



The Retired Educator



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THE RETIRED EDUCATOR

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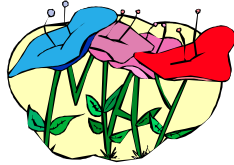
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PRESIDENT'S CORNER



Did you get your visa stamped at the travel venues? Our around-the-world souvenir displays were from places near and far, from years ago and from last year. Thanks to all who shared their memories.

Program and project chairmen appreciate your completing the pink survey sheets at the April meeting. Every once in a while we need to see if what we're doing still works. Your opinions and suggestions will help to guide the board in its long-range planning.

Book Sale; clearance items; 25c; two bits; a measly quarter. Dianne does not want to store books over the summer. Get 'em while they last. Remember, the money goes to scholarship funds.

Luncheon May 1. Reservations and \$12 to Bob Ford. (psst...it's our favorite chicken recipe.)

Membership renewals. See Bob or Ruth. (They love to get your money.)

This is the time of the year to thank people. We have many jobs, big and small, which need doing at each meeting. -- greeters, decorators, cooks, musicians, counters, toters, fetchers, passer-outers, lots of willing hands. Our 30+ Board members, preparing for every event, put in a lot of overtime, too. To all who attend our gatherings, who participate in our projects, who make it all happen. Thanks to all of you.

It's been a fun two years, yes, fun. (even though my dining table has been so piled with papers and folders that I have not seen the surface of it since 2006.) I have received much support and encouragement. Let's all do it one more time before our retiree summer vacation (more travel souvenirs maybe). See you on May 1 for our noontime luncheon.

Carol Egolf

GENERAL MEMBERSHIP MEETING Thursday, May 1, 2008

ANNUAL SPRING LUNCHEON 12:00 NOON

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

THEME

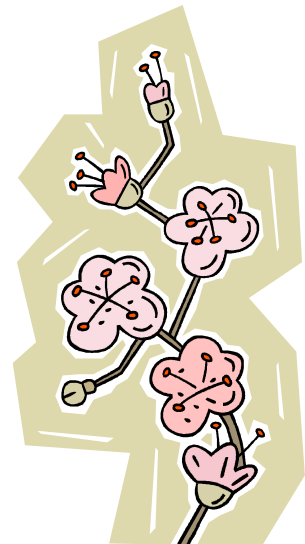
Recipe for the Future

Guest Speaker

Marie Grein, the President -elect of FREA.

PLEASE PLAN TO ATTEND!

Due to limited parking, please carpool if possible.



Credit Union News

By Nancy L. Whitecavage

CFE Pays \$17,615.52 to Young Members!

It's been a year since CFE rolled out its new youth accounts featuring the savings incentive program that includes Fun Bucks. In just one year CFE issued over \$17,000 to more than 600 Fun Bucks Youth Account Earners, above and beyond their regular dividend earnings!

If you have a child or grandchild who hasn't already opened a CFE youth account, sign up him or her now to join the Fun Bucks club of savers! Kids are waived the \$10 membership fee and receive a gift when they open their account.

CFE will begin its annual Youth Celebration April 20th through May 20th, featuring fun activities, prizes, and incentives for young savers! For details about our special youth celebration and activities coming up April 20 - May 20, visit our website at mycfe.com.

Fern Park Branch Is Open

CFE is still growing, and this time we've opened our doors in Fern Park. Come visit our new location at 215 Oxford Road. This is the 15th branch that CFE has opened in our continued effort to make financial transactions more convenient for you. Stop by and meet our friendly Fern Park Branch Manager, Debra Auger, and learn how she might help you meet your financial needs. Branch hours of operation are:

Lobby:
Monday – Thursday: 9 a.m. – 5 p.m.
Friday: 9 a.m. – 6 p.m.

CFE is Accepting Scholarship Applications!

Don't forget to tell your family and friends that CFE is accepting scholarship applications. Scholarships for \$4,000 over four years will be awarded to six lucky students. Their names will be randomly chosen to win money for their college education.1 Applications are available on the website at mycfe.com or at any branch through May 31, 2008.

1CFE employees, officials, families of employees and families of officials are not eligible. All decisions made by CFE will be final.

FREF

Ellen James, Chair

“To Review, Clarify, and Re-Define the Guidelines of the FREF” has been the FREF goal for this year. It is important for every organization to look inward to reflect on its organization every so many years and this has been the year that FREF is doing so. Early in our November meeting, Trustees addressed the *Statement of Investment Policies, Objectives, & Guidelines* drawn up by our Treasurer, Horton Barnes. It was passed unanimously. Those Guidelines will be the beacon that guides all financial matters to be resolved with the FREF. It defines and assigns the responsibilities of all involved parties, and establishes a clear understanding for all concerned parties of the investment goals and objectives of endowment fund assets. There may be changes in the way funds are dispersed so that our principal remains in good shape.

