



The Retired Educator



Volume IX

May 2007

Issue 8

THE RETIRED EDUCATOR

Published By

Orange County Retired
Educators Association
P.O.Box 677325
Orlando, Florida 32867

President
Carol Egolf

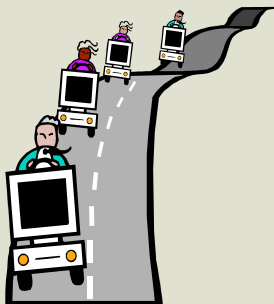
Vice-President
Frank Johnson

Recording Secretary
Shirley Pettit

Corresponding Secretary
Eleanor Kenyon

Treasurer
Robert Ford

Editorial Team
Mildred Dunlap
&
Sue Orth



We're on the Web!

Visit us at:

www.ocrea-fl.org

PRESIDENT'S CORNER

Before this year's activities are over, I want to thank many people, especially the members who presented thoughts for the day, who served as greeters, those who provided center-pieces, and the wonderful folks who brought goodies for the Ronald McDonald Houses (and to Mary L., Elaine P., & Ann W.). Truly I feel blessed every month to meet with such caring individuals here in OCREA.

It's almost here -- our famous May luncheon. Yummy food, musical decorations, a few surprises, too. Mary Mixner will bring us the thought for the day. Ellen James, District 8 Trustee & one of our own unit directors, will tell us about her first year on the state scholarship board. Be sure to make your reservations with Bob Ford by Friday, April 27. I hope that we have the best attendance record ever.

I'm not trying to brag, but I have enjoyed our meetings. How about you? Our program committee, led by Vice President Frank Johnson, has been creative in following FREA guidelines. Our OCREA year is always filled with interesting & entertaining guests, worthy civic projects & volunteering, and generous scholarship fundraising. Don't forget to renew your membership. Bring a friend with you in September to join the association. Isn't retirement great?

Carol Egolf

GOOD NEWS

The following information is from a news release from Governor Crist's office last month. He announced that Standard & Poor's Rating Service has identified the Florida Retirement System (FRS) as the leading state pension fund in the United States. This report lists Florida as having the highest actuarial valuation of assets to liabilities, or "funded ratio" of any U.S. pension fund, being over 25 percentage points above the mean funding.

Mildred Dunlap,
District VIII Legislative Ch.

GENERAL MEMBERSHIP MEETING

Thursday, May 3, 2007

ANNUAL SPRING LUNCHEON

12:00 NOON

College Park United Methodist Church

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

THEME

Harmony for Success

Guest Speaker

Ellen James

Florida Retired Educators Foundation
District VIII Trustee

PLEASE PLAN TO ATTEND!

Due to limited parking, please carpool if possible.

Credit Union News

By Mary Lynn Williams

Earn High-Rate Dividends with CFE's Special Anniversary Share Certificate

What better way to thank members like you for your loyalty and support over the years than to offer you an opportunity to earn a special high-rate dividend with an Anniversary Share Certificate? From now through May 25, 2007, you can deposit \$777 for 7 months and earn 7.00% APY as part of CFE's 70th anniversary celebration. This limited-time offer allows you to take advantage of a high-rate Share Certificate dividend with less than the \$1,000 minimum deposit usually required. Members have always made the difference at CFE, and this is our way of showing our appreciation for your continuous support!

Orange County Teachers' Retirement Seminar
Jones High School
Wednesday, May 16th at 3:30
If you are interested in helping with the display
and the meet and greet, please contact
Penny Parrish at pensqrd@bellsouth.net
or
at **407-649-6759**.
Thanks in advance.

LITERACY NEWS

We would like to congratulate **Arleen Stalnaker** as the person with the most hours of literacy. She has worked the most hours. Honorable mention goes to Phyllis Tacy, Frances Winesett and Ouida Harman. Congratulations and a wonderful job well done. *Henrietta Sebag*

VOLUNTEER OPPORTUNITIES

Big Brothers & Big Sisters

Amachi Project

Mentors for children

whose parents are incarcerated

Call R.S.V.P. Roberta Battaglia

407-422-1535

Florida Volunteer Month 2007

Florida's Superheroes: Volunteers!

Volunteer Florida is sending out the signal that volunteerism is valuable to communities, to businesses, and to individuals who choose to volunteer. The Florida Volunteer Month Web site <http://www.volunteerflorida.org/> offers resources to help promote volunteerism! Visit the Florida Volunteer Month Web site for a wealth of resources designed to promote volunteerism in your community!

OCREA Community Service Volunteer of the Year

Congratulations to **Carol Egolf**, our hard working president. After 30 years of teaching Latin and Spanish and being an assistant athletic director Carol has been devoting herself to Community Service for the past eight years. On Mondays you will find Carol working in the library at Great Oaks Village, the Orange County home for abused, abandoned, and neglected children. On other days of the week she will be busy helping at her Church. She works with the blanket ministry each week. She also helps to make crafts for their annual fall festival, and helps with the hosting of the homeless. She helps count the money and is the president of her Women's Circle. In addition to working for Great Oaks Village and her church she gives many hours to FREA/OCREA. Among the numerous projects she has originated and spends time seeing that they are successful are activities for the Ronald McDonald House including providing refreshments for the parents of sick children while they are staying there, collecting toiletries for them and pop-tops for their fundraiser. While helping the Literacy League she started a project of collecting supplies for their office and school. Carol has also inspired us to collect and deliver pet food for the SPCA of Central Florida. Because of this program many senior citizens on fixed incomes can afford to feed their companion animals. As you can see, she not only is busy but keeps the members of our unit busy also.

