



The Deck Chatter

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

Vol. 22 No. 3

September 2006

Agenda

September 18, 2006

Call to Order	Yvonne Hale
Welcome	
Cares & Concerns	
Invocation & Pledge	Vicki Muse-Johnson & Valencia Salters-Jenkins
Minutes from Previous Meeting	Claire Mikko
Treasurer's Report	LaTanya White
President Elect's Report	Bea Mizell
Committee Reports	
Club Operations	Bea Mizell
Fund Raising	Carol Wolfe/Karol Schneider
Projects/Youth	Claire Mikko
Anchor Update	Claire Mikko
Update on Project Lifesaver	Cathy Jones
Poker Run Sign Up	Linda Summerlin
Old Business	
Fall Council attendees	
Fall Council table	
Fall Council Basket/Silent auction donations	
Holiday party ideas	

New Business
 PIF Grant – Bridget Gonzalez

I LOVE PILOT Award

About the Club

Yvonne Hale	President
Bea Mizell	President Elect
Cathy Jones	Vice President
Claire Mikko	Secretary
LaTanya White	Treasurer
Lucretia Thomas	Director/Past President
Valencia Salters-Jenkins	Director
Linda Summerlin	Director
Pam Manley	Editor

Contact Yvonne Hale, President at:
 (850) 907-2085 or yhale@aol.com

Meetings each 3rd Monday at 6:00 p.m. at Julie's Place located on North Monroe. Our focus is on brain related disorders, brain safety, youth projects and Pilot scholarship houses.

President's Corner

by Yvonne Hale

Dear Tallahassee Pilots,

I hope everyone had a super Labor Day weekend, and that everyone is ready for some hard (but fun) work at the Poker Run and Jamboree. This is coming up on October 7th, and we will need all hands on deck to ensure this is a success.

I am looking forward for the Fall weather (if it ever comes!)...that means that the Fall Council is just around the corner. This year it will be held at the Sirata on St. Pete Beach. The location alone promises to ensure that our members that attend have a great time, and I hope we will be able to contribute to a successful meeting. Please remember when you are out shopping those sales of summer items that we need basket items with a "Beach Party" theme.

Important Dates

Oct 7 th	2nd Annual Project Lifesaver Poker Run, 5K Ramble and Family Jamboree!!! FallsChase off Buck Lake		
Oct 9 th	Board Meeting @ AmSouth Bank, 6pm	Nov 2-5	Fall Council @ Sirata on St Pete Bch
Oct 16 th	Monthly Meeting & Official Visit by Virginia Bunde 6pm Julie's Place	Nov 13 th	Board Meeting @ AmSouth Bank, 6pm

Autumn begins

September 23rd!



President's Corner continued...

This year's Club Sweetheart is Linda Summerlin, and I wanted to congratulate her for the club's nomination and voting her to this honor. She worked very hard last year on the fund-raising committee, and continues to contribute greatly to our club's viability and visibility. Thanks Linda and congratulations!

Well, enjoy the beginning of fall and football weather (I am really sure it will come soon), and when we meet I will hopefully have spent a few days up in Gatlinburg Tennessee attending a meeting, but also breathing that mountain air and getting a glimpse of things to come.

Remember that October 16th will be our official visit from Virginia Bunde from the Pilot Club of Pensacola, and have a wonderful meeting!

All the best,
Yvonne Hale
President, Pilot Club of Tallahassee

Sincerely,
Yvonne Hale
President, 2006-2007

Minutes

July 17, 2006

Attendance: Yvonne Hale, Claire Mikko, Myra Blanchard, Linda Summerlin, Vicki Muse-Johnson, Agatha Muse-Salters, LaTanya White, Jane Furlong, Carol Wolfe, Dot McCaskill, Cathy Jones, Camy McGriff, Jane

Parker, Linda Puckett, Dora Thomas, Valencia Salters-Jenkins, Bea Mizell, and Annarene Wineglass

The meeting was called to order at 6:10 p.m. by Yvonne Hale, President. Cathy Jones introduced her guest: Elizabeth (Liz) Lambert, Project Lifesaver Coordinator.

Invocation was given by Vicki Muse-Johnson ("Something Good About You") and Valencia Salters-Jenkins led the Pledge of Allegiance.

Cares and Concerns: Yvonne announced that Karol Schneider's father and Denise Abbott's mother are ill and that Bridget Dervish-Gonzalez had her baby (Alexandra). Jane Parker informed the club that her husband, Ed, had a blood clot two weeks ago and is taking medication to thin his blood. Claire Mikko informed the club that she was sending Get Well, Sympathy, New Baby, etc. cards to members. She asked that the club members inform her when someone would need a card.

