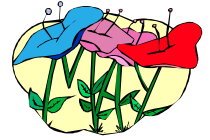




# The Retired Educator



Volume XII

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Issue 8

## THE RETIRED EDUCATOR

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Orange County Retired  
Educators Association  
P.O.Box 677325  
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President  
Sue Orth

Vice-President  
Margie Wells

Recording Secretary  
Shirley Pettit

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Editorial Team  
Mildred Dunlap  
&  
Sue Orth

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

*THANK YOU !!!!*

It has been an honor and privilege to serve as President of OCREA these past two years. You have made it easy for me through your support, willingness to pitch-in and very kind words. I cannot thank you enough. Very special thanks go to Margie for her outstanding programs and for serving as my right hand, confidant and friend. Jean Forest and I have had such a good time attending the OCPS retirement meetings and chatting with potential members. It must have worked because our membership has grown each year. We have 208 members already signed up for 2010-11 and Ruth tells us that is more than last year at this time. WOW! What would I have done without Tom and Loretta to lead us in our openings at each meeting? You have an outstanding Board running the operation of this unit. We are the envy of many statewide. I hope to see you at the luncheon.

*Sue Orth*

## FREA Proposed Committee Revisions

The March issue of the "FREA Bulletin" contains an article about proposed Bylaws changes. This article is being written to clarify the proposal. During the past year surveys have been taken on the topic of refocusing the goals and aims of FREA.

The following changes would eliminate at the state level those committees that are the function of the local units, reduce the number of chairmanships that all units must fill (small units have considerable trouble with this one) and reduce the expenses FREA must pay for committee expenses, supplies, mailings and travel to state meetings.

- A. Membership would now include Retirement Planning
- B. Volunteer Services would be a combination of Community Service and Literacy
- C. Information Services would be a combination of Health Care, Informative, Protective Services and Retirement Living
- D. No change to Legislative, Nominations, Bylaws and Bulletin Committees
- E. Eliminate Public Relations, Travel and Cultural Committees

*Mildred Dunlap*

## GENERAL MEMBERSHIP MEETING

**Thursday, May 6, 2010**

**ANNUAL SPRING LUNCHEON**  
**12:00 NOON**

Cost \$12.00

Reservations and check due to Bob Ford  
no later than **May 3, 2010**

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

**PLEASE PLAN TO ATTEND!**

Due to limited parking, please carpool if possible.



## HOSPITALITY FOR MAY MEETING

Greeting us at the door will be Betty Yandle & Jean Forest

Carol Egolf, Lola Ferguson, Ruth Ford, Mary Long, Blanca Hernandez, Joan Gates, Henrietta Sebag, Fran Winesett, and Betty Yandle, have signed up to bring goodies for the Ronald McDonald House.

**Have you renewed your membership??**  
See Bob or Ruth. Make sure your name does not get left out of the Directory. You want to be a part of the exciting things Margie and Richard have planned for next year.

## Credit Union News

### Support the Dreams of our Youth

CFE believes in educating today's youth on the value of savings, and we proudly support the mission of public education to bring up tomorrow's leaders. That's why we've planned a super promotion with two parts: one to reward kids for setting responsible savings goals, and another to reward those who support the education of our youth.

### MyCFE4Schools

Support children's education with the debit card that pays cash to Central Florida public schools at no cost to you. Upgrade for free to a MyCFE4Schools debit card, and each time you sign for purchases instead of using your PIN, CFE will make a donation to your school district. And tell your friends; when a **new** member opens his or her first checking account with a MyCFE4Schools debit card and direct deposit April 5 through May 31, we'll give him or her \$50, OR we'll give \$100 to the school of his or her choice! <sup>1</sup>

Plus, employees of participating school districts are invited to enter the MyCFE4Schools Dream Essay contest, and tell us what they would do with \$5,000 to enhance education in their school or district. The best idea will win the \$5,000 to implement the idea and the winner receives \$500 for him or herself!

### Youth Celebration

Kids can get in the savings game, too! They can tell us what they saving for and they could win \$500!<sup>2</sup> All they have to do is submit an essay or a link to a photo, drawing, video or song and they could win! There will be one winner from each of four age groups. Plus, for any kid who opens a youth account during this promotion, we'll match up to \$10<sup>1</sup> to help get in the savings game.

