



# The Deck Chatter

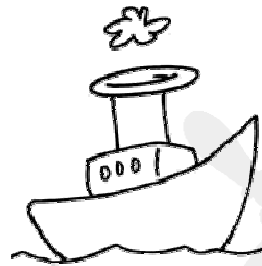
*Pilot Club of Tallahassee, Inc.*  
*"Friendship and Service" – since 1935*

Vol. 21 No. 2

August 2005

## Agenda August 15, 2005

<b>Call to Order</b>	Lucretia Thomas
<b>Invocation</b>	Opal Free
<b>Pledge of Allegiance</b>	Valencia Salters-Jenkins
<b>Guests</b>	
<b>Cares and Concerns</b>	
<b>President Elect's Report</b>	Lucretia Thomas
<b>Treasurer's Report</b>	LaTanya White Petway
<b>Communications Not Requiring Action</b>	
<b>Brief Reports of Division Activities (Plans of Work)</b>	
<b>Club Operations</b>	Yvonne Hale
<b>Fund Raising</b>	Linda Summerlin
<b>Projects/Youth</b>	Cathy Jones
<b>Unfinished Business</b>	
Pilot Logo Embroidery – Shirts, etc.	
<b>New Business</b>	
<b>Award</b>	Linda Summerlin
<b>Announcements</b>	
Scholarship House Breakfast	Aug 20 <sup>th</sup>
Pilot Social	Aug 29 <sup>th</sup>
Safe Kids Meeting	Sept 15 <sup>th</sup>
Board Meeting@Bea's AmSouth Bank Ofc	Sept 12 <sup>th</sup>
Official Visit from District Officers	Sept 19 <sup>th</sup>
Pilot Social	Sept 29 <sup>th</sup>
Jamboree	Oct 15 <sup>th</sup>
Fall Council, West Palm Beach	Nov 4 <sup>th</sup> -6 <sup>th</sup>
<b>Adjournment</b>	



## President's Corner

by Bridget Gonzalez

Thanks Pilots for a warm and hardy welcome last month as your new President. I'm excited about this year and hope you are too. Thanks too to our guest; we are always glad to have guest and are always looking for new Pilots. Keeping the Pilots we have and gaining new ones is just one of our many duties.  
**continued on p. 2...**

### Important Dates

Aug 20 <sup>th</sup>	<b>Scholarship House Breakfast</b>	Aug 29 <sup>th</sup>	<b>Pilot Social @</b> Amtrak Station, 6pm
Sept 19 <sup>th</sup>	<b>Official Visit @</b> Regular Meeting, 6PM	Sept 15 <sup>th</sup>	<b>Safe Kids Mtg @</b> TBD, 10:00 AM
Sept 29 <sup>th</sup>	<b>Pilot Social @</b> Amtrak Station, 6pm	Oct 15 <sup>th</sup>	<b>Lifesaver Jamboree</b>
Nov 4 <sup>th</sup> -6 <sup>th</sup>	<b>Fall Council @</b> West Palm Beach		

### About the Club

Lucretia Thomas	President
Belinda Mizell	President Elect
Yvonne Hale	Vice President
Pam Manley	Secretary, Editor
LaTanya White Petway	Treasurer
Cathy Jones	Director
Dot McCaskill	Director
Linda Summerlin	Director

Contact Lucretia Thomas, President at:  
 (850) 386-7579 (h) or (850) 545-9584 or taps33@earthlink.net

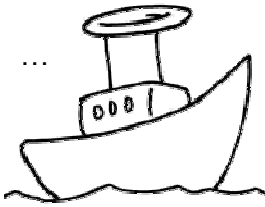
Meetings each 3<sup>rd</sup> Monday at 6:00 p.m.

Our focus is on brain related disorders, brain safety, youth projects and Pilot scholarship houses.

---

## President's Corner

 cont. from p. 1...



... The International Meeting in St. Louis was great and I enjoyed every minute of it, wish all of you could have been there. Out Governor, Agatha and I were the only ones there from Tallahassee. Next year the meeting is in Atlanta and I know that we'll have a large crowd there. Let's start planning for that now.

I will be sharing with each division the different ideas and suggestions I heard at international from other clubs throughout the country, as it relates to the working of the various divisions.

Remember, August has a 5<sup>th</sup> Monday and that means a social gathering. Check the dates and give Yvonne Hale a couple of names of future Pilots we can invite to this gathering.

We are a GREAT group of people, working hard for our community but did you ever think how great we could be with just a few more hard workers. Talk with Yvonne before you leave this evening or call her with a friend you'd like to see as a Pilot.

At the September meeting we will have Governor Elect Judy Finch here for the official visit. For those of you that don't know Judy, I encourage you to take the time to talk with her and find out what she's all about. I find her to be lots of fun and full of good ideas for Pilots. Pilots I would love for us to have 100% attendance at this meeting. So, call a Pilot that has been missing the meetings and offer her a ride or remind her what's going on. Let's show Judy true Pilot hospitality, Tallahassee style.

Have a  
Safe & Happy



Labor  
Day!

---

## Minutes

July 18, 2005

---

Meeting called to order at 6:10pm. Invocation was given by Carole Wolfe and the

Pledge of Allegiance led was led by Valencia Salters-Jenkins.

