



The Retired Educator



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THE RETIRED EDUCATOR

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Orange County Retired
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Visit us on the web
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www.ocrea-fl.org

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to send thinking
of you cards to those
who are ill

or

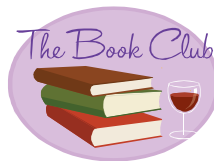
to send sympathy
cards to members or
families.

PRESIDENT'S CORNER

September was a busy month for your board members. Twenty-one members attended the District Fall Workshop in Longwood on the 17th. We participated in workshops, attended meetings and brought back lots of information to share with you. We were in charge of the food and what a display of goodies. Everyone throughout the district appreciated it.



Our State FREA theme for 2009-10 is "Our World Connected by Technology". Let's try to think of ways we can enhance, promote or teach Literacy with technology.



Are you a member of our Book Club?

- Bring a book of your choice to a general meeting with a short summary of the story and why you liked it.
- Display it at the Literacy table
- Record your hours

At the October meeting, Jean Forest distributed a handout about our member benefits that she will also share with prospective members at the OCPS Retirement Seminars. This is all you need to access your Member Benefits!

Your FREA Membership ID Card **AND** the FREA Website frea.atriba.com

FREA is preparing a State Cookbook—with all proceeds from the sales to go to the FREF Scholarship Fund.



PRESERVE OUR HERITAGE -

SHARE YOUR RECIPES FOR THE COOKBOOK PROJECT

Help us preserve our heritage and history by digging into those recipe boxes to find some of your favorite recipes of the 50's, 60's, and 70's, comfort foods, or even regional favorites. Pick some of those you know are tried and true. What about appetizers, side dishes, casseroles, diabetic recipes, vegetarian recipes, and, of course, desserts?

Our South Pinellas REA member, Joyce Walters, has agreed to assemble the recipes into a FREA Cookbook. Deadline to have the recipes submitted is **December 1, 2009**. Any profit will benefit the FREF Scholarship Fund.

Type your name, address, phone number, your unit name, and the recipe(s). Send to Joyce Walters, at her email: JEll1943@yahoo.com OR mail to: 726 52nd Ave. N., St. Petersburg, FL 33703-2832. Only typed submissions will be accepted.

See you November 5th as we Salute Broadway with the Silvertones.

Sue Orth

Credit Union News

By Nancy L. Whitecavage

CFE/Enterprise Used Auto Sales Event

October 1 through November 30, 2009

CFE Federal Credit Union members can get great rates on used autos at this "Ultimate Tailgate" event. Plus, Enterprise will make your first two payments, up to \$299.991 (upon used vehicle purchase from Enterprise Car Sales).

Ask a CFE Member Service Representative to learn more and to get pre-approved today. Begin shopping with Enterprise either online at enterprisecarsales.com/mycfe or at their location at 5505 East Colonial Drive, Orlando, (407) 281-8888. Tell them CFE sent you.

1Vehicle must be financed using standard financing terms through CFE Federal Credit Union to qualify for payment offer. Enterprise will make the first two payments on the payment due date up to \$299.99 on the member's behalf after vehicle is financed through CFE Federal Credit Union. Offer void when 7-day Repurchase Agreement is activated. Offer valid 10/1/09 – 11/30/09. No cash advances. Offer not valid for previous Enterprise purchases or with any other offer.

Many Great Reasons to Carry a CFE Platinum Credit Card

- CFE offers competitive rates on Visa® and MasterCard®:
- Platinum - best rate if carrying a balance
- Platinum Cash - earn cash back
- Platinum Rewards - earn rewards

Sign up for CUREwards and get rewarded. CFE members will earn valuable CUREwards points that can be redeemed for free travel, merchandise and merchant gift certificates. Plus, qualifying purchases made with your card from October 1 through December 31, 2009 will automatically enter you into the 2009 Endless Possibilities Sweepstakes for a chance to win 1 million CUREwards points. See mycfe.com/curewards for details and official rules.

Also, get in on the 2009 MasterCard® GRAMMY® Awards Promotion that begins October 15 and continues through December 15, 2009. MasterCard holders who use their card during the promotion will be entered for a chance to win tickets to the GRAMMY pre-party, tickets to attend the GRAMMY Awards Show with a backstage tour and an opportunity to walk the red carpet, and tickets to the GRAMMY after party! Visit any CFE branch for details and official rules.

Debt in Focus - Coming October

Don't wait until the New Year to start your financial fitness resolution! CFE has a new online program called Debt in Focus designed to deliver a personal action plan to help improve members' credit profiles and reduce debt. And we're offering a series of FREE online webinars regarding helpful topics to help you achieve your financial dreams. Visit CFE's new Financial Education Center on mycfe.com under Resources to see list of topics and register.

