gain "real life" experience in the financial industry, plus it supports CFE's strong commitment to quality education and financial literacy.

To get students excited about opening a checking account, a special debit card, designed by a TCHS student, was created just for Paw Print Branch members. The branch will serve the essential financial needs of all students, faculty and staff, offering checking and savings accounts plus share certificates and other services. Student tellers will have limited access to account information to protect the privacy of faculty members.

### VITA: Free Income Tax Preparation

For the 4th year in a row, CFE is participating in the Volunteer Income Tax Assistance (VITA) program. If you live in Metro Orlando and have a maximum household income of \$41,000, you can take advantage of free income-tax preparation through the VITA program. You may even qualify for an earned income credit (EIC) that could maximize the amount of your refund.

CFE has VITA volunteers available to serve you at our Kissimmee and Winter Garden branches, Tuesdays and Wednesdays, February 3 through April 1, 10:00 a.m. to 2:00 p.m., and at our Weber South location at 921 N. Mills Ave., Orlando, every Saturday during February and March and the first Saturday in April between the hours of 10:00 a.m. and 2:00 p.m.

Tax preparation is on a first-come, first-served basis. Just bring your photo ID, your Social Security card and all documentation needed to file your taxes. We'll also ask how much you received this year in your economic stimulus check. You need not be a CFE member to receive assistance.

### MyGreenCFE

At CFE, we know how important it is to take care of the world in which we live. That's why we're going green. Visit mygreencfe.com to read all about our green initiatives and learn of our new collection of green financial solutions that benefit our members as well as the environment. We've made it even easier to join with online account opening. Accounts can be opened from the comfort of home in as little as ten minutes. Tell your friends! If they're looking for a better financial institution that's working toward a greener future, try CFE.

## Literacy News

As of December, we have 958 volunteer hours of literacy, of which 668 are youth hours. We must scurry around and keep track of our hours because the end is near: February is the last month for this year. That's when I have to send in to the state our hours for this year. Phyllis Tacey, Ruth Ford and Arleen Stalnaker are the persons who have accumulated the most hours, so far. Congrats! So far, we are also ahead in volunteers: we have 81 now involved. **Henrietta Sebag**

### LITERACY HOURS

Record your hours on the form below and bring it to the next meeting, report them to the phone tree callers or mail to

**Henrietta Sebag**  
Check your yearbook for address

Name \_\_\_\_\_  
Month(s) \_\_\_\_\_

Tutoring \_\_\_\_\_  
Libraries \_\_\_\_\_  
Schools \_\_\_\_\_  
Miscellaneous \_\_\_\_\_

# of hours from the above total that benefited young people: \_\_\_\_\_

### Special Projects

Carol Egolf

### FEBRUARY 5 -- LUNCH -- 11:30 AM.

It's time again for the annual Birthday Potluck meeting.

Beverages and meat will be provided. Please bring a salad, a vegetable, or a dessert item for the buffet table. It is also a big help if you have your own serving utensil and if you get your food to the table by 11:15. Also, don't forget our service project -- cat or dog food for pets of senior citizens who receive Meals on Wheels. So... people food, pet food, door prize tickets with special instructions.

**Breaking news:** You will see Board members wearing their new OCREA shirts. Ask about them.

\*\*\*\*FEBRUARY COMMUNITY SERVICE PROJECT -- PET FOOD\*\*\*\*



**HOSPITALITY FOR  
FEBRUARY MEETING**

Please plan to bring a side dish to share with our members. The OCREA board members will provide the meat dishes. Please have your goodies at the meeting by 11:15 a.m. Lunch will be served at 11:30.

Greeting us at the door will be Jo Coleman and Marge Peco.

Carol Egolf, Chris Couch, Marge Peco, Mary Chestnut, Mary Long, Blanca Hernandez, Joan Gates and Fleur Healy have signed up to bring goodies for the Ronald McDonald House.

Thought for the Day -- Martha Florey

**SPECIAL PROJECT DAY**

PET FOOD. Please bring cat and/or dog food. Director Fleur Healey will transfer the donations to Pet Food Xpress for distribution to needy seniors.

**COMMUNITY SERVICE**

Are you up-to-date in reporting your volunteer hours? FREA has a deadline for unit reports, and that date is almost here. Recordings for twelve months, March 2008, through February 2009, need to be checked and totaled. Please get those counts in at the Feb.5 meeting and/or at the March 5 meeting; by phone, email or regular mail. Our Volunteer of the Month is Gerri Dixon. She has turned in the most community service hours for 2008. Way to go Gerri !

