

# The Pilot Club of South Brevard, Inc.



## The Jib Sheet



August 2010

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### Presidential Greetings

I would like to welcome everyone to the new Pilot year. It looks like it is going to be a very full year. We've already welcomed new members and have to say goodbye to a long time member, Nancy Taylor.

Fund Raising Division has already held the first fund raiser of the year (Aug. 14) and has several exciting fund raisers planned. Hope everyone is looking forward to the fashion show; it was great fun last year. The Projects Division has several functions planned and hopefully everyone will get to attend at least one or two of the functions. Membership is planning on getting more new members to join us this year and would always be happy to have you bring in a new member too. Anchor is hoping to get off to a quick start and really get the Anchor members really involved this year including sending one or two members to Anchor Convention.

With all that being planned, if your Division requires the help of the whole Club at a General Meeting, please let me know and I will plan the meeting so that there is enough time to involve the whole Club. I really feel the more we can involve everyone, the more it will feel like we are all participating in the projects and fund raisers and not just the members of the Division. Also, as we are only having Board meeting every other month, if something needs to be presented to the members at the General meeting please give me or one of the board members a call so we can get it added to the agenda.

In Pilot Love,  
Nancy Villard, President

### Division Reports

#### Fund Raising Division

The Fund Raising committee met on Aug 2nd at the home of Peggy Bretz. We finalized our plans for the upcoming Bunco on Aug 14th and Party, Party, Party to be held on Oct 23rd. If any members know of anyone that would be interested in PPP, please have them contact Christi ([cbrown@rosesarered.biz](mailto:cbrown@rosesarered.biz)) or myself ([mj419mc@aol.com](mailto:mj419mc@aol.com))

UPDATE: We have had Bunco and it was a great success thanks to the hard work of each and every one! A very special thank you to Jeannine Doyle for finding the Fountains for us. It was a perfect place and they treated us like royalty-we estimated a \$400. profit and we went well over that-Kudos to all members for their support and help.

Fund Raising's next meeting will be Monday August 30-6PM at Peggy's house.

Mary Jane McMillen  
Fund Raising Coordinator

#### Membership Division

The Membership Division met in June and July 6<sup>th</sup> at my home at 1:30 pm. We discussed several programs for Founder's Day and settled on one. We will be starting a new Membership mailing project this month at the general meeting so all members will be involved. We completed our plans of work and they were approved at last month's meeting. We will meet next at 1:30 August 4<sup>th</sup> at my home. *Always keep eyes and ears open for new Pilots and remember -- "Talk Pilot".*

Faye Pratt  
Membership Chair

#### Projects Division

Projects Division is having their first meeting tonight before the General Meeting. We will discuss the list of Charities which we will vote on next month. Please let someone on the Division know if you have input about this.

We have scheduled a tour of "Bridges" for Wednesday, September 29 at 2:00. There will be more information in September including car-pooling arrangements and directions. Those that are unable to attend due to work can perhaps meet us there at 5:00 or a Saturday can be arranged when you can see the living facilities.

We had our first birthday celebration at Southlands with Valerie providing cupcakes. Southlands has informed us that they do not want a cake but cupcakes, cookies, ice cream sandwiches would be good. They need 70 treats. They said if we bring 2 dozen cupcakes they will provide the rest. However, Valerie found miniature cupcakes at Walmart that are \$2.50 for a dozen. 6 dozen will do and perhaps would not hurt pocketbooks too much. It is up to you. Pat Tebbe will provide the treats in August. There will be a reminder in the Jib Sheet each month and also a phone call when it is your turn. Southlands really appreciates this. Thank you!

We would like to purchase new puppets for the Braininders program. If you would like to participate in the "Adopt a Brain Minder Buddy" program please see Pat. Perhaps you would like to be a foster parent to Penny Panda, Marvin Monkey, Gerald Giraffe, Swimmy or Wise

Pilot Club of South Brevard

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Old Owl. It would be wonderful to have a set of puppets that belong to the club!

It is not too early to start saving soaps, shampoos and other toiletries for our Veterans boxes which we will collect at the Oct. meeting for distribution in early Nov. Also, remember to bring in your empty pill bottles without labels

In Pilot Friendship,  
Pat Tebbe  
Projects Coordinator

### Pilot Scholarship House Foundation

We will be participating in the "Pennies for Pilot" activity again this club year by contributing our loose change at each monthly meeting. We will be donating the funds to the Pilot Scholarship House Foundation Endowment Fund. The money collected will be given in a check at the Florida District Convention in April.

