

pilot club of tallahassee – friendship & service – since 1935

events

- sept 29 **Pilot Social**
6pm Regions Bank
- oct 10-12 **Fall Council**
Lake Mary Marriott, Lake Mary FL
- oct 13 **Board Meeting**
6pm Regions Bank
- oct 18 **Founder's Day**
Monthly meeting to be held this day
- oct 19 **Talk Pilot Day**
Talk to someone about Pilot today!
- oct 25 **Anchor Meet & Greet**
10am-12pm Regions Bank
- nov 2 **Forget Me Not Walk**
St. Pauls Church
- nov 10 **Board Meeting**
6pm Regions Bank
- nov 17 **Monthly Meeting**
6pm Regions Bank

club notables

Agatha Muse-Salters	President
Bridget Dervish-Gonzalez	President-Elect
Jane Parker	Vice President
Claire Mikko	Secretary
Jane Furlong	Treasurer
Belinda Mizell	Director/Past President
Karol Schneider	Director
Carol Wolfe	Director
Pam Manley	Editor

Contact Agatha Muse-Salters, President at:
(850) 545-3092 or museag@hotmail.com

Meetings are held each 3rd Monday at 6:00 p.m. at the Regions Bank on Centerville Road. Our focus is on brain related disorders, brain safety, youth projects and Pilot scholarship houses.



visit us on the web at:

www.tallahasseeipilot.org

international news

2009 PILOT
INTERNATIONAL
CONFERENCE

JULY 7-10, 2009
SAN DIEGO, CA



The Pilot International Foundation was established in 1975 to support the community-based work of Pilot Clubs by promoting the awareness and prevention of brain-related disorders, and improving the lives of those affected by such disorders, through education, volunteerism, financial support and research. To accomplish our goals, the Pilot International Foundation relies on the generous support and contributions of the members and friends of Pilot International. Without your help, each year, dozens of students would not receive scholarships to pursue their goals, and thousands of those affected by brain-related disorders would go without the equipment they need for therapy. You can contribute as an individual as well as through your club. Go to Pilotinternational.org, click on Foundation and you will see that there are two ways to contribute – mail in a contribution or contribute on-line.

The Foundation is recognized by the Internal Revenue Service as a 501c(3) organization. Therefore, all contributions are tax-deductible as allowed by law.

about

president's corner

I cannot believe it is now September. In less than a month we will be headed to Fall Council. Last month we had everyone in attendance at the meeting. That was a goooooood feeling. Please join me in welcoming two very special ladies. This month the Northwest Regional LT. Governor is our official visitor and guest speaker. Pat is from the Pilot Club of Marianna. We are please to welcome Lillian Cox. She has been a Pilot for fifty (50) years and is an Emeritus member of our Club.

With the two special ladies in mind and the wisdom and knowledge that they both have, I am this month bring for you the Words of Wisdom from Maya Angelou

Maya Angelou was interviewed by Oprah on her 70+ birthday. Oprah asked her what she thought of growing older. And, there on television, she said it was "exciting." Regarding body changes, she said there were many, occurring every day...like her breasts. They seem to be in a race to see which will reach her waist, first. The audience laughed so hard they cried. She is such a simple and honest woman, with so much wisdom in her words!

Maya Angelou said this:

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow."

"I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights."

"I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life."

"I've learned that making a "living" is not the same thing as "making a life."

"I've learned that life sometimes gives you a second chance."

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back."

"I've learned that whenever I decide something with an open heart, I usually make the right decision!"

"I've learned that even when I have pains, I don't have to be one."

"I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back."

"I've learned that I still have a lot to learn."

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

I like the last statement. Pilots, our job for our community is to do worthwhile projects that will touch their lives and always let them know that they have a helping hand in us.

In Pilot Friendship & Service,

Agatha

Let no one come to you without leaving better and happier.

~ Mother Teresa ~



birthday celebrations!

sept & oct 2008

sept 18th Pam Manley
sept 19th Grace Hall
sept 25th Valencia Salters Jenkins
sept 28th Pam Schilling
oct 17th Opal Free
oct 18th Pilot International

don't forget...

Local dues are \$30 per quarter

GoodSearch

We've raised **\$172.60** so far! Keep searching! And don't forget to **GoodShop** too!!



brainminders

Don't forget to check out the latest information for BrainMinders on the web at:

<http://pilotinternational.org/html/foundation/brainMinders2.shtml>

chamber news

For more info visit www.talchamber.com

9/18	Business Nuts & Bolts	Tallahassee/Leon County Civic Center
10/7	2008 Annual Breakfast Meeting	Tallahassee/Leon County Civic Center
10/14	Professional Women's Forum	Tallahassee/Leon County Civic Center

anchor news

Check out the Anchor newsletter *Flagship!*

<http://www.pilotinternational.org/media/docs/other/May%202008%20Oflagship.pdf>

anchors

submitted by Claire Mikko

ANCHORS: THE BACKBONE OF OUR FUTURE

In 1952, Pilot adopted the program of sponsoring Anchor Club. Currently there are over 10,000 members found throughout the United States, Bahamas, Japan and Argentina. Some are affiliated with schools; some are not. Many of the clubs in the US are in organized Anchor Districts.