**COMMUNITY SERVICE**

**Volunteer Report**

**Volunteer hours may be reported to the phone tree callers, recorded on the form below and brought to the next meeting or mailed to**

**Arleen Stalnaker**

**Check your yearbook for address**

**Name:** \_\_\_\_\_

**Month:** \_\_\_\_\_

Church \_\_\_\_\_

Civic/Community: \_\_\_\_\_

Ecology/Environment: \_\_\_\_\_

Hospital/Hospice/Private: \_\_\_\_\_

Personal Help: \_\_\_\_\_

Schools: \_\_\_\_\_

OCREA: \_\_\_\_\_

FREA: \_\_\_\_\_

Misc. (List Activity) \_\_\_\_\_

**Total hours** \_\_\_\_\_

# of hours from the above **total** that benefited young people: \_\_\_\_\_

**In Memoriam**  
**Inga Ballas**

**Health Corner**

Happy New Year – But Are you still feeling stressed and anxious?

As we look back at 2008 and forward to 2009 I think many of us have feelings of stress, anxiety, doom and gloom about the world around us. In addition to our own personal difficulties and the usual holiday related stress, the media seems to increase our anxiety levels every day with another story about how the sky is about to fall. Some stress is good for us. But ongoing stress and anxiety are notorious for producing symptoms of illness, such as headaches, jaw problems, stomach aches, skin rashes and depression, as well as actually contributing to serious illnesses.

If you think you are falling into this category be **PROACTIVE**. Take control - it is important to identify the specific things that are making you feel this way. Avoid and/or change what you can. If you cannot change or remove the stressors then look at your own pattern of response to the stressors. You may need to adapt your reactions and methods of dealing with problems.

Remember, managing stress is all about taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems.

We all react in different ways; some clench teeth, tighten shoulder muscles, develop stomach aches, or become grumpy and irritable, while others simply withdraw.

There are many suggested ways to reduce stress and anxiety levels and you can find these in bookstores, magazines and online20by simply going to your computer and goggling Managing Stress and Anxiety. AARP also puts out a booklet called Manage Stress-Keep Your Cool. Most suggestions include increasing exercise, practicing yoga and meditation, getting organized, implementing time management techniques, volunteering to help others and incorporating fun activities into your weekly routine. In some cases it may be as simple as turning off the nightly news. In other cases it may be necessary to seek professional assistance to help you to reframe the problems, to look at them from a positive perspective and to adapt to the situation. Most importantly, be **PROACTIVE**. Don't let stress control your life.

Have a Happy New Year!

**FREF REPORT**

FREF Chairperson Chris Couch

Contributions to the Scholarship Fund for Dec. 2008

General Meeting: \$35.00 Little Red Schoolhouse

Book Sales: \$10.50

Contributions to the Scholarship Fund for Jan. 2009

General Meeting: \$52.00 Little Red Schoolhouse

Board Meeting: \$21

## Cultural Affairs

Ann Carmine  
e-mail carmina1012000@yahoo.com  
phone # 407-876-4372.



## COMEDY COACH EXPRESS

A day full of laughter, food and friends.

TUESDAY, MARCH 3

COST: \$79 PER PERSON DUE BY FEB. 5

### INCLUDES:

Branscomb Memorial Auditorium in Lakeland  
Entertainment By Carl Hurley and Jeanne Robertson;  
\$15.00 gift card for dinner at the Cracker Barrel.

Check payable to Life's a Trip Tours.

Eileen Lowe is in charge of reservations.

See her at the luncheon or call at 407-857-5355.

Minimum of 10 people for pick up at College Park Methodist.

To learn more about Jeanne Robertson visit

<http://www.jeannerobertson.com/>

## OCALA HORSE FARM TOUR

TUESDAY, FEB. 17

COST: \$74 PER PERSON DUE BY FEB. 5:

Check payable to Life's a Trip Tours.

Eileen Lowe is in charge of reservations.

See her at the luncheon or call at 407-857-5355.

Select your "Horse and Hounds" meal choice with registration:

- Beef Prime Rib Sandwich
- Chef's Salad
- Albacore Tuna Melt Sandwich
- Chargrilled Hamburger

All are served with your choice of fries, Cole slaw or fruit;  
dessert; and beverage.

- New England Shire Center is home to the world's largest horses.
- Up close and personal, with buckets of carrots to feed these animals.
- Minimum of 10 people for pick up at College Park Methodist.



## Nominating Committee Report

Julia Greene

Nomination Committee Chairperson

Two nominees for OCREA directors, Fleur de Lys Healy and Prince Kelley, were announced at the January meeting. There were no nominations from the floor. These two directors will be voted on at the February meeting.

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