Our goal this year is \$250.00. Be sure and save all of that loose change for the Pilot Piggy Bank. It is amazing how a few coins quickly add up to big dollars.

Peggy Bretz  
PSHF Club Representative

### Treasurer's Report

This is a reminder that our club does have a "pay it forward" program for dues. The dues for 2011-2012 can be pre-paid quarterly. The \$87.00 for dues can be broken down into installments. The amount of prepayments are: September-\$22.00, December-\$22.00, March-\$22.00 and the final payment of \$21.00 due in May, 2011. Please let me know if you wish to participate in this program.

Peggy Bretz  
Treasurer

### Anchor Club Report

Mr. Shae Bolin, Assistant Principal requested that we wait to meet with the Anchor Club members after school starts.

Anchor Club at MCC will meet on Wednesday September 1st at 10:30 to 11:00, the slate of new officers will be presented. Mariel McLaughlin the incoming president will introduce the Pilot Club of South Brevard committee and inform the new members that we are their sponsor. I am planning to send Mariel a recommended plan of work that our committee had approved by the club members. PI and District dues will be discussed and the members will be instructed to have all monies paid by November 1, 2010.

I plan to have copies of the Provisional Pilot International Membership form for each of the 6 seniors that graduated in May 2010. I will have Mr. Bolin see that they are addressed to each graduate and then they will be ready to be mailed.

My committee and I are really looking forward to getting things under way, we want new projects and hope the club can come up with some great ideas for a fund raiser. We hope to get these young people fired up this year and get them to convention. Hopefully great things to come.

Valerie Cronin, Anchor

### Sunshine Report

Kelly Deutsch had to have a mastectomy July 22. She is recovering very well and is in good spirits. Some of you may have heard that she also will have to have a stint put in her heart, but the good news is that that was a mistake in the xray and her heart is fine. Kay Rhoden had pancreatitis and had to have her gall bladder removed. She is home from the hospital now and recovery nicely. Betty Demchock is still at Southland Suites because of her Vertigo. She cannot be alone because of her balance.

### Birthdays

Jeannine Doyle	August 18 <sup>th</sup>
Valerie Cronin	August 25 <sup>th</sup>
Eileen Segerson	August 27 <sup>th</sup>
Nancy Villard	August 27 <sup>th</sup>
Kelly Deutsch	September 26 <sup>th</sup>
Lynn Daugherty	September 29 <sup>th</sup>

Faye Pratt  
Sunshine Committee

Our beloved *Nancy Taylor* passed away last week from cancer. There will not be any services at this time. Her family will be giving a memorial service in April of next year. Her family has requested that donations in lieu of flowers be sent to Peggy Bretz for the Pilot Club of South Brevard Scholarship Fund. Nancy Villard will have an address tonight to send cards to the family if anyone wishes to.



Nancy joined our club in 1967. The offices she held with us were Corresponding Secretary, 1<sup>st</sup> and 2<sup>nd</sup> Vice President as well as President and Director. She also held offices at the Fla. District level. Those were Treasurer, Director, 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Lt. Governor and Governor as well as Central Florida Club Builder.

Nancy had the best sense of humor of anyone I know. She was always fun to be around and could tell the best jokes! She will be sorely missed by anyone who knew her. She was my mother's best friend and I loved her dearly. I will miss her very much. But most of all, the Pilot Club has lost a wonderful person and hard worker!

Carletta Migliorino  
Jib Sheet Editor

### Calendar of Events

September 29 <sup>th</sup>	Bridges Field Trip	Bridges Facility
October 20 <sup>th</sup>	Founder's Day	Gen. Mtg.
October 23 <sup>rd</sup>	Party, Party, Party	**
October 29 <sup>th</sup>	Halloween Party	**
November ?	Garage Sale	**
December 16 <sup>th</sup>	Christmas Party	Gen. Mtg.
January 2011	Friday @ 5 <sup>th</sup> Ave.	**

\*\*Place and times will be given at meetings and next Jib Sheet.

Pilot Club of South Brevard

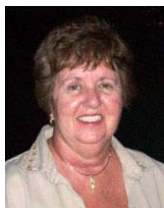
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## **Congratulations to Peggy!**

### **MAY'S WINNER**

#### **WLRQ Leading Lady of Brevard**



Congratulations to Peggy Bretz of the Pilot Club of South Brevard! Here's the entry submitted by Matt:

*Peggy Bretz works endlessly to support the Pilot Club of South Brevard. This organization has many fundraising events to support local charities. Peggy is there from the very start finding places to hold fundraising events, coordinating the contract, decorating the hall for the event and coordinating and supplying food. From holding committee meetings to providing transportation, Peggy is always ready and willing to help. One of the recent events the Pilot Club of South Brevard supported was the Special Olympics Prom. The Pilots provided food for over 200 people, and Peggy personally baked over 150 brownies.*

Sounds like a leading lady if there ever was one! We honor Peggy Bretz as a leading lady of Brevard!