Minutes: Claire asked members to read the minutes on page three of the "Deck Chatter." A motion to accept the minutes was given by Agatha Muse-Salters and seconded by Linda Summerlin. After the acceptance, Valencia Salters-Jenkins noted that Annarene Wineglass, vice Camy McGriff, was to contact Rickards High about an Anchors Club. Motion to accept the minutes was amended and accepted.

Treasurer's Report: LaTanya White stated there was a new line

item, Project Carryover, which was in this year's budget to carry out the club's projects. Linda Summerlin asked for clarification on this. Jane Furlong stated the Audit Committee had not finished the audit and hoped to by the next meeting. They will look at the amounts in each fund to insure everything is in the correct fund. Jane Furlong, Bea Mizell and Linda Summerlin each stated that what is in the Carryover is actually from last year, not this year's budget. Linda asked if \$15,142.87 is the real balance. A discussion followed on Alice Ferguson's bequest and the interest from the Certificate of Deposit (CD). It was stated again to wait for the audit to be completed for the true amount. Jane stated there is approximately \$10,000 in the checking account and \$9,000 in the CD and that we have three funds: operating, projects and the CD. Bea and Jane said they would get together before the next meeting to conduct the audit report.

Club Operations: Linda Summerlin asked everyone to select a name from an envelope and the name selected would be your Secret Pal. Having a Secret Pal is a friendly way to stay in touch with one another and to find out about your pal, secretly. Bea stated when she first joined Pilot, her pal would leave her surprises at the meetings and she didn't know who the person was until Christmas, when there was a gift exchange. Having a Secret Pal is just a lot of fun. Agatha stated that it's just a good way to stay in touch with one another. After the names were handed

out, Yvonne asked the members to introduce themselves.

Fundraising: Carol Wolfe thanked members for bringing in items for the Beach Party Basket and told us some of the items already collected. Dora Thomas spoke about the 10,000 Villages fundraiser. The store will do a community night on a night that we select based on a list they will give us to choose from. Our club would advertise the night, inviting people to come and shop. From this we will get a percentage of the sales. The store would need our 501c3, non-profit status, which we have for the Foundation and is available from Dot McCaskill. Carol stated this item was not in our Plan of Action for this year and did we want to do it. Agatha Muse-Salters moved to do the sale as a fundraiser and this was seconded by Linda Summerlin. The motion was approved. Bea Mizell said she would work on a flyer for advertising. Dora will contact the store and try to get a date close to Christmas time.

Projects and Youth: Claire Mikko thanked the club for coming up with ideas for trying to get the Anchors and Pilots more involved. Claire will again be contacting the schools to get in touch with the Anchor sponsors in order to attend their meetings and let them know more about the Anchor and Pilot roles. She stated that Susan Williams' records show that Aucilla has not paid their 2005-06 District dues and that Leon hasn't paid since 2004. Claire will contact the Principal at Leon to set up a meeting with him to discuss this situation. Jane Furlong will try to attend this meeting. Aucilla's bookkeeper told Claire last year

that she had two cancelled checks showing their dues were paid. Claire will contact her for a copy of the cancelled check to forward to Susan Williams. Cathy Jones said she is on Leadership Tallahassee along one of the Principals at Maclay, and that the Youth Director from Chiles is now working with her organization and may be able to help us get in touch with their Anchors. Agatha Muse-Salters delivered the Scholarship House breakfast for Bridget. The residents were very happy because they had nothing in their cupboards. The residents also stated they want to do more with Pilots this year. Agatha told them about the upcoming Poker Run. The residents asked Agatha to remind the Pilots of their Thanksgiving dinner, which is usually the Sunday before Thanksgiving, inviting us to be there.

Update on Project Lifesaver and Poker Run: Liz Lambert spoke, stating she has been working with Project Lifesaver for about a month. Currently they have 53 transmitters out, 15 to children. There are 20 transmitters still available and plenty of other supplies. She thanked the club for funding the project. Linda Summerlin met with the Sheriff's Department to explain Pilot's role in Project Lifesaver. They now understand our position and apologized about the past situation. They also stated they were not responsible for the newspaper article. The Poker Run is coming along. Everyone's help is needed to make it work well. It will be held on the Fallschase property on October 7 from 11 a.m. to 3 p.m. The motorcycles will leave St. Paul's at 9 a.m. and the last in will be at noon. A "walk" will be

added to the festivities this year along with the activities, including climbing wall, etc., which were there last year for the kids. The Sheriff's Department is very involved. The committee is thinking about a small charge to attend the festival. Linda will bring a list of requirements to the next meeting so that our member's can sign up for specific jobs. Cathy Jones asked Claire to contact the Maclay Anchors about participating in the walk, which starts at 12:30 p.m.

