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Our Board...

- Pam Schilling**
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- Karol Schneider**
President-Elect
- Vacant**
Vice President
- Charlotte Edenfield**
Secretary
- Annarene Wineglass**
Treasurer
- Claire Mikko**
Immediate Past-President
- Bea Mizell**
One-Year Director
- Carol Wolfe**
Two-Year Director
- Claire Mikko
Editor
- Pamela Manley
Editor

From the Helm



District Convention has come and gone. Charlotte and Claire represented our club, voting on new District Executive Council (DEC) and Pilot Scholarship House Foundation (PSHF) board members, 2012-2013 District budget and Standing Rule changes. We will be anxious to hear their report at our May 14th Business Meeting.

We had a successful yard sale, selling several items and making money for our club, which will be used for our various causes. Having an article in the Chronicle the Thursday before the sale was helpful in letting people know where we would be and why we were having a sale. We still have items to sell and are looking for members to help with a sale on May 5th.

If you've been reading your club minutes, you have read that Eldercare has asked us to "take on" the Silent Auction at their Oktoberfest. After a vote from our Executive Board and then the club members, this awesome opportunity was approved - and we will receive 50% of the auction earnings! Please be thinking of who we can solicit and let Claire know, she's compiling a mailing list. Much more information will be coming very soon.

Upcoming Events

May

- 10 Board Meeting
Capital City Bank 5:30 pm
- 14 Business Meeting
Regions Bank 6:00pm

June

- 7 Board Meeting
Capital City Bank 5:30 pm
Pilot Club of Tallahassee
- 14 Officer Installation
TBD, 6:00pm



Brain Health

Diet - Exercise - Activity

Adopt a brain-healthy diet

- Increase intake of brightly colored fruits & vegetables

Stay physically active

- Walking, biking, gardening, housekeeping, stairs

Keep mentally engaged

- Sewing, cards, scrapbooking, puzzles, reading
- Keep abreast of current brain studies and research

Remain physically involved

- Volunteer, church & community events, group participation

Protect your heart & lungs

- Control your body weight, blood pressure, cholesterol levels and blood sugar
- Reduce your risk of heart disease, stroke and diabetes
- Benefits of exercise
- Builds endurance
- Builds muscle and strength
- Sharpens reaction time
- Improves balance
- Improves coordination
- Enhances mood and self-image
- Reduces depression and decreases anxiety
- Stimulates the brain to produce endorphins
- Protect against injury and repairs damage

Remember

- Adopt a healthy diet
- Keep physically active
- Stay mentally active
- Remain socially involved
- Care for yourself so you can care for others
- You're the Pilot - Chart your Course - Full speed ahead

(By Kathryn Ann W. Kozlinski, LPN, BHS, M.Ed. - found at the PIF link on the PI website)



INTERESTING FACTS

How many districts, members and clubs are in Pilot International?

Pilot International has 20 districts, 9,031 members in established clubs, 105 members-at-large, 3 associate members, 294 provisional members and approximately 9,000 youth members in middle and high school (as of Oct 31, 2011)

The Bahamas has 6 clubs; Canada has 2 clubs; Japan has 40 clubs; Singapore has 1 club; and the United States had 346 clubs.



Florida District Pilot International

CONSTANT CONTACT AND THE DISTRICT WEBSITE

There are two ways for you to receive and/or get information about the Florida District, Pilot International. There is the District website, www.pilotflorida.org, which has the names of the District Executive Council (DEC), Club Presidents, District Appointees, Pilot Scholarship House Foundation (PSHF) Board, Anchor Officers, forms, newsletters, Pilot International (PI) and Pilot International Foundation (PIF) links, and many more items for you to look at and learn more about our District. And there is Constant Contact, which arrives in your incoming email. The email will be from Florida District Pilot International and the Subject line will show what the email is about. Constant Contact emails, in general, are sent to all Florida District Pilots, so that everyone is getting the same information. These sites provide a lot of information about Pilot.

WHAT'S FUN TO DO AT 8:00 A.M. ON A SATURDAY MORNING?

