



# The Retired Educator



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THE RETIRED EDUCATOR  
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Orange County Retired  
Educators Association  
P.O.Box 677325  
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## PRESIDENT'S CORNER

Tell the truth -- how many desserts did you eat at the February meeting? It takes many volunteers to pull off our "casual" potluck luncheon. I am sure you were extra nice to CPUMC's Delores Buss, the kitchen angel; she prepares our May dinner, too. Our great privilege was listening to talented Loretta Dow's music and participating in the sing-a-long. Oh, and how many pieces of candy did you snatch from your tablemate's cup? Tsk, tsk, tsk.

The last I heard, only 80 of us had turned in community service hours and only 24 had reported literacy hours. I know there are more volunteers and more hours than those numbers show. Please check your calendars, total your times, and get those figures to Arleen and to Henrietta. The deadline is now.

The library at Great Oaks village has come a long way since the wall-to-wall, chest-high boxes were there in August. Phyllis Tacey, Sue Orth, Ouida Harman, Margie Wells, Fleur Healy, and I have worked with Education Director John Anderson to get the facility ready. Sue has undertaken the job of logging all the books into the computer; 2,000 down and about 3,000 to go! Come see us on Monday mornings.

The elephants are coming! The elephants are coming! It's the March White Elephant Sale, a fundraiser for scholarships. Bring your goods by 10:00, check in at the head table, browse, write bids on the silent auction sheets, buy from the quick-sale items, do it again at the break, then spend tons of money at the end of the meeting. It's that simple.

We have already received preliminary forms for the State Assembly; we are already designing the cultural affairs show table; we're already planning a questionnaire about next year's OCREA projects; we are scouting around the house for white elephant things as well as for travel souvenirs to display in April; we are sketching out May luncheon table decorations. I told you that we would be busy little bees at this time of year. It's good that we are retired -- we would never have time to grade papers with all this going on.

Frank says a storyteller is coming on March 6. I hope it begins with "Once upon a time..." I just love happy endings.

*Carol Egolf*

## GENERAL MEMBERSHIP MEETING

**Thursday, March 6, 2008**

College Park United Methodist Church

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

10 a.m. Social Hour &  
White Elephant Sale

### 10:30 a.m. Program & Business Meeting

Peter Abdalla, story teller

Pete has been a story-teller for quite a while. He does the scary ones at Leu Gardens for Halloween. He also plays the dulcimer and volunteers in the area of reading at some Elementary schools.

### Hosts & Hostesses

Members with last names beginning with L-P

### PLEASE PLAN TO ATTEND!

Due to limited parking, please carpool if possible.



You can get a color  
copy of this news-  
letter on the Web at

[www.ocrea-fl.org](http://www.ocrea-fl.org)

Click on  
Newsletters

## Credit Union News

By Nancy L. Whitecavage

### Free Income Tax Preparation at CFE

Through its participation in the Volunteer Income Tax Assistance (VITA) program, CFE gives you a chance to take advantage of free income tax preparation. If you live in Metro Orlando and have a maximum household income of \$40,000, VITA volunteers will gladly prepare your tax return, plus check to see if you qualify for an earned income credit (EIC) that could maximize the amount of your income.

CFE has VITA volunteers available to serve you at our Kissimmee and Winter Garden branches, Tuesdays and Wednesdays, February 5 through April 2, 10:00 a.m. to 3:00 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. You need not be a CFE member to receive assistance. Just bring your photo ID, your Social Security card and all documentation needed to file your taxes.

For CFE's participating branch locations, visit [mycfe.com](http://mycfe.com) or call 407-896-9411 or 800-771-9411 outside Orlando, option 3.



**TurboTax: for Those of You Who Choose to Prepare Your Taxes Yourself**

As a valued CFE member, you're invited to use *TurboTax® Online Free Edition* from TurboTax, the #1-rated, best-selling tax preparation product year after year. This includes:

- A step-by-step interview with easy-to-understand questions
- Forms automatically filled out using your answers
- 100% accurate calculations guaranteed<sup>1</sup>
- Free federal e-file, plus a faster refund

Get your refund in as little as nine days when you e-file and choose direct deposit into your account. Visit [mycfe.com](http://mycfe.com), scroll down and click on the TurboTax button to start your free return today.