Linda Summerlin stated it is an honor when someone is asked to come to **Leadership Tallahassee** and that Cathy Jones was asked and is now a member. Congratulations, Cathy!

New Business: Yvonne stated Virginia Bunde, our Official Visitor, would be at our October 16th meeting; Fall Council is November 2-5 in St. Petersburg.

Bea Mizell said she, Agatha Muse-Salters and Lucretia Thomas attended a District meeting in Gainesville. Governor Judy is promoting a letter writing (which would be on our letterhead) campaign, targeting an area (banks, realtor, etc.) to be followed up with telephone calls to help with Pilot awareness and which could be used as a recruiting tool. Club Operations is working on this.

Yvonne discussed the optional Leadership Development Committee, which our club may want to think about. Pilot International sees this as deliverable for clubs to do leadership training. Pilot House is moving August 28 through September 8. They will be moving into temporary quarters

until the new building is completed. She has the costs of the sale and new construction if anyone is interested. There are two new Pilot Clubs: Philadelphia, Mississippi and the Ukraine. The 85th Pilot Anniversary items available in the Pilot catalog. During convention, the Anchors assembled toiletry bags and distributed them to shelters in the Atlanta area.

Jane Furlong moved to have Linda Summerlin as our Pilot Sweetheart. Valencia Salters-Jenkins seconded the motion. The motion was approved. Congratulations, Linda!

LaTanya informed the club that she has now passed the Bartender School and is available to work at private parties.

The next Board meeting is September 11 at AmSouth Bank and the Business meeting is September 18 at Julie's Place.

The meeting adjourned at 7:15 p.m.

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PI FAX 478-477-6978

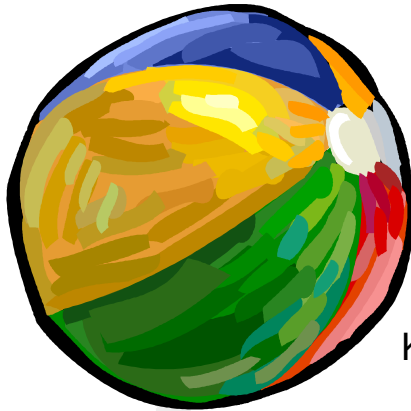
PIF FAX 478-474-7229

Sales FAX 478-474-7210

Catalog Sales 1-800-824-2872

New PI Contact Info

Street Address: 3588 Riverside Drive Suite B, Macon, GA 31210
(Temporary Location)



Beach Party BINGO!

Don't forget about your beach themed items for the Fall Council Basket! As you are out and about, remember that many summer items are on clearance and can be a terrific buy for the basket! See Carol or Karol or the Club Fundraising Committee!

Fall Council Update



Beach Party Weekend

November 3-5, 2006 at the Sirata Beach Resort and Conference Center
www.Sirata.com



Friday

- **LIVE** Auction (donations requested for items at least \$30 in value)
- Lip Synch/Skit-Beach Party Theme-Pilot related is an extra point!

Saturday

- Thought-provoking guest speaker
- Workshops:
 - DEC Leadership Training-Step on Up
 - District Development Team Workshop
- Afternoon-free-time
- Evening: Beach Party Weekend-Food, Fun, Music, Dancing and Games

Americans Speak Out About Brain Fitness in National Poll

Leading brain health experts convened today in Washington, D.C., for a public forum discussing the results of a new poll titled "Attitudes and Awareness of Brain Health." One of the poll's key findings – most Americans are not making use of all available avenues to ensure that their brains continue to function at optimum levels as they age.

The poll, commissioned by the American Society on Aging (ASA), with support from MetLife Foundation, set out to determine whether Americans think brain health can be improved, and also, if people are using all of the information available to them to stay mentally fit. Harris Interactive conducted a national survey of more than 1,000 Americans aged 42 and older.

"We believe these findings break new ground by raising public awareness of the importance of keeping mentally fit," said Ms. Sibyl Jacobson, president of the MetLife Foundation. "We are pleased to support this poll, because it promotes successful aging, which is a major concern for a growing number of Americans."