**Learn more about these exciting offers to ultimately support the dreams of our youth at [mycfe.com/4kids](http://mycfe.com/4kids).**

<sup>1</sup>Must be new member to CFE to receive incentive. Cannot be combined with any other offer. Account must remain open at least 90 days or member will forfeit incentive. Limit one per household. \$100 donation can only go to schools participating in the MyCFE4Schools program. Specify school name at account opening. <sup>2</sup>Parent or legal guardian must provide permission for student's entry. No purchase necessary. Contest runs from April 5 - May 31, 2010. CFE employees, volunteers, and their family members are ineligible to win. Official rules available at mycfe.com.

### Invest in America

CFE is proud to be a participant of Invest in America, a membership enhancement program that offers discounts on products and services such as vehicles, DIRECTV®, moving services, flowers and more, all provided by U.S. based companies.

One program that has been very popular with our members is Sprint. Sprint offers a 10% discount on personal wireless accounts and 15% off of business accounts. They are also waiving application and upgrade fees and giving other substantial discounts on phones and accessories.

Visit [lovemycreditunion.org](http://lovemycreditunion.org) to learn about all participating companies and their discounts.

## Literacy News



Literacy hours turned in to the state for the past year total 1798. We had 39 people involved, which is 10% of our membership. For the coming year, let's see if we can double the number of literacy volunteers. The easiest way is to bring a book at the general meeting, sign the literacy sheet, and earn one hour for literacy. Don't forget to keep track of your hours and then be sure to turn them in!  
**Henrietta Sebag**

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## Special Projects

### COLLECT OVER THE SUMMER

Remember to save those poptabs during May, June, July, and August. We can bring in a "gazillion" in September.

Don't forget the Adult Literacy League's need for yarn and for felt pieces; good to bring these items in any time. Look for sales of baggies and copy paper so you will be ready for our November collection.

Have a blissful summer.

Carol Egolf .

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## Community Service

A big thank you to the 66 members who volunteered and reported 11,316 hours of Community Service. Many of those hours were contributed by our Volunteer of the Year Margie Wells. Since her retirement as a teacher for 38 years in Orange County public schools she has been committed to community service. Some of the organizations she has been involved in are Orange County Retired Educators Association, Alliance for Retired Americans local unit, Florida Alliance for Retired Americans, Jones High School Historical Society, Retired and Senior Volunteer Program, Orange County Teachers Association-Retired, Alpha Kappa Alpha Sorority, Black Advisory Committee of Valencia College, Debonnaires Civic & Social Club, Orlando Rescue Mission, and Mt. Zion Missionary Baptist Institutional Church. Some of the recognition she has received for volunteerism are The Black History Committee of Orange County Community Service Award, Hats Off to RSVP Volunteers, and Jones High School Historical Society Legacy Award. Marge Wells certainly deserves the honor of bring our Volunteer of the Year.

### In Memoriam

Mrs. Juanita Maxey

Mrs. Edna F. Stanford

# What is the FREF?

Ellen James, District VIII Trustee

The Florida Retired Educator's Foundation (FREF) is a not for profit organization and an autonomous affiliate of the Florida Retired Educator's Association (FREA). Its purpose is to raise money to fund scholarships for graduating high school seniors who want to become teachers. We are governed by the Board of Trustees, one Trustee from each of the ten districts in Florida

FREF was incorporated in 1984 when a unit made a donation for a scholarship. Since then we have received some fifty designated scholarships. Some have limitations, some do not. In addition to raising money to award scholarships, we also provide funds for retired educators in financial crisis and for the collection and publication of historical or professional material of value to educators.

In regard to scholarship, each unit may submit one application for a student to be awarded a scholarship each year. If the unit has a designated scholarships, it may submit one application for that as well. The Board of Trustees meets each year in March to select candidates and we administer the scholarships. Our Rules specify that the Treasurer identifies the number of scholarships the board may award in a given year. With that in mind, each Trustee reads each application, makes personal decisions based on the information found in the application, and votes to select those students who qualify. Designated scholarships and general scholarship applications go into a common pile and each is evaluated using the same rubric. If no student qualifies for a designated scholarship with limitations, then that scholarship may not be awarded that year.