<sup>1</sup>If you pay an IRS or state penalty or interest because of a TurboTax calculation error, Intuit, the maker of TurboTax products, will reimburse you the penalty and interest

### HEALTH CORNER—A Healthy Brain Lifestyle

Now that you are incorporating daily activities for both physical and mental workouts to promote brain health you may ask, "What else can I do to maintain and improve my mental functioning capabilities?"

According to Dr. Andrew Weil and Dr. Gary Small in *The Healthy Brain Kit Workbook*, you should also include an Antioxidant Diet to help reduce chronic inflammation and oxidative stress to your brain. Research suggests that chronic inflammation and oxidative stress undermine brain functioning and have been linked to Alzheimer's disease. They suggest the following foods:

**Fish** – The Omega 3s that are found in oily fish; such as salmon, sardines, herring and black cod help promote normal brain functions. Vegetarian sources of Omega 3 fatty acids include walnuts, flax seeds (preferably fresh ground) and hemp seeds.

**Fruits and Vegetables** – Berries and beans have particularly high concentrations of antioxidants. The top twenty antioxidant foods are: Small red beans, wild blueberries, red kidney beans, pinto beans, blueberries (cultivated), cranberries, artichoke hearts, blackberries, prunes, raspberries, strawberries, red delicious apples, granny smith apples, pecans, sweet cherries, black plums, russet potatoes, black beans, plums, gala apples.

**Olive Oil** – This monounsaturated fat contains an anti-inflammatory substance. Make extra-virgin olive oil your primary cooking oil, as it is less processed than other kinds of olive oils and has more antioxidant activity.

**Turmeric** - This yellow spice is a powerful anti-inflammatory agent. Reportedly, the low rate of Alzheimer's disease found in India has been partly linked to daily consumption of turmeric.

**Green Tea** – Known as a good source for antioxidants, which help to reduce cognitive declines. (Wu et al. 2004)

As always, do check with your doctor before you make any notable changes in your diet to ensure it is compatible with your current medical conditions and/or diet restrictions.

*Lois Koltski*

### PET FOOD XPRESS

Workers at the Central Florida SPCA were excited to receive our boxes of cat and dog food. Thanks to all who brought these needed goods. Thanks also to those who loaded the truck and to Fleur Healy, who delivered the supplies. Pet lovers area-wide are very grateful.

Please, review the following proposals to the OCREA Bylaws as approved by the Board on January 14, 2008. An effort was made to preserve the original intent of the bylaws and to clarify the content. The Board considers these proposals to be improvements. The General Membership will vote on the proposed bylaws on April 3, 2008. Please, bring this copy with you to the meeting. Thanks, *Nancy Trout*

**BYLAWS OF THE ORANGE COUNTY  
RETIRED EDUCATORS ASSOCIATION**

**ARTICLE I  
NAME AND AFFILIATION**

Combine Section 1 and Section 2 into 1.01 and 1.02 with slight revisions.

**Section 1.** The name of the Association shall be the Orange County Retired Educators Association. It is a nonprofit association affiliated with the Florida Retired Educators Association and the National Retired Teachers Association.

**1.01: NAME:**

The name of the association shall be Orange County Retired Educators Association, hereafter referred to as OCREA or Association.

**Section 2.** This association shall be a local unit of the Florida Retired Educators Association.

**1.02: AFFILIATION**

**OCREA** is a local nonprofit association affiliated with the Florida Retired Educators Association and the National Retired Teachers Association.

**ARTICLE II  
PURPOSES Objectives**

ARTICLE II (Change:) *Purposes* to **OBJECTIVES**

(Delete:) *This Association is organized exclusively for the purposes set forth below to promote the general welfare of retirees and the community and hereby declares these purposes to be.*

**2.01: THE OBJECTIVES OF OCREA shall be:**

(Delete:) a. *To serve educational and scientific objectives.*

(Revised:) a. **To operate for educational and charitable purposes.**

b. To promote the *psychological* and economic well-being of retired educators in Florida.

(Revised:) b. **To promote the social, professional, educational and economic well-being of retired educators in Florida.**

c. To *encourage* retired educators to maintain their identity with the education profession, and *to* retain their professional concern for the education of the *young* and *for continuing education of* mature adults.