Some of the key findings of the study include:

- Americans are optimistic about brain health, but give it a low priority compared to other health issues. Nearly nine out of 10 people think it is possible to improve brain fitness and most say that thinking abilities should be checked routinely. However, only 3 percent of those 42 years old and older consider brain health the most important health issue for people their age.
- Most Americans, regardless of age, rate their current memory as excellent or good, but younger people begin to worry sooner than older adults. More than 90 percent of those polled give themselves high scores on their brain fitness. People in the 42-49 age group tend to have concerns about brain health seven years earlier than those who are age 50 and older.
- Although Americans recommend getting information about brain fitness from a medical professional, most do not talk about their memory concerns. More than 70 percent identify doctors as the best resource for information about the brain and keeping it fit, and say they would advise close friends

or family to talk with a doctor. However, only 37 percent say they have voiced their concerns with a doctor or nurse.

"What we learned from this poll was surprising and encouraging. This data challenges us to consider how this nation approaches brain fitness and what every person can do, starting today, to take good care of their cognitive capacities," observed ASA President and CEO Gloria Cavanaugh.

Dr. Jeannette Takamura, dean of the Columbia University School of Social Work, the former assistant secretary for aging at the U.S. Department of Health and Human Services, moderated the panel discussion, which featured the following brain health experts: Dr. Gene D. Cohen, Ms. Sandi Johnson, Dr. Paul D. Nussbaum and Dr. Lynda Anderson. Dr. Cohen is director of the Center on Aging, Health and Humanities at The George Washington University, a past president of the Gerontological Society of America and the founding chief of the Center on Aging at the National Institute of Mental Health. Ms. Johnson is executive director of the North Shore Senior Center (NSSC) in Northfield, Ill., and a past president of the National Institute of Senior Centers. Dr. Nussbaum is a clinical neuropsychologist and adjunct associate professor of neurological surgery, University of Pittsburgh School of Medicine. Dr. Anderson is branch chief of healthcare and aging studies, Centers for Disease Control and Prevention. In commenting upon the poll's findings, the experts suggested simple things that individuals can do to improve brain fitness, memory and general mental health.

Recommendations included:

- Increase Physical Activity. It is well understood that blood flow stimulated by exercise is good for the heart, lungs and muscles—and it's beneficial for the brain as well. People reluctant to commit to a regular program of physical activity may be more motivated if they understand how it helps them stay sharp mentally.
- Cross Train Your Brain. A single activity, no matter how challenging, is not sufficient to sustain the kind of mental acuity that virtually everyone can achieve. For example, although activities such as reading and

- doing crossword puzzles are good on their own, they offer only partial benefits, unless they are part of a comprehensive program for long- term brain health. Brain fitness depends on combining a variety of activities—such as playing music, word games and physical activity—that differ in frequency, intensity and variety.
- Grow Your Social Network. Research indicates that individuals who live in isolation have a higher risk of developing dementia than those who remain integrated in society. Lifelong community involvement with particular focus on sustained activities with friends, family and partners is an investment in brain health. Develop hobbies, promote lifelong pursuits and grow a social network of meaningful relationships.

The forum also provided an opportunity to discuss recommendations that communities can implement. These recommendations would enable health and social service departments to better position themselves to meet the evolving mental fitness challenges facing a burgeoning aging population.

Suggestions included:

- Incorporate Brain Health in Community Planning. Just as consumers should "break a mental sweat" by challenging their brains with new learning, community programs should consider incorporating the latest findings in brain science into the design of services they offer.
- Develop Community Projects for Creative and Civic Engagement. Creative community projects and engagement are a rich source of mental challenge. Senior theater productions, which can be written, performed and directed by older adults, stimulate brain health on multiple levels, and provide opportunities for social interaction. Bands and orchestras offer similar opportunities. Improvements in technology and universal design are removing barriers to independence and opening possibilities for productive, active living well into retirement.
- Healthcare, Educational and Service Professionals Need to Stay Informed about Brain Health. Professionals need continuing-education programs about brain fitness. Although consumers regularly mine the Internet and other media, they turn to doctors and other front-line medical professionals when they want specific recommendations about their brain health. Community professionals who regularly serve older adults should have ongoing access to the latest news about brain capacity and information on how best to prescribe practical approaches that maximize mental fitness.

A full report is available in PDF format from ASA at <http://www.asaging.org/brainhealth>. The 65-page report includes a summary of poll results, expert commentaries with resources for more information, a description of the methodology and final top-line data. Additional media resources and contacts are available at <http://www.asaging.org/asav2/mindalert/brainhealthpoll.cfm>



Birthdays!!

<i>Pam Manley</i>	<i>Sept 18th</i>
<i>Valencia Salters-Jenkins</i>	<i>Sept 25th</i>
<i>Opal Free</i>	<i>Oct 17th</i>