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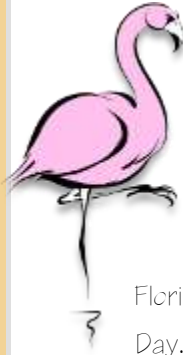
Claire Mikko

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## From the Helm



Can you believe that January is gone and February is here? Busy Hands make Happy Hearts, thanks to everyone for participating on Jan 28<sup>th</sup> at the Florida Museum of History Children's Day. We gave away a number of helmets and with the help of our Anchors we presented BrainMinders to a number of visitors. Looking forward to spending the morning with our Pilots at the Annual Alzheimer's Disease Education and Training Conference on Feb 11<sup>th</sup>. Don't forget your Sweetheart on Valentine's Day. To finish the month we have our Presidents' Day Essay contest at Apalachee Tapestry Magnet School on Feb 20<sup>th</sup>. Looking forward to spending a busy month with my Pilot Friends.

In Pilot Friendship and Harmony,

*Pam*

## BIRTHDAYS

### FEBRUARY

22<sup>nd</sup> - Lillian Cox

### MARCH

19<sup>th</sup> - Jane Furlong

28<sup>th</sup> - Charlotte Edenfield



## "THE BRAIN MATTERS"

A stroke is a brain attack! If you're like most women, you probably don't worry too much about stroke. Maybe you should.

Stroke is the third leading cause of death among American women, killing more women than breast cancer! The Brain Matters Stroke Initiative through the American Heart Association (AHA) has invited all Pilot Clubs to assist their efforts in educating American women about stroke and screening them for it.

The Women's Task Force of the initiative has developed a tool kit with samples of FREE materials and suggested guidelines for hosting a stroke-screening program for women.

## Upcoming Events

### February

- 2 Board Meeting  
Capital City Bank 5:30 pm
- 11 Alzheimer's Conference  
FSU College of Medicine 7:30 a.m.
- 13 Business Meeting  
w/Anchor Advisors Regions Bank 6 p.m.  
President's Essay Contest
- 20 Winners announced Apalachee Elementary  
9:30a.m.

### March

- 1 Board Meeting  
Capital City Bank 5:30 pm
- 3-4 Anchor Convention  
Radisson - Kissimmee
- 5 Share Pilot  
TBA  
Business Meeting
- 12 Regions Bank 6:00 p.m.



## 2012 PI/PIF LEADERSHIP CONFERENCE

The Pilot International/Pilot International Foundation (PI/PIF) annual Leadership Conference will begin on Monday, July 16 for the Council of Leaders. The Council of Leaders consists of the District Executive Councils (DEC) from each District as well as the PI/PIF Executive Board and members of the PI staff. The Conference will open Wednesday evening for the rest of PI members. In the past, the outgoing PI President had a dinner but this year it has been changed to a luncheon, due to input from PI members who wanted more time to be able to explore the area where conventions are held. The Convention is a great opportunity to learn more about PI and PIF. Try to go if you can.

Wednesday July 18 - General Assembly  
Conference Opening

Thursday July 19  
- General Business Session  
Evening Tours/Shows

Friday July 20 - General Business Session  
President's Luncheon,  
Workshops,  
Evening Tours/Shows

Saturday July 21 -  
PIF Walk,  
General Session,  
Workshops,  
Installation Banquet



### FLORIDA DISTRICT WEBSITE

When is the last time you looked at an item on the Florida District website? The site was updated in 2011 and lets anyone logging on to the site know immediately that it's a Florida organization. On the website you will be able to access the 2011-2012 District Executive Council (DEC), club presidents and appointees, other Florida District Clubs with their charter dates and websites, a calendar of events, past Fall Council and District Convention Workshops, and copies of the Governor's Bulletin and Wave. Also listed on the site are Anchor, Pilot Scholarship House Foundation (PSHF), Publications, Forms, Convention information (which is Fall Council in the fall and District Convention in the spring), and Resources. Take some time to explore the site ([www.pilotflorida.org](http://www.pilotflorida.org)) and learn more about the District.







### Update from the Pilot Scholarship Houses

The girls in all three of the Pilot Houses are enjoying the Spring Semester. The UF house has 2 openings this semester due to last minute cancellations. All three house

managers are the same as last semester, which is making everything run smoothly. The girls at all three houses are active in campus activities including FSU's Swim Club, Seminole Sound band for FSU Basketball, Children's Miracle Network, honors programs, Zeta Tau Alpha, non-profit organizations for breast cancer awareness, FGCU Water Polo Team, and many more.

The girls at the UF house in Gainesville are hosting an open house for all Pilots on Saturday, March 24, 2012 from 2pm-4pm. Look for more information at the next meeting and by email.

We had another great, although busy, day at the Museum. We handed out 413 pamphlets, coloring books, reflective badges, and flyers to the many people who came to our table at the event, all we had. We also fit and distributed 160 bicycle helmets - all that we brought. The Maclay Anchors were on the stage twice to present BrainMinders to a large audience each time. And we had 11 people sign up to find out more about our Pilot Club - names for the next Share Pilot! Thanks to Jane P, Bea, Tiffany and Brendan, Annarene, Karol, Pam S, Carol H, Carol W, Claire and Melanie, Maggie, Maddie and Mary- Anchors from Maclay.

## CHILDREN'S DAY AT THE FLORIDA MUSEUM OF HISTORY





**LEARN A LITTLE MORE ABOUT CAROL HEIMAN:** Carol was born and reared in Kansas. She met and married Bill while attending the University of Kansas (B.S.). They had three children : Matthew, Mark and Lindsay and lived in Ohio for ten years where she received a Master of Science in Biology. Carol worked as a Laboratory Director for Specialty Chemical Company in Ohio. Bill's work (Civil Engineer) took them to Baton Rouge, LA, then Tallahassee. She worked for 25 years in the Biology Department at FSU. Bill died in 2009 after 47 years of marriage. One of her sons had closed-head injury from a car crash, hence her interest in brain diseases and prevention. Pilot gives her a chance to volunteer in that area and meet/socialize with interesting, caring women.

**We Welcome You to Pilot, Carol!**

### **PRESIDENTS' ESSAY CONTEST KICK-OFF**

On January 24<sup>th</sup>, Pam S and Claire went to the Apalachee Tapestry Magnet School of the Arts to kick off the Presidents' Essay Writing Contest with their 4<sup>th</sup> graders. The students were excited about the contest, asked some good questions and said they were ready to write. The essays will be picked up on February 15<sup>th</sup> and the top three essayists will receive awards on February 20<sup>th</sup>, Presidents' Day. The students each received an American flag to help them get in the patriotic spirit.



### **Penny Panda**

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remember to  
**ALWAYS**  
wear your  
seatbelt!



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