## **Tips from Pilot International**

### **BrainMinder Newsletter**

**Here are ten quick tips on how to improve memory:**

**1. Use Repetition** - Repeating to yourself the thing you want to remember may be simple, but it really does work.

Repeat a phone number several times, for example, and you should remember it for a short while. This works even better if you "sing" it in your mind to engage other parts of the brain. To remember things long-term, repeat or review them several times upon learning them, then the next day, the day after that, the the next week and the week after that.

**2. Write It Down** - Let the paper remember for you. The point is to have use of the information later, and if that's more easily done by way of an "external memory device" like pen and paper, why not take advantage of these tools? Also, writing things down is another way to more strongly "fix" something in our minds.

**3. Clear Your Mind** - Sometimes to recall something you just need to relax and empty your mind of all the other stuff going on in there. Take three deep and slow breaths through your nose and relax your muscles. Pay attention to the air moving in and out of your nostrils. Afterward return to whatever it is you need to recall or work on.

**4. Feed Your Brain** - This means feeding your body of course. Your brain needs a lot of energy, and will generally function better if you eat some good proteins and complex carbohydrates. Trail mix, with nuts and dried fruit works well for some. Fish has been shown to immediately speed up brain function, as well as improve memory and other brain functions long-term improvement if eaten regularly. Also, the distraction caused by hunger can interfere with your concentration and ability to recall things.

**5. Drink Enough Fluids** - Dehydration is not always recognized, and can both distract you in ways that get in the way of clear thinking and memory, as well as more directly impacting the functioning of the brain. You can experiment

to see if this is happening in your case. Just drink a glass of water and note whether your mind seems to work better.

**6. Exercise** - Physical exercise has been shown to improve brain function both immediately (after ten minutes on a treadmill, for example), and long term. The short-term effect is because of the immediate increase in blood flow and therefore oxygen to the brain. The long-term improvement in memory and other brain functions that come from regular exercise may also be due to the physical improvement of the brain and body that comes from this repeated increase in blood flow and oxygen.

**7. Learn A Mnemonic Technique** - There are many good memory techniques for remembering names, numbers, lists of things and more. A simple list of items can be "fixed" in your memory, for example, by linking them together in a crazy story that you visualize.

**8. Imagine The Use** - If you think about how you will use information, you're more likely to remember it. For example if after learning a new algorithm in a math class you imagine using it during a test, you'll probably remember it better - particularly when taking a test. Imagine meeting someone again in the future and using his name, and you'll likely recall it when that does happen.

**9. Avoid Toxins** - Smoking is the obvious one here. Although it may actually help a person concentrate in the short-term, the damage smoking does may later hurt brain function in general, including memory. Many prescription drugs and of course illegal drugs can also have a negative effect.

**10. Reduce Stress** - When you're stressed, your body releases cortisol, which at high levels interferes with the part of the brain that handles recent memories. Chronic stress has even been shown to cause brain shrinkage. Meditate or do other self-work to learn how not to be stressed out. This may be the most important of these tips on how to improve memory, good not only for the brain but for your whole body and life experience.

### **Quote for the Month**

- The truth is, creativity isn't about wild talent as much as it's about productivity. To find a few ideas that work, you need to try a lot that don't. It's a pure numbers game.

*Robert Sutton*

### **Letter from your Editor:**

If you haven't noticed by now, the Jib Sheet has a new format. I am hoping to get more news and fun stuff in and have a more enjoyable newsletter. I will not charge the club anymore for the larger format. The extra paper is not that much more. I hope you will enjoy the new format and information. If you have any tidbits of news, trivia, jokes (clean of course) or any ideas of what you want in the newsletter, please let me know at [joycemig@cfl.rr.com](mailto:joycemig@cfl.rr.com).

Also keep in mind our website as well for information we want to get out to the public or other clubs.

Carletta Migliorino  
Jib Sheet Editor

**Charity Award Pictures**



**Lois Valentine Leaves Melbourne**



**Please make our newest members welcome.**



Jeannine Doyle



Annette Parker

**Bunco Pictures**

