



The Retired Educator



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THE RETIRED EDUCATOR

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Orange County Retired
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Orlando, Florida 32867

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

Contact

Tom Ard

407-896-9224

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

PRESIDENT'S CORNER

The February potluck luncheon was a great success again. Thanks are owed to many people, especially to Margie Wells who made all the arrangements, Ruth and Bob Ford who toted those boxes of table decorations and those fabulous desserts and Nancy Trout who was downsizing and donated the table decorations to OCREA. The success of this meal is made possible by the talents of Delores Buss from the church, our kitchen & dining room expert. Many thanks also to those who brought door prizes.

Congratulations to our newly elected board for 2010-2012:

President: Margie Wells

Vice-President: Richard Gomer

Recording Secretary: Shirley Pettit

Corresponding Secretary: Eleanor Kenyon

Directors: Lois Kolski, Mae Lock and Elaine Sloan

March is National Craft Month and we will be treated to a double whammy. Ten Thousand Villages will display and talk about crafts made by artisans around the world and you will share items you have carefully collected or created. I look forward to this cultural event.
Sue Orth

GENERAL MEMBERSHIP MEETING

Thursday, March 4, 2010

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

10 a.m. Social Hour

10:30 a.m. Program & Business Meeting

Presenter: Teresa Gilliam

Topic: Fair Trade & Ten Thousand Villages
Members will display their hobby, craft or art

Hosts & Hostesses

Members with last names beginning with N-S



PLEASE PLAN TO ATTEND!

Due to limited parking, please carpool if possible.

Credit Union News

By Nancy L. Whitecavage

You Can Help the People of Haiti

CFE Federal Credit Union is now accepting donations to support Haiti relief efforts. CFE members and non-members can visit any CFE branch location to donate via cash or check. Members may also transfer funds directly from their CFE accounts to the Haiti Relief Fund at any branch location or by calling the Member Service Center at 407-896-9411 or 800-771-9411 outside Orlando, option 3. Donation receipts are available¹. Visit mycfe.com to learn about other charitable organizations and how you can help.

¹Please consult your tax advisor for detailed information on charitable giving.

VITA (Volunteer Income Tax Assistance) Dates

If you'd like free help filing your taxes, and your household earns a maximum of \$48,000 per year, come out to one of our VITA sites, February 2, 2010, through March 31, 2010, on one of the following days:

CFE has VITA volunteers available to serve you every Tuesday and Wednesday at our Winter Garden and Kissimmee branches, and every Saturday at our Weber South building (near the Weber branch) on 921 N. Mills Ave. All three locations will have representatives available on the days mentioned above from 10:00 a.m. to 2:00 p.m. Be sure to bring both a valid form of identification and a social security card for yourself and any dependants, and bring any pertinent tax documents. Please note that VITA only e-files returns. If you have any questions, please call Michael Langhorst at 407-896-9411, ext. 5400.

Grant Money Available for talented High School Seniors

Applications for the 2010 Education Exchange College Grant Program through ACCEL/Exchange Network are now available for pick up at all CFE branches. There are a total of four \$5,000 grants and thirty \$1,000 grants to be awarded to high school seniors with impressive applications. The entry deadline is March 15, 2010. Visit <http://mycfe.com/promo/jan10/HighSchoolSeniors.htm> for complete details.

CFE Members Brightened Holidays for Many in Need

CFE Federal Credit Union members and employees recently participated in their annual holiday drives to support community organizations. Close to 600 pounds of food, which is equal to 400 meals, was donated to the Second Harvest Food Bank of Central Florida; and toys, games and gift cards valued at approximately \$6,000 were donated to Devereux Florida for foster children of all ages. Thank you for your generosity.

Literacy News

The general meeting of March 4, is the last time you can turn in your literacy hours for this year. So make sure you have collected all of the hours and turn them in. So far we have only 1063 hours, including 450 youth.

Remember to bring in a book, which you have read, to the literacy table, sign the sheet with your name and the title of the book, and you have earned one hour toward literacy.

Nothing could be easier.

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

YEARLONG COLLECTIONS

Don't forget that these items may be brought to our meetings for re-cycling / re-distribution:

1. **pop tabs** from sodas and other canned foods (taken to Ronald McDonald Houses)
2. **used eyeglass** (donated to Lions Clubs Int'l.)
3. **old cell phones** (taken to the Adult Literacy League)
4. **pieces of felt** (for Adult Literacy League family projects)

Saving these things and turning them in to OCREA count as Community Service & Literacy volunteer hours. Include them in your reports to Arleen & to Henrietta.

Carol Egolf .

In Memoriam

Dallas W. Maddron

FREA ACTION ALERT FRIDAY, FEBRUARY 5, 2010!