(Revised:) c. **To help** retired educators maintain their identity with the educational profession, retain their professional concern for the education of **young people, and promote lifelong learning for mature adults.**

(Delete:) d. *To promote group involvements in community affairs.*

(Revised:) d. **To encourage positive involvement in the community and respond to community needs through existing OCREA programs, namely, Community Service and Literacy.**

(Delete:) e. *To foster good fellowship among retirees.*

(Revised:) e. **To provide social opportunities for** fellowship among retirees.

(No Change:) f. To assist in preparing active educators and prospective retirees for retirement by promoting and assisting in pre-retirement seminars and workshops.

(Delete:) g. *To train local leadership so that leaders can be effective in achieving these goals*

(Revised:) g. **To provide leadership in promoting and monitoring legislation that will affect members' retirement and health benefits.**

(Delete:) h. *To promote, select and fund teacher scholarship.*

(Revised:) h. **To fund teacher scholarships for selected students seeking a teaching degree.**

(No Change:) i. To Promote the local program of the Florida Retired Educators Association and the National Retired Teachers Association.

j. To disburse *all Association* funds in the furtherance of the *purposes set forth above and in accordance with Section 501 (c) (3) of the Internal Revenue Code of 1976.*

j. To disburse **OCREA** funds in the furtherance of the **objectives of the Association as set forth above and in accordance with Section 501 (c) (3) of the Internal Revenue Code of 1976.**

**ARTICLE III  
MEMBERSHIP**

**Section 3. Active Member.** Any person who has retired from the education field under the Florida Retirement System or the Teacher Retirement System with five (5) years or more of service or any person who has retired from the educational system of any other state or privately funded or parochial school with five (5) or more years of service shall be eligible for active membership.

**3.01: ACTIVE MEMBER ELIGIBILITY:** Any person who has retired from the education field under the Florida Retirement System or the Teacher Retirement System with five (5) or more years of service shall be eligible Any person who has retired from a professional educational system including privately funded or parochial school with five (5) or more years of service shall be eligible for active membership.

**Section 2. Associate Member.** Any person interested in the work of the Association may become an Association Member upon payment of dues and shall have all rights and privileges of Active Members, except the right to vote, to hold office or to serve as a delegate to the Annual State Assembly.

**3.02: ASSOCIATE MEMBER:** Any person interested in the work of the Association and approved for membership by the Executive Board of the Association may become a member upon payment of dues and shall have all rights and privileges of Active Members, except the right to vote, to hold office or to serve as a delegate to the State Assembly.

**ARTICLE IV  
OFFICERS AND DIRECTORS**

**Section 1:** The officers of the Association shall be a President, Vice President, recording Secretary, Corresponding Secretary and Treasurer. The Executive Committee shall be composed of the officers of the Association.

**4.01: OFFICERS OF THE ASSOCIATION:** President, Vice President, Recording Secretary, Corresponding Secretary and Treasurer. The Executive Board shall be composed of the Officers of the Association.

**Section 2.** Officers, except the Treasurer, shall be elected at the February Annual Meeting and take office on the following July 1<sup>st</sup> and serve for a period of two years. The Treasurer shall be appointed by the Executive Committee upon the recommendation of the President.

**4.02: ELECTION OF OFFICERS:** Officers, except the Treasurer, shall be elected at the February Annual Meeting. The Nominating Committee shall present the slate of nominees to the Board at the December Board meeting. The nominees will be published in the next newsletter and announced to the general membership at the January meeting. Nominations for all elective offices may be made from the floor with prior approval of the nominee. Officers shall take office on July 1<sup>st</sup> and serve for a period of two (2) years. The Treasurer shall be appointed by the Executive Board upon the recommendation of the president.

**Section 3.** There shall be seven (7) elected directors, four (4) elected in even-numbered years and three (3) elected in odd-numbered years. The retiring President shall be an ex-officio director for two (2) years. Any FREA Officer or Director residing in Orange County shall also be an ex-officio Director for his/her term in office.

**4.03: DIRECTORS:** There shall be five (5) elected Directors, three (3) elected in even-numbered years and two (2) elected in odd-numbered years beginning in the year 2009 – 2010. The retiring President shall be an Ex-officio Director for two (2) years. Any FREA Board member or FREF Trustee residing in Orange County shall also be an ex-officio member for his/her term in office.

**(New) 4.04: COMMITTEES:** This Association shall have certain committees, each of which will consist of one (1) or more persons. The president shall appoint the chairperson of each committee, subject to the approval of the Executive Board. Chairpersons shall appoint the members of their committees. Chairpersons will serve for a two (2) year term. Committee members shall serve the same length of time as the chairperson.