In addition to the *Statement of Investment policies, Objectives, & Guidelines*, The Board was divided into three committees: Policies/Procedures, Finance/Budget, and Scholarship Guidelines—the Review & Process. These committees reviewed the current Rules, updated them, and created a new set of Rules: *Policies/Procedures and Guidelines for the FREF*. This document was approved at the March meeting and is currently going into practice.

Lastly, the Board created a mission statement: The mission of the FREF is to build community between retired educators and future teachers by providing assistance through scholarships.

The FREF is moving into the 21st century.

In Memoriam

Eleanor Youree
March 26, 2008

Dr. Susie Evans Jackson
April 6, 2008
OCREA President 1988-90

Hilda Lindsey
April 7, 2008



SPECIAL AWARDS

During their teaching careers, Jim Wilson and Leona Burns dedicated themselves to their students. Still educating youth and adults, "Chief" Jim and Leona are two of the busiest volunteers in the community. On April 12, the local chapter of Zeta Phi Beta honored the lives and achievements of these remarkable individuals. Rufus Brooks also was recognized at "Blue Indigo, A Celebration of Life Banquet". Congratulations to our three OCREA members.

VOLUNTEER OF THE YEAR

Community Service

We are pleased to announce our O.C.R.E.A. Volunteer of the Year is James Boston. Since his retirement as a science teacher for twenty-four years, he has been involved in a variety of community service activities. In the Amachi Program James is a mentor for a child with a parent who is incarcerated. At one of our meetings he shared this experience and challenged us to help. As a member of a Civil Service Board, James listens to grievances and approves decisions of the Orlando Police and Fire Departments. This group has inspired him to sign up for ride-alongs with a patrol deputy. As a certified lay leader of his church, he serves on church councils and conducts worship services. At our meetings he helps by opening a session with a thoughtful message, arranging chairs, invoking a blessing at a luncheon, greeting members and guests, setting up tables, participating in programs, counting votes, and performing whatever job needs doing no matter who asks. Caring for family, friends, and strangers is his passion. We recognize James Boston as our unit's Volunteer of the Year for 2007-2008.

Arleen Stalnaker

CLEARANCE SALE

Paperback Books --- 25c
just in time for summer reading



OCREA-Health Corner

Heat Exhaustion

With summer approaching stay alert for signs of heat exhaustion. Warning signs of heat exhaustion include: Heavy sweating, paleness, muscle cramps, tiredness, dizziness, headache, or fainting.

The skin may be cool and moist. The victims pulse rate will be fast and weak, and breathing will be fast and shallow.

Treatment: Cooling measures that may be effective include: Drinking cool nonalcoholic beverages, rest, cool shower, bath or sponge bath, air-conditioned environment, lightweight clothing. Drinks such as Gatorade also help to reduce dehydration.

If heat exhaustion is untreated, it may progress into heat stroke, which is a medical emergency. Seek medical attention and call 911 if symptoms are severe, or the victim has heart problems or high blood pressure. Otherwise help victim to cool off and seek medical attention if symptoms worsen or last long than 1 hour.

Based on CDC Prevention Guide for Emergencies and Disasters – Medicinenet.com *Lois Kolski*

Literacy News

The following people were winners for the month of February: Chris Couch, Arleen Stalnaker, Inge Ballas, Sue Orth and Mildred Dunlap. Our total hours for Literacy for the year are 1852 of which 1114 were youth hours. We are now starting to count the literacy hours beginning with March, 2008. May we all have a good Literacy year.

Henrietta Sebag

Community Service Report

In our final report for this past counting term we had 81 members who gave 13,571 hours of their time to Community Service. Let's try to increase our numbers for this next reporting period.

Please mark the time you volunteer on your calendar and turn it in to be recorded.

Arleen Stalnaker

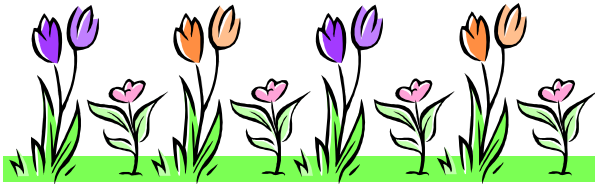
HOSPITALITY FOR MAY MEETING

Greeting us at the door will be Jo Coleman and Ellen James

Maria Alvarez, James Boston, Carol Egolf, Mary Long, and Nethel Russell have signed up to bring goodies for the Ronald McDonald House.

Thought for the Day -- Rachel Bridgett

Have a great summer.
See you on Sept 4th



Recipe for healthy summer travel:



- Update your File of Life Card listing current medications and dosages, doctors names and phone numbers, and other 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.
- Locate doctor or medical location that will be available to you at your destination, if you have specific medical needs.
- Make sure you have shots required when visiting other countries
- Add ICE (In Case of Emergency) contact to your cell phone

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