### Guests

Our guests were many. Yvonne Hale brought Denise Abbot from Department of Agriculture who has worked with the Florida Home for the Aging and Westminster Oaks. Cathy (Yoshikawa) Jones brought Mary Lee of the Telecommunications Relay. Myra Blanchard invited Linda Puckett who is a guest that is planning on joining the club soon.

### Cares and Concerns

Jane Furlong reported on the well-being of her newly born twin grandchildren, Rebecca and Benjamin Beaudry. All is well and both are thriving. Lucretia Thomas made a note to check on the status of Jane Parker. Also, Alice Chambers is at Sterling and she is doing well.

No Treasurer's Report was given.

### Fall Council

The theme for the 2005 Fall Council in November will be Mardi Gras. Each club in the District will have a float and all will attend a Masquerade ball.

Agatha Muse-Salters announced that the new ECR is Bobbi Hudson, President Elect. Also announced was that we will have our official visit from the District board will be in September from

Governor Agatha Muse-Salters and Governor elect, Judy Finch.

### **Report on International Convention**

Lucretia gathered literature from every workshop. She will meet with various divisions to share the information she learned. She was impressed with the overall grants in scholarships.

As for news, the budget was approved and elections were held. The International headquarters in Macon, GA, is being sold, however there is no other information currently available.

The meeting paused briefly so that members could eat dinner and socialize.

### **Plans of Work**

After dinner, we reviewed the plans of work. Jane Furlong moved that we approve plans of work, Bridget Gonzalez seconded. The motion passed will all in favor.

The Audit Committee (Jane Furlong, LaTanya White Petway and Pam Manley) will be meeting for the annual audit of the Treasurer's books. A date for the audit is yet to be determined.

There being no other business, the meeting adjourned at 7:45 p.m.

Respectfully submitted by:  
Pam Manley  
Secretary

---

## Treasurer's Note

---

### **DUES ARE DUE!!**

Local dues of \$53.00 are due for the June-August Quarter.

---

## Featured Topic

---

*Submitted by Yvonne Hale*

### **Fruit and vegetable juices may reduce risk for Alzheimer's disease**

**Tampa, FL (June 19, 2005) –** Antioxidants abundant in fruit and vegetable juices may play an important role in reducing the risk of Alzheimer's disease, report researchers at the University of South Florida.

Amy Borenstein, PhD, MPH, a professor at USF's College of Public Health, presented the findings June 19 at the Alzheimer's Association's first International Conference on Prevention of Dementia. She worked with researchers at Vanderbilt University in Nashville and the Group Health Cooperative of Puget Sound in Seattle.

The researchers investigated whether higher consumption of fruit and vegetable juices would lower the risk of

Alzheimer's disease. They studied more than 1,800 older Japanese-American men and women from the *Kame* Project in Seattle, in which participants were dementia-free at the onset of the study and were followed for up to nine years.

Dr. Borenstein and her colleagues found that participants who drank fruit or vegetable juices at least three times per week had a 75 percent reduced risk of developing Alzheimer's disease compared with those who drank these juices less than once per week. By comparison, there was no apparent dementia-related benefit from dietary or supplemental vitamin E, C or beta-carotene intake.

"These findings suggest that something as simple as incorporating more fruit and vegetable juices into our diet may have a significant impact on our brain health," said Dr. Borenstein, a professor of epidemiology and biostatistics.

The theory is that compounds known as polyphenols, potent antioxidants found abundantly in the skins of fruit and vegetables, may play a brain-protective role, Dr. Borenstein said. "Many commercial fruit and vegetable juices are produced from frozen concentrates made mostly from whole fruits including the peels or skins. It is not surprising, therefore, that such juices contain a high concentration of polyphenols."

Dietary consumption was determined using a food frequency questionnaire given at the beginning of the study. Participants were not asked

about the type of fruit and vegetable juice consumed.

The researchers controlled for (excluded) other explanations for the findings, including

gender, education, physical activity, body mass, genetic susceptibility, smoking, alcohol consumption, tea drinking and supplemental use of vitamins.

## Recipe of the Month

### Apple Slaw

created by the Keiser College Jr. Culinary Team  
submitted Pam Manley

- 4 cups cabbage -- preferably napa, shredded
- 1 cup apple -- julienne
- 1 medium carrot -- shredded
- 1 cup snow pea pod, fresh -- blanched and sliced into julienne

#### Dressing:

- 1/4 cup apple juice
- 1/8 cup salad oil
- 1/8 cup Champagne wine vinegar
- 1/2 lemon -- juiced
- salt & pepper -- to taste

Shred vegetables and gently mix together.

Combine remaining ingredients for the dressing in a blender and mix until thickened.

Toss dressing with vegetables and serve.

*Per Serving (excluding unknown items): 63 Calories; 4g Fat (47.6% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.*

## Who ARE you??

We want to KNOW!!

Submit your biographies to Pam Manley or Yvonne Hale by October 1<sup>st</sup>. Some of you have but a few of you have not...don't be a have not!  
**Submit your bio today!!**



**Mark your Calendars!!!!**

**MARDI GRAS**

**FALL COUNCIL**

**November 4, 5, 6, 2005**

**Palm Beach Gardens Marriott  
West Palm Beach, Florida**