.. **Alabama Anchor District:** 25 Anchor Clubs - 1,121 members

.. **Florida Anchor District:** 39 Anchor Clubs - 1,835 members

.. **Georgia Anchor District:** 46 Anchor Clubs - 1,398 members

.. **Louisiana Anchor District:** 7 Anchor Clubs - 205 members

.. **Mississippi Anchor District:** 20 Anchor Clubs - 834 members

.. **South Carolina Anchor District:** 15 Anchor Clubs - 588 members

Texas Anchor District: 36 Anchor Clubs - 1,328 members

scholarship house

submitted by Claire Mikko

The Pilot Scholarship House Foundation (PSHF) elects new officers during the Florida District Convention in April of each year. A good place to start being involved with the Foundation is to become a Director. Directors are responsible for assisting the other officers in effectively carrying out the purpose and goals of the PSHF. They should make themselves available to Pilot Clubs, community businesses and organizations in their area to promote the PSHF and its programs. This may include fundraising, public relations,



promotion of scholarship opportunities, etc. This month, the PSHF will prepare a package of all club presidents, which will include: a list of residents in the scholarship houses and their hometowns; a wish list of items needed for the houses, encourage gift certificates or checks to the PSHF to purchase such items, wish list items can be accepted at Fall Council and District Convention to be distributed by Board members and/or Pilots from local clubs.

district calendar

submitted by Claire Mikko



Want to find out what other clubs are doing to raise money? Do you want to be able to attend other clubs fundraisers but don't know where to look for this information? Go to www.floridapilot.org, click on fundraisers. The information is there. If you're in an area where a Pilot Club is having a fundraiser, try to attend. I'm sure they would appreciate your support!

go green with pilot

submitted by Claire Mikko

Constant Contact!

Join Pilot in Going Green! As of now, Pilot spends more than \$15,000 every year, mailing Pilot information to clubs and members; these costs can be cut by members signing up for Constant Contact. To join, simply go to www.pilotinternational.org, look at the right hand side of the opening page for the "Join PI's Constant Contact Email List." Enter your email address and it goes from there. As of August 1st, the majority of the club mailings started being emailed to the clubs and to individual members who signed up for Constant Contact. All Pilots may subscribe to this free service and will receive electronic files from PI.



alzheimer's & diet

submitted by Pam Manley

Alzheimer's Society Comment On Mediterranean Diet Study Published In The BMJ

Sticking to a full Mediterranean diet provides protection against major conditions including dementia according to a study published on bmj.com today.

A healthy heart means a healthy brain. Therefore it is no coincidence that a Mediterranean diet can help reduce your risk of dementia and many other conditions.

A Mediterranean diet is one rich in fruit and vegetables, grains, fish and poultry. It is also high in antioxidants and Omega3.

This review of twelve studies adds weight to growing evidence that a Mediterranean diet and regular exercise are the best ways to reduce your risk of developing diseases as we get older and helps us live longer.

Dr Susanne Sorensen
Head of Research



To read the full study, visit
<http://press.psprings.co.uk/bmj/september/diet.pdf>.

grilled pork tenderloin & mango-peach chutney

Serves 4
by Pam Manley

2 pounds Pork Tenderloin, whole
1 tablespoon Olive Oil
1 sprig Fresh Rosemary, coarsely chopped
2 cloves Garlic, coarsely chopped
Salt & Pepper

Chutney:

1 each Mango, pitted, peeled and cubed
1 cup Peaches, pitted, peeled and cubed
½ cup Onion, chopped
2 cloves Garlic, minced
¼ teaspoon Dry Mustard
¼ cup Sugar
2 tablespoons Balsamic Vinegar
dash Ground Allspice

For Pork Tenderloin:

1. Rub or brush tenderloin with oil. Press mixture of garlic and rosemary onto tenderloin. Cover and refrigerate for one hour.
2. Preheat grill.
3. Once heated, place tenderloin on the grill and cook until medium-well (or at least 145°F internal temperature). Turn once during grilling.
4. Remove from grill and allow pork to rest for 5-10 minutes.

For Chutney:

1. Combine all ingredients in a small saucepan over medium high heat.
2. Bring to a boil then reduce to a simmer for approximately 15 minutes.