



The Retired Educator



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THE RETIRED EDUCATOR

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



PRESIDENT'S CORNER

In March many members went away with seeds, seedlings, starter plants and produce to fill our tables. Thanks to Richard Gomer we may have enough information to grow some fresh vegetables and herbs.

I am looking forward to our April Program. The Canine Crusaders are such a special group of dogs. And speaking of SPECIAL animals. Don't forget to bring in pictures of your family pet (yes, a goldfish may be your pet). Maybe you have figurines, bookmarks, needlework etc of animals that you could share with us. Be sure to have them here during the social hour so all can admire them.



PLAN AHEAD! Our End of the year Luncheon is May 7. Reservation and money (\$12.00) need to be in to Bob Ford by May 1. Delores and the CPUMC ladies will once again prepare a delicious meal. I heard that there is a much loved dessert on the menu.

It is time to start renewing your membership for 2009-10 You can start now giving Bob or Ruth your money. By paying at the meeting you can save that stamp. Postage rates are going up May 11.

See you April 2nd.

Sue Orth

GENERAL MEMBERSHIP MEETING

Thursday, April 2, 2009

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: Val Almos
Topic: Canine Crusaders

Hosts & Hostesses

Members with last names beginning with **T-Z**

PLEASE PLAN TO ATTEND!

Due to limited parking, please carpool if possible

CONGRATULATIONS TO AGNES TRIMBLE!

Agnes Trimble, a member of OCREA, has been honored by her alma mater, South Arkansas Community College in El Dorado, Arkansas. One of her poems 'Courting Grouse' was published in the college's literary magazine, *Between the Lines*. Her poem was read during a program at the college on December 14, 2008 Agnes' poem is printed below for your reading enjoyment.

"Courting Grouse"
by Agnes Trimble

At pro-dawn, quickly we dress
rush to join avid birders
as the ornithologist revved the van
no breakfast, no coffee to start our day.

Pre-dawn twilight slowly retreats
stars fade as sun advances,
creating an array of color
blended into a magical mural an
inspirational artistic scene!

We arrive, the stage is set,
carpeted with purple sage
showered with sparkling dew.
Actors from the 'Grouse Guild"
parade across the stage--grazing.

Females mottled brown sedately
move about, eyeing each male
as he struts about--
their heads drawn in
tail feathers fanned
wings dragging while
inflating their colorful neck sacs
to amplify their wooing and hooting!

They flutter above the ground
descend slowly, subdue a willing mate.

The show is over, the curtain drawn.
For us a delicious breakfast is spread
on nature's table--a flat-top boulder
to give energy to hungry birders
anticipating a spectacular day!

Agnes is a member of our 90's club and a loyal member of our Telephone Tree. She so enjoys our meeting but is unable to attend because of transportation issues. She used to come with me but I now come too early for her. Sue

Literacy News

The total number of hours up to February, is 1205 including 766 hours for youth. For January and February, Mildred Dunlap and Arleen Stalnaker are the tops. A source for volunteering is the Amachi program, mentoring children of prisoners. RSVP is the contact, 407 422 1535. So far this year is the highest number of hours for literacy. So keep on collecting. Henrietta Sebag, Chairperson

COMMUNITY SERVICE

Arleen Stalnaker, Chairperson

Good News to announce! 15,378 volunteer hours have been recorded and posted to FREA. Now let's set a goal to increase the percentage of members engaged in community service and the total of volunteer hours. We are a generous community-spirited organization of retired professionals.

Volunteer Opportunities

Arnold Palmer Medical Center 321-841-1809
www.orlandohealth.com/volunteer

Youth Concepts (after school program) 407-756-3760 ddmc180@.com

FREF REPORT

FREF Chairperson Chris Couch

Contributions to the Scholarship Fund for March, 2009

- General Meeting: \$80.00 Little Red Schoolhouse
- Book Sales: \$11.00
- Board Meeting \$19.00

Upcoming Events

State Assembly May 27-29, 2009
St. Petersburg, FL



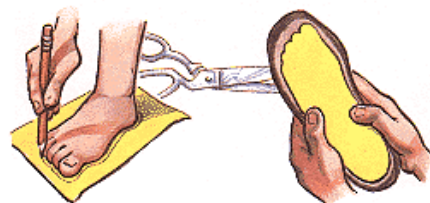
OCREA Spring Luncheon
May 1st at 12 Noon
Cost \$12.00
Reservations and check due to Bob Ford no later than May 1, 2009

HEALTH CARE TIPS

Lois Kolski

Congratulations! – You are being proactive about your health care..... But are you remembering to take of your feet? Here are some important tips for everyone, but especially for those that have high glucose levels or have been diagnosed with diabetes:

1. Keep your feet clean and dry.
2. Don't take very hot baths or showers.
3. Use skin lotion to prevent dryness, but don't put it between your toes.
4. Wear comfortable shoes. Don't wear shoes that are not too narrow for your feet. You can check this by standing on paper and tracing around your bare foot. Compare the outline of your foot with the sole of your shoe.
5. Because feet spread with age, have your feet measured every time you buy shoes. Both feet should be measured as they are often different sizes. Always buy shoes for the BIGGEST foot.
6. Go shoe shopping late in the afternoon. Feet swell to their largest at this time.
7. Size depends on shoe maker and style. Don't insist you always wear one size if the next feels better.
8. The toe box should be roomy enough so you can wiggle all your toes. The heel should fit snugly and the instep should not gape open. Good arch supports distribute weight over a wider area.
9. If you can't find shoes that fit, ask your doctor for advice.
10. Inspect your feet daily for cuts, bruises, or swelling. Use a mirror to see the bottoms of your feet.
11. File your toenails straight across – If you have an ingrown toenail ask your healthcare provider to give you a referral to a podiatrist for foot care...
12. Call your healthcare provider if you have:
 - a. Pain, numbness or swelling in the feet or legs.
 - b. Sores that won't heal.
 - c. Skin color changes, such as redness.
 - d. Cut, bruise or any other foot injury that causes you concern. (Keeping Well-Novo NOrdisk and Footcare Direct.com)



NOTE: REMEMBER THAT UNTREATED FOOT PROBLEMS CAUSED BY POOR BLOOD CIRCULATION, NERVE DAMAGE, OR INFECTION CAN RESULT IN SERIOUS CONSEQUENCES.

STAY PROACTIVE

Credit Union News

By Nancy L. Whitecavage

Homeowner Affordability and Stability Plan

In order to help struggling homeowners across the nation, the Federal Government, through the efforts of the U.S. Treasury Department, has launched the Making Home Affordable (MHA) plan. It aims to assist homeowners who are making good-faith efforts to stay current on their home loan payments, but who are struggling due to a change in income or other financial hardships.

This plan is designed to help members modify their mortgage with their existing lender. Each member with a CFE first mortgage who seeks to qualify will have their individual situation evaluated on a case-by-case basis. CFE Mortgage professionals are reviewing details about the MHA plan that was released on March 4, 2009 to determine how we might assist you and your family. At this time we expect it may take weeks or even months for the details of the plan to be fully published.

If your needs are urgent, please call our Member Service Cen-

ter directly at 407-896-9411, outside Orlando 800.771-9411, option 3. At CFE, we strive to help members realize the full range of opportunities available and this plan gives us yet another tool to assist you and your family in achieving your goal of financial stability.

MyGreenCFE

There's still time to get your free organic tote by switching to MyGreenCFE. Utilize MattWeb Bill Payer and direct deposit by Earth Day and not only will you save some time, money and trees, but you'll be entered into a drawing for \$50. You'll enjoy the paperless convenience of your MyGreenCFE Visa® Check Card with CUREwards for green purchases as well as e-statements and direct deposit. No checks or paper statements to keep up with which keeps your finances safer. It's less mess for you and for the environment. Everything you need is available electronically. Even payment of your bills is as easy as a click of the mouse so you save time and money.

Message to CFE Members

For the most recent update on CFE's security and soundness, visit mycfe.com, and click on "A Message to Our Members."

Cultural Affairs

Ann Carmine

e-mail carmina1012000@yahoo.com

phone # 407-876-4372.

Orlando Philharmonic John Williams Performance
April 11, 2:00 PM at the Bob Carr Center, right off I-4.
Special cost (19% saving!) for our group: \$29.00 for each “silver area” seat. I contacted Suzanne Ryan whom I will get our payment to. Your payment check **MUST** be paid by our meeting April 2. If you prefer to pay in advance, mail a check to my home. Make check out to Orlando Philharmonic Orchestra.

Weeki Wachee Springs trip with Life’s a Trip Tours
May 19. Payment of **\$43.00** must be turned in to me by our April 2 meeting. Make check out to Life’s a Trip Tours. Includes transportation, mermaid show, river boat cruise, animal show and driver gratuity. Pick up will be at 7:45 AM at our meeting place **if** 10 OCREA folks attend. Return will be about 6:00 PM.

The Plaza Theatre closed, so sadly we have no plays to attend at that facility :(

HOSPITALITY FOR APRIL MEETING



Our hosts for the April meeting will be members with last names beginning with T-Z. They will bring a refreshment to share with our members at the April 2nd general meeting. Please have your goodies at the meeting by 10:00 AM.

Greeting us at the door will be Mary Long & Carol Egolf.

A centerpiece will be provided for us by Arlene Stalnaker.

Carol Egolf, Phyllis Tacey, Joan Gates, Julia Greene, Blanca Hernandez, Mary Long, Patricia Johnson, Margie Wells have signed up to bring goodies for the **Ronald McDonald House**.

Thought for the Day -- Mildred Dunlap

In Memoriam

Art Didea

Anna Gay

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