In the 2008 legislative session, Senator Jeremy Ring introduced legislation (SB 2310) which encouraged the State Board of Administration (SBA) to invest up to 1.5 percent of the Florida Retirement System Trust Fund (our pension fund) in technology and growth investments of businesses domiciled in Florida. FREA opposed this legislation as unnecessary and creating extra work for the SBA. Both Florida and federal laws mandate that SBA invest pension funds so as to maximize the financial return to the fund consistent with the risks incumbent in each investment. The SBA cannot invest in Florida businesses unless that investment would have as good risk-return probability as similar investments available elsewhere would have. The SBA didn't need a law to make such investments if they were deemed good investments by set standards, and passing this law just adds extra work for the SBA staff. However, the bill passed and became law on July 1, 2008.

Since that time, the SBA has made many reports and taken much time setting up strategies attempting to comply with this "investing in Florida" law without violating the fiduciary obligations laws. Clearly this has been extra work for the staff, but reports given to the Investment Advisory Council each quarter indicate the new law is being successfully implemented.

Currently a Senate Select Committee on Florida's Economy which is chaired by Senator Don Gaetz with Senator Ring as vice-chair, has asked the SBA to look into the possibility of making loans to small businesses from the pension fund. Clearly, this is another attempt to use the pension fund for accomplishing political goals, and we need to raise our voices loudly to oppose this.

Investment performance by the SBA is important not only to members of FRS, but to every unit of government in the state which belongs to FRS. The pension fund can only remain solvent enough to keep required contribution rates at an acceptable level if the SBA earns good returns on investments. Therefore, it is in the best interest of everyone for our legislators to leave the SBA staff to do what they were hired to do, and not have to spend time researching ways to help achieve some political goal.

Please contact your legislators, especially Senator Ring and Senator Gaetz, and tell them to leave the pension fund alone. Larry Carmichael

Contact information on back

Don Gaetz
Select Committee on Florida's Economy, Chair
4300 Legendary Drive
Suite 230
Destin, FL 32541

Ring, Jeremy
Select Committee on Florida's Economy, Vice Chair
5790 Margate Blvd.
Margate, FL 33063

**Representatives of the Florida House
representing parts of Orange County**

Adams, Sandra "Sandy"
2074 Winter Springs Boulevard
Oviedo, FL 32765-9347

Cannon, Dean
Suite 200
1992 Mizell Avenue
Winter Park, FL 32792-4117

Crisafulli, Steve
Suite 108
2460 North Courtenay Parkway
Merritt Island, FL 32953-4193

Dorworth, Chris
Suite 205
1055 AAA Drive
Heathrow, FL 32746-5072

Eisnaugle, Eric
Suite 1
2003 Curry Ford Road
Orlando, FL 32806-2419

Horner, Mike
323 Pleasant Street
Kissimmee, FL 34741-5763

Nelson, Bryan
409 S. Park Avenue
Apopka, FL 32703-5261

Plakon, Scott
Suite 242
1855 West State Road 434
Longwood, FL 32750-5071

Precourt, Stephen L.
7009 Dr. Phillips Boulevard Suite 270
Orlando, FL 32819-5124

Randolph, Scott
Suite 100
701 East South Street
Orlando, FL 32801-2953

Soto, Darren
5425 S. Semoran Boulevard Suite 1-B
Orlando, FL 32822-1751

Thompson, Geraldine F. "Geri"
Suite 204
511 West South Street
Orlando, FL 32805-2761
<http://www.myfloridahouse.gov/SECTIONS/Representatives/representatives.aspx>

**2008-2010 Senators
representing parts of Orange County**

Gardiner, Andy
1013 East Michigan Street
Orlando, FL 32806

Siplin, Gary
1436 North Pine Hills Road
Orlando, FL 32808

Constantine, Lee
378 Centerpointe Circle, Suite 1268
Altamonte Springs, FL 32701-3442

Altman, Thad
6767 North Wickham Road
Suite 211
Melbourne, FL 32940

<http://www.flsenate.gov/legislators/index.cfm?Members=By+District>

HOSPITALITY FOR MARCH MEETING

Our hosts for the March meeting will be members with last names beginning with N-S They will bring a refreshment to share with our members at the March 4th general meeting. Please have your goodies at the meeting by 10:00 AM.



Greeting us at the door will be Arleen Stalnaker and Joan Gates.

A centerpiece will be provided for us by Carol Egolf.

Carol Egolf, Ruth Ford, Joan Gates, Betty Ann Gelding, Blanca Hernandez, Mary Long, Phyllis Tacey, Fran Winesett have signed up to bring goodies for the **Ronald McDonald House**.

Thought for the Day -- Jean Forest.