Go out and support the cause!! The ladies from the LaVerne Weddle Pilot Scholarship House did just that on April 21st. It was time for the 3rd annual Southern Scholarship Foundation (SSF) 5K Run and they were out in force. Some of them participated in the run and the others wore their house shirts and cheered on the runners. To top it off, they were selected for the Spirit Award for the event! Bea, Charlotte and Claire were volunteers - traffic control, anyone?



Club News and Pictures

At our April meeting, Ginny Geiger was initiated into our club. Ginny decided to join Pilot after meeting several of us at the Alzheimer's Conference in February. Welcome, Ginny. After our April meeting, we had a game of Bunco. Some had played before and some had not. Carol H brought everything needed for the game and we had two tables set up for us to play at (brought by Carol H, too). It was a fun time - and we found out that Tiffany really enjoys winning rounds!



Annarene was presented the I Love Pilot pin by Claire. Claire thanked Annarene for her perseverance in keeping us all financially informed.



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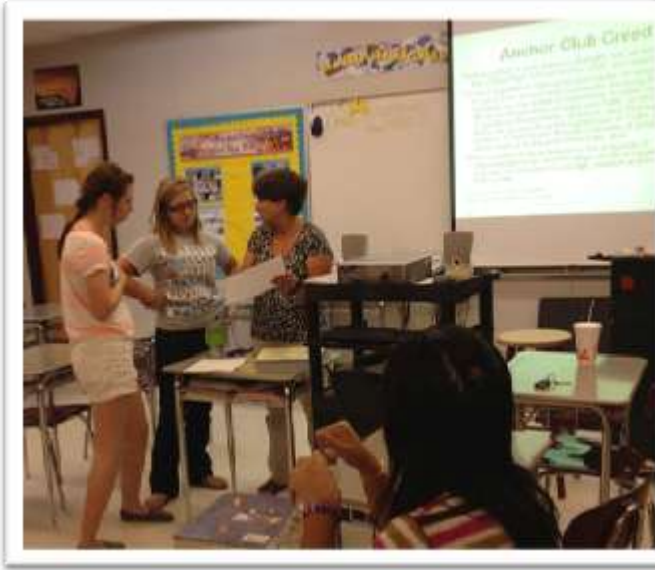
Give it a try @ www.goodsearch.com & choose Pilot Club of Tallahassee Foundation



April 13th, Carol H and Claire went to Celebration Baptist Kinderschool to present BrainMinders. The school contacted us, after reading the article in the paper about our BrainMinders presentations. We presented to 70 3-5 year olds, who listened intently and enjoyed the program.

On April 16th,

Carol H and Claire went to Eternal Grounds Coffee Shop to talk Pilot. Tobi Hester, owner, invited us to come and talk about us to her customers. We had the opportunity to speak with about 20 people about what we do for people in our community. Tobi wants to provide the coffee at the next Alzheimer's Conference at the College of Medicine, next February. Thanks to Judy Taylor for getting us in touch with Tobi!



The Chiles Anchors announced their 2012-2013 officers at their April 18th meeting. The Anchors are staying busy through the end of their school year. April 25th - making bracelets to sell for Relay for Life, held at their school May 4th, which they will be participating in. They will have a tailgate party at the event and some will spend the night. April 28th they will visit Allegro Assisted Living to do crafts with the residents. May 9th is their end of year Banquet at Po' Boys, where they will install their new officers, and present awards to the Anchors with the most service hours. They are conducting a toilet paper drive for the Homeless Shelter, which goes through May 4th. And on May 22nd, they will have their Senior Awards, 6:30 p.m. at which time we will present a Scholarship to one of their Anchors.

Anchor Happenings!



- Maclay Anchors end of year meeting - May 1 12:50 p.m. at their school, Ms. Davey's room
- Lecln Anchors end of year and installation of new officers - May 1 5:00 p.m. Janie's Jansen's home 4418 Highgrove Place
- Chiles Anchors end of year banquet - May 9 Po'Boys restaurant 6:30 p.m.
- May 22 - Lecln Senior Awards 10:30 a.m.; Chiles Senior Awards 6:30 p.m.
 - May 25 - Maclay Senior Awards 8:30 a.m.



At our April meeting: Ginny is initiated as our newest Pilot member!

BIRTHDAYS

THIS MONTH

Jane Parker
May 8th

Captain Kitty

always STAYS AFLOAT with a life vest!