**Section 4.** The Board shall be composed of the Officers, Directors, and Committee Chairs. The board shall be responsible for the formulating of policies and programs and recommending them to the association members. FREA committee chairs residing in Orange County are invited to attend Board meetings.

**4.05: BOARD MEMBERS:** The Board shall be composed of the Officers, Directors, and Committee Chairpersons. The Board shall be responsible for the administration of the affairs of the Association, formulating of policies and programs and recommending them to the Association members. Each board member, including ex-officio members, serving on the board shall have one vote.

**Section 5.** If the position of an officer or director becomes vacant by resignation or death, the Board shall appoint a replacement to serve until the next election.

**4.06: VACANCY:** If the position of an officer or director becomes vacant by resignation or death, the Board shall appoint a replacement to serve until the next election.

**ARTICLE V  
MEETINGS**

There shall be a minimum of six regularly scheduled meetings each year. Meetings are suggested for the same day of the week in September through May. Special meeting may be scheduled at the discretion of the Board or by vote of the membership.

**5.01: MEETINGS:** **No change** in wording. Same as printed except:

Special meeting Add: **S** to meeting = Special **meetings**...

**ARTICLE VI  
QUORUM**

The members present shall constitute a quorum for the transaction of business

**6.01: QUORUM:** The members present at a board meeting or a general meeting shall constitute a quorum for the transaction of business.

**ARTICLE VII  
LIMITATION OF POWERS**

No part of the earnings of this Association shall insure to the benefit of, or be distributed to, its members, board members, officers, or other private persons, except that the Association shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes of the Association. The Association shall not participate in or intervene in, any political campaign on behalf of any candidate for public office. The Association will not carry on other activities not permitted to be carried on by an organization exempt from Federal Income Tax under Section 501 (c) (3) of the Internal Revenue Code of 1976.

**7.01: LIMIT OF FINANCIAL POWER:** **This Association has no authority to make any financial loans. Therefore, no part of the earnings of this Association shall be used for the benefit of or be distributed to its members, board members or other private persons, except that the Board of this Association shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes of the Association.**

**7.02: LIMIT OF POLITICAL POWER:** The Association shall not participate in or intervene in any political campaign on behalf of any candidate for public office.

**ARTICLE VIII  
DISSOLUTION OF THE ASSOCIATION**

Upon dissolution of this Association, the Executive Committee shall, after payment of all liabilities of the Association, dispose of the remaining assets by presenting them as a gift to a non-profit institution exempt from Federal Income Tax under Section 501 (c) (3) of the Internal Revenue Code of 1976.

**8.01: DISSOLUTION:** Upon dissolution of this Association, the Executive Board shall, after payment of all liabilities of the Association, dispose of the remaining assets by presenting them as a gift to a not for profit institution exempt from Federal Income Tax under Section 501 (c) (3) of the Internal Revenue Code of 1976. However, before the transfer of assets is made to a charitable or educational institution, the members of the Association, will vote to determine which charitable or educational institution will receive the assets.

These bylaws may be amended by a majority vote of those present and voting at any meeting of the Association, provided that notice of a proposed amendment shall have been given the membership at least ten (10) days prior to the meeting.

(Continued on page 5)

**ARTICLE IX  
FINANCES**

**Section 1. Fiscal Year.** The fiscal year of the Association shall run from July 1 through June 30 of the ensuing year.

**9.01: FISCAL YEAR: No change** in wording. Same as printed above.

**Section 2.** The Membership dues of the Association shall be recommended by the by the Executive Board and approved by the membership. They shall be due July 1<sup>st</sup>, the beginning of the fiscal year. They may be prepaid as early as April of the preceding fiscal year

**9.02: DUES: No change** in wording. Same as printed above.

**Section 3.** Expenditures. The Executive Board shall authorize all expenditure of Association funds.

**9.03 EXPENDITURES.** The Executive Board shall authorize all **expenditures** of Association funds.

**ARTICLE X  
AMENDMENT OF BYLAWS**

These bylaws may be amended by a majority vote of those present and voting at any meeting of the Association, provided that notice of a proposed amendment shall have been given the membership at least ten (10) days prior to the meeting.