James Boston, Ruth Ford, Quida Harmon, Allyson Pollard, and Mary Waldo are also recognized for their many hours devoted to OCREA, churches, schools, and civic organizations.

Please keep a record of all of your volunteer hours for May, June, July, and August and turn it in at our September meeting. Have a happy summer volunteering. *Arleen Stalnaker*

Ruth S. Hawk Scholarship

A local teaching scholarship has been approved by the OCREA Board and named the Ruth S. Hawk Scholarship. Ruth is a longtime member of the organization and served for many years as the FREF chairperson.



Chris Couch and Ruth Hawk

The scholarship will be awarded this spring to a graduating high school senior who plans to go into the educational

field. Many of the same standards will be followed as with the FREF Scholarship, and the student will be required to sign a promissory note pledging to return the money if they find that they will no longer go into the teaching field. The initial scholarship will be for \$1,000, the 2nd and 3rd year will be for \$1,250 and the 4th year will be for \$1,500.

Monies collected from the Little Red Schoolhouse, the paperback book sales, money from the White Elephant Sale, and the memorial donations will be applied to the Scholarship Fund.

OCREA will also continue to contribute to the FREF Foundation and submit a selected student for the scholarship each year.

Members of the Scholarship Committee are: Mildred Dunlap, Julia Green, Ellen James and Chris Couch.

Chris Couch, FREF Chairperson

What do those web site numbers mean?

As of 4/8/07 our web site had

Hits: 1400

Visitors: 557

Unique: 164



8 of these are a result of people visiting from the credit union link

Hits are the number of times that the website was accessed
Visitors are the number of hits that actually loaded a page
Unique are the number of individual ip addresses that visited

The visitors and unique are the more important numbers. The difference between visitors and unique indicates the probable number of repeat visitors. *Stephen Orth, Webmaster & Sue Orth Website Coordinator*

HEALTH CORNER – Summer Traveling Tips

Be sure you:

Update your File of Life Card listing current medications and dosages, doctors' names, and emergency contacts.

-Have sufficient medication and/or medical supplies to cover the length of your travel plus some extra in case of unexpected departure/return delays.

-Check on your Medical Insurance coverage outside of your home locations, particularly if you are going out of the country.

-Are aware how the weather conditions will impact you whether at home or when traveling to a different location. For example:

a. A temperature over 95 degrees with relative humidity between 45% -55% raises the Heat Index (It feels like) to 104-107 degrees, and places you in the Danger Zone for Dehydration and/or Heat Exhaustion. As the humidity levels increase the Heat Index increases and so does the Danger Level for heat stroke. To find the Heat Index and Danger levels for your city go to <http://www.usatoday.com/weather/wheat3.htm>. For symptoms/treatment go to http://www.emedicinehealth.com/heat_exhaustion_and_heat_stroke/page5_em.htm

b. High attitudes can cause Altitude Mountain Sickness. Rapid ascent to HIGH Altitudes (HIGH=5,000 to 8,000 feet) can bring on shortness of breath, weakness, headache vomiting and confusion. To review symptoms/treatment go to: http://www.emedicinehealth.com/wilderness_altitude_sickness/page2_em.htm

Stay healthy and have a great summer!

Lois Kolski, Health Committee Chair

May Goodies for Ronald McDonald House

Nancy Singley, Carol Egolf, Mary Long, Phyllis Tacey, Ouida Harman, Louise Murdock, Elaine Pennington, Elaine Sloan and Joan Gates will bring goodies for the Ronald McDonald House.

OCREA YEARBOOK

It is important that you send your dues to Bob Ford ASAP (NO LATER than July 1) so your name will appear in the 07-08 Yearbook.

Corrections to your information must be made in **writing** and sent to Mildred Dunlap by **JULY 15TH**

LITERACY HOURS

Record those hours on the form below and bring it to the next meeting or mail to

Henrietta Sebag
16500 Sunflower Trail
Orlando, FL 32828-5457.

Name _____
Month(s) _____

Tutoring _____
Libraries _____
Schools _____
Miscellaneous _____

of hours from the above **total** that benefited young people: _____

OUT OF TOWN? These forms are available on our website for you to fill out, print and send.

COMMUNITY SERVICE

Volunteer Report

Record your hours on the form below and bring it to the next meeting or mail to

Arleen Stalnaker
8116 Rose Avenue, Orlando 32810

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: _____

NON-PROFIT ORG.
U.S. POSTAGE
PAID
Permit #494
Orlando, FL

ORANGE COUNTY RETIRED EDUCATORS ASSOCIATION
P.O. BOX 677325
Orlando, FL 32867-7325
Address Service Requested