Because FREF is a non-profit organization, 501 © (3), we must file paperwork each year with the IRS to identify our funding. The rules have changed in the past few years and we must generate two-thirds (2/3) of our revenue through dues, donations, Memorials, fund raisers, and the collection of money owed by students who have forfeited on their scholarship. The final one-third (1/3) comes from income earned (interest) as in our investment portfolio. FREA collects dues, we do not. We have five (5) sources of income. Major donations come from the (1) \$2.00 or more per FREA member or from those who donate a designated scholarship. Other prime sources of income are from our fundraisers: (2) the September Workshops and the (3) Extravaganza, Chinese Auction, and Country Store at the Assembly. (4) Memorials can really make a difference. When one donates money in memory of someone that money goes into the scholarship fund. (5) A final source of funding comes from students who have forfeited their scholarship and must pay it back.

Where do we spend our money? We spent about \$37,000 this school year on scholarships for those students in the pipeline. A scholarship is \$3250 for four years, \$500, year 1, \$750 year 2, \$1000 each year 3 and 4. This year nineteen students plan to graduate and the cost for them after four years is about \$50,000.00. If they teach one year in Florida for each year they used the scholarship, they owe nothing. We have helped build our profession. If the student does not teach, he/she owes us what we paid them plus 5% per annum. In addition to scholarship costs, we do have a few administrative expenses.

Why support FREF? As teachers, we are proud of our profession and want this profession to continue. While a scholarship will not fund a student's total college costs, it makes a difference in a student being able to become the teacher he/she wants to be. We know that as teachers we made a difference in student lives. Let's continue to make a difference to students through scholarships.

*The mission of the FREF is to build community among retired educators and future teachers by awarding scholarships.*

## 2010 Feb-March FREF Report

Contributions to Scholarship Fund:  
 General Meetings: Total = \$81.15  
 Board Meetings: Total = \$38.00  
 Book Sales: \$1.00

## WELCOME

**New Member:**

Sherie Bargar....407-699-5671  
 4377 Weeping Willow Circle  
 Casselberry, FL. 32707

## Health Corner- Summer Traveling Tips

If you are planning to travel this summer, the following suggestions may prove helpful:

1. Update your File of Life Card; listing current medications, dosages, doctors' names and emergency contacts. Carry one copy with you and place one in your travel bag. You may want to add your pharmacy phone number in case you need to have a prescription refilled out of town. Your pharmacy can transfer prescriptions to other states and/or pharmacies if necessary.
2. Plan to have sufficient medication and/or medical supplies to cover the length of your travel, plus some extra in case of unexpected departure/return travel delays.
3. Determine any shots/vaccines that may be required for your destination.
4. Check on your passport expiration date. Many countries will not allow your travel if your passport expires within 90 days of your departure date. You may need to expedite your request for an updated passport.
5. Check on your Medical Insurance coverage outside of your home locations, particularly if you are going out of the country.
6. If you have an existing condition that may require emergency medical attention- seek out where you may access this treatment in advance of your departure. Determine where the medical facilities are and if necessary the names/addresses/phone numbers of medical professionals.
7. Become aware of weather conditions and how they will impact you while traveling.

For example, note that:

a. A temperature over 95 degrees with relative humidity between 45%-55% raises the Heat Index (What the temperature feels like) to 104-107 degrees. This 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 for Heat Stroke. To find the Heat Index and Danger levels for your city check the local news or <http://www.usatoday.com/weather/wheat3.htm>

b. Symptoms of Heat Exhaustion include: Nausea, vomiting, fatigue, weakness, headache, muscle cramps, aches and dizziness. Symptoms of Heat Stroke can come on rapidly and commonly include: High body temperature, the absence of sweating with hot red or flushed dry skin, rapid pulse, difficulty breathing, strange behavior, hallucination, confusion, agitation, and disorientation. Seek medical attention if you suspect Heat Stroke.

8. High altitudes 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](http://www.emedicinehealth.com/wilderness_altitude_sickness/page2_em.htm)

9. Notify a relative or a friend about your travel plans – where you can be reached, when you will return home.

Pre-planning will help ensure a stress free travel experience. Stay healthy and have a great summer!

Lois Kolski

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ORANGE COUNTY RETIRED EDUCATORS ASSOCIATION  
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Orlando, FL 32867-7325  
Address Service Requested