**10.01: MODIFICATION OF BYLAWS:** These bylaws may be amended by a majority vote of those present and voting at any meeting of the Association, provided that: A proposed amendment to the bylaws shall be submitted in writing to the Board \_\_30\_\_ days prior to

a Board meeting for review. The proposed amendment, if accepted by the board, shall be presented to the membership at least 10 days prior to the general meeting in which voting will occur. An amendment becomes effective immediately, if accepted.

**(New) 10.02: BYLAWS:** THE BYLAWS OF THE ORANGE COUNTY RETIRED EDUCATORS ASSOCIATION shall be reviewed for change at least every two (2) years. Following a bylaws review by a committee, the Board will consider all proposed updates at the January Board meeting. Proposals approved by the Board will be announced to the general membership via the March newsletter. All changes to the bylaws will be presented and voted on at the April general meeting. The proposed bylaws will be amended by a majority vote of those present and voting. The bylaws as amended shall be effective at the beginning of the fiscal year, July 1<sup>st</sup>.

**ARTICLES XI  
RULES OF PROCEDURE**

In all matters of parliamentary procedure, Roberts Rules of Order, Newly Revised, shall be accepted as authority.

**11.01: PARLIAMENTARY AUTHORITY:** In all matters of parliamentary procedure, Robert's Rules of Order, Newly Revised, and the Bylaws of the Orange County Retired Educators Association shall be accepted as authority for all meetings.

**11.02: ADOPTION OF BYLAWS:** May 1976; November 1978; May 1981; April 1989; April 1991; November 1994; November 1996; December 1997; October 1999; May 2002; May 2006; (April 2008)

**COMMUNITY SERVICE**

Are you up to date in reporting your volunteer hours? FREA has set a date for unit reports. Recordings for twelve months, March, 2007, through February, 2008 need to be turned in. Please get those counts in by the March 6 meeting; or phone, or email, or regular mail. "The spirit of voluntarism and generous individual giving must continue to be the special virtue we exhibit. In that spirit will be found life's finest experiences."

Winfield C. Dunn

- Volunteer Opportunities
- Orlando Science Center, 407-514-2000
- Orange County Library, bookstore, 407-835-7496
- Girls Scouts, 407-869-4475
- Seniors First, 407-292-0177
- Ronald McDonald House 407-898-6127(near Fla. Hospital) or 407-581-1289 (near ORMC)

Arleen Stalnaker

**LITERACY**

We are getting down to the wire for collecting our hours for literacy. As of December, we have 1351 total hours including 718 youth hours. We have only January and February before the cutoff to send Literacy hours to the State. So if you have neglected to give me your hours, please do so now. Let's have a big push to the finish line!

Henrietta Sebag

**FREF Report**

Donations to Scholarship Fund  
\$52.00 from the Board

Little Red School House

\$62.25 from the March General Meeting  
\$19.00 from March Board Meeting

Chris Couch

**Thank you Frank!**

Frank Johnson provided us with stimulating, interesting and fun programs for the last two years. We want to continue the standard he set for us and need your input. Do you have a favorite topic that you would like us to feature or know of a wonderful speaker or group we all would love to hear? Then Contact:

Margie Wells at 407-203-2450 or IgreetU2@aol.com  
Or Sue Orth at 407-644-4756 or orths@mac.com

Sue

**Contact**

Mary Mixner or Tom Ard  
407-841-1310 407-896-9224



to send thinking of you cards to those who are ill and sympathy cards to members or families.



## HOSPITALITY FOR MARCH MEETING

Our hosts for the March meeting will be members with last names beginning with L-P. They will bring a refreshment to share with our members at the March 6th general meeting. Please have your goodies at the meeting by 10:00 AM.

Greeting us at the door will be Mae Lock and Chris Couch.

A centerpiece will be provided for us by Sue Orth

Maria Alvarez, Ann Carmine, Carol Egolf, Martha Florey, Blanca Hernandez, Mae Lock, Mary Long, and Jean Workman have signed up to bring goodies for the **Ronald McDonald House**.

Thought for the Day -- Julia Greene

## **RECIPE FOR FRIENDSHIP**

### Ingredients

- \* 2 heaping measures of trust
- \* 2 well rounded scoops of respect
- \* 2 generous portions of affection
- \* 2 equal amounts of sharing

### Method

Stir together until lumps and bumps are dissolved.

~~ Author Unknown ~~

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