HEALTH CORNER

Lois Kolski

Last year we focused on being Pro-Active with our own health. This year we will focus on reaching out to others within our communities as Health Ambassadors. Some suggestions are listed below to assist you in developing your role as a Health Ambassador:

1. Call or visit someone that is experiencing health problems. Let them know you are thinking of them and are willing to help if you can.
2. Offer to drive them to the store, to church, to meetings or to run errands.
3. Cook and/or deliver a meal to them.
4. Read to them or write a note/letter for them.
5. Offer to send emails or other computer related tasks for them.
6. Remind someone to be pro-active about their health. For example, help them to remember to schedule annual doctor, dentist and medical screenings; to review and update medical prescription dosages; to keep track of any new symptoms that are causing discomfort etc.
7. Encourage someone to maintain a healthy diet and to incorporate some type of physical exercise in their daily routine if at all possible.
8. When visiting someone who is in poor health, be vigilant for any obvious situations that could contribute to slips or falls. Recommend some safe guards in areas that may appear to be unsafe.

In addition to helping friends and family, reach out in your neighborhood and/or to groups in your community that are seeking volunteers to help others. Always remain cognizant of a person's reaction to your help and suggestions, don't appear to take over their lives – but let them know you are there for them.

If you are aware of organizations or groups that are looking for volunteers to help others in need, please email Lois Kolski at lkolski@aol.com or call at 407 352 1146 so this information may be shared with others.

Have a Happy Healthy Year!

FREF Report

FREF Chairperson Chris Couch

Contributions to the Scholarship Fund for October.

General Meeting: \$66.00 Little Red Schoolhouse
Book Sales: \$24.00 General Meeting

SPECIAL PROJECTS

Carol Egolf

**ADULT LITERACY LEAGUE
COLLECTION**



We will collect supplies for the Family Literacy program of the Adult Literacy League. Parents and children learning together, pre-schoolers developing skills which prepare them for reading success -- these are goals of the many activities of the Read to me Book Club.

Every mail-out of the multi-step program contains printed instructions plus materials for a project. So, zip baggies and copy paper are used in great quantities. If you have already purchased office supplies, bring them in November. If you have not yet done your shopping, these are the items which we would like to collect at the November meeting:

1. zip baggies, snack, sandwich, quart, or 1-gallon size
2. reams of colored copy paper -- pink, light blue or green, lavender, yellow or gold

Please sign the volunteer sheet when you drop off your items.

Thank you for remembering the children.

Welcome

**New Members or renewals
since last newsletter:**



Mrs. Jeanne E. Evans.....407-295-2763
511 Eartha Lane
Orlando, FL. 32805

Mrs. Sandra Gartell.....407-869-5052
106 Spring Valley Loop
Altamonte Springs, FL. 32714

Dr. Margaret Osteen.....407-671-8741
8537 Aspen Avenue
Orlando, FL. 32817

Membership total **368**

The 2008 Florida Statutes

683.16 Retired Teachers' Day.--

- (1) The Sunday commencing the third week of November of each year is hereby designated as "Retired Teachers' Day."
- (2) The Governor may issue annually a proclamation designating the Sunday commencing the third week of November of each year as Retired Teachers' Day and calling upon public schools and citizens of the state to observe the occasion and to take the opportunity to honor the retired teachers of the state.



**Literacy
Henrietta Sebag**

The Adult Literacy League is looking for volunteers. 29% of Central Florida adults have only the most basic literacy skills or are non-literate in English. It takes literate parents to raise literate children. So, if your interests lie in helping others, please consider the ADL and volunteer.

Contact Terri Chastain at 407-422-1540.

And thank you.

Don't forget to bring in your favorite book to display at the next general meeting. Give new ideas to others and earn an hour's credit as a Literacy volunteer.



At the October General Meeting, Tom Ard shared this thought with the members. At the request of one of the members I am sharing it with you.

Afterglow

*I'd like the memory of me to be
a happy one,
I'd like to leave an afterglow of
smiles when day is done.*

*I'd like to leave an echo whispering
softly down the ways,
Of happy times and laughing times
and bright and sunny days.*

*I'd like the tears of those who grieve
to dry before the sun,
Of happy memories that I leave behind
when the day is done.*

In memory of Flora Jo Weiss

In Memoriam

Mary Lavalley
Mary Stebbins
Mrs. Julia B. House
Mrs. Flora A. Weiss

**OCREA GENERAL
MEMBERSHIP MEETING**

Thursday, November 5, 2009

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

10:00 a.m. Continental breakfast & Social hour

10:30 a.m. Program and Business

PROGRAM: *Salute to Broadway*

The Silvertones

Hosts & Hostesses:

*Members with last names beginning with
D-H*

Sure hope you will be there!

Due to limited parking, please carpool if possible.

**HOSPITALITY FOR
NOVEMBER MEETING**



Our hosts for the November meeting will be members with last names beginning with D-H. They will bring a refreshment to share with our members at the Nov 5th general meeting. Please have your goodies at the meeting by 10:00 AM.

Greeting us at the door will be Elaine Sloan, Patricia & Frank Johnson

A centerpiece will be provided for us by Lois Kolski.

Thought for the Day -- Richard Gomer

These are the folks who signed up to bring snacks for Ronald McDonald House:

Carol Egolf, Ruth Ford, Fleur Healy,
Arleen Stalnaker, Phyllis Tacey, Blanca Hernandez,
Mary Long, Joan Gates

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