COMMUNITY SERVICE

Arleen Stalnaker, Chairperson

"Give a Day Get a Disney Day" Is a program that celebrates and inspires volunteerism. Volunteering a day of service in 2010 at one of the participating organizations can earn you a 1-day, 1-theme park ticket to Disney. To find out more information type in google.com, then type "free pass disney community service" in the search box. Press enter and once the results appear, select the first link highlighted in yellow. You can register on this website for where you want to volunteer. We have 45 members who have given 5,552 hours of community service. Please turn in all of your volunteer hours from March 1, 2009 to the present by the March 4, 2010 meeting.

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: _____

Health Corner– Lois Kolski

OH NO!!! Movie and Popcorn Lovers Beware!!

According to the Center of Science in the Public Interest (CSPI) (the Nutrition Action Health Letter, December 2009) when you buy a large bucket of popcorn and a soda at a Regal theatre, you are ingesting about 1,500 calories and three days' worth of heart-stopping fat. Thanks to the fact the popcorn is popped in coconut oil, you are also getting 60 grams of saturated fat. The calories with this combo are about equal to a Pizza Hut Personal Pan Pepperoni Pizza – with the addition of about three times the saturated fat.

Reportedly AMC, the second largest theater chain, serves smaller sizes but also pops their corn in coconut oil. Its large popcorn has 1,030 calories and 57 grams of saturated fat. According to CSPI, that's like eating a pound of baby back ribs topped with a scoop of Häagen-Dazs ice cream— except that the popcorn has an additional day's worth of saturated fat.

Cinemark-the third-largest movie chain, reportedly uses heart-healthy canola oil for their popcorn. Their large bucket has 910 calories with 4 grams of saturated fat. According to CSPI, the use of canola oil gives this chain's popcorn far less saturated fat than its competitors, however, it's almost as high in calories and has about twice as much sodium as Regal or AMC. With approximately a day's worth of sodium (about.500 milligrams) a large popcorn without topping from Cinemark will be less likely to clog your arteries, but more likely to elevate your blood pressure.

CSPI also took a look at the sodas and candies sold at the movies. A small non-diet soda ranges from 150 calories at Cinemark to 300 calories at Regal. Mediums have 300 calories at AMC and Cinemark and 400 calories at Regal. With 33 teaspoons of sugar in nearly 2 quarts—54 ounces— Regal has the most oversized large soda, with 500 empty calories.

The oversized boxes and bags (four to five ounces) of candy sold at movie chains are universally high in calories. A 5-ounce bag of Twizzlers has 460 calories and 15 teaspoons of sugar. A 7-ounce box of Nerds has 790 calories and 46 teaspoons of sugar. Chocolate candies like Butterfinger Minis, Raisinets, Sno-Caps, or M&M's have between 400 and 500 calories and at least a half day's worth of saturated fat. An 8-ounce bag of Reese's Pieces is just a cup of candy. But with 1,160 calories and 35 grams of saturated fat, it's like eating a 16-ounce T-bone steak plus a buttered baked potato.

As always, just as you think you are eating a healthy, nutritious diet – news comes out announcing you should put yet another favorite item on the 'Not Good for You List'. If you don't go to the movies every day, you may want to save up your calories – splurge and enjoy! However, maybe you shouldn't choose the BIG Bucket of Popcorn, or the Largest Drink, or the Largest Candy Box. **Think healthy for 2010!**

FREA Extravaganza

The Extravaganza is back. Each year the FREF must generate a fund raiser for our scholarship program and we are continuing our Extravaganza. The theme of the FREA State Assembly in May is technology and with that in mind, our prizes will be technology oriented. The Grand Prize will be a 17" Dell laptop computer with 4 GB memory and 500 GB hard drive. It comes with Windows 7 Premium. The First Prize will be a Kindle, an electronic reader. The Kindle is global and wireless. It can hold up to 1500 books, change the size of the font, and download a book in 60 seconds for \$9.99 or less. You can preview a book for free. The Second Prize will be a Garmin GPS that covers all of North America and announces street names in its guidance. The Third Prize will be a Toshiba 19" HDTV with a built in DVD player. Donation tickets are \$10.00 and can be purchased from Chris Couch. Your \$10.00 donation ticket is tax deductible and money from this Extravaganza will be used for scholarships. FREF will spend approximately \$37,000 next year for scholarships

and one of them is being used by a student from Orange County.

Your help and support is greatly needed and appreciated. The cause is worthy and the prizes are great. Do see Chris at our coming events and picket up your ticket. You don't have to be present to win but you can't win if you don't buy a ticket. Remember, your donation ticket is tax deductible.

Ellen James, FREF Trustee

FREF REPORT

FREF Chairperson Chris Couch

JANUARY FREF REPORT

Contributions to Scholarship Fund:

General Meeting: Little Red Schoolhouse: \$52.00

Board Meeting: \$19.00

Total: \$71.00

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