

Oconee Spokes



December 6, 2016
Pilot Club of Oconee County, Inc.
P.O. Box 833
Watkinsville, Ga. 30677

Meets 1st Tuesday of Month: 7 pm
Watkinsville First Christian Church
4 N. Main Street
Watkinsville, GA, 30677

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www.pilotinternational.org
www.pilotgeorgia.org
www.oconeeclub.com



President Donna

We have a busy January—June 2017 ahead of us and I am proud to be "Soaring into Service" alongside each of you and feel very confident about our Club's success.

In Pilot Friendship and Service,
Donna

Dear Pilots,

Remembering the reason for the season I want to wish you all a very Merry Christmas and a Happy New Year. May 2017 be a wonderful year for you and your family in all aspects of your lives.

As we enter December, our mid-year point, I want to thank each of you for your enthusiasm, preparations, work and contributions to the Club's organization, management, and plans of work. The Pilot Club of Oconee County has really increased its visibility in our community and improved the lives of those we've "touched".

Our Official Visit in November was well attended. Lt. Governor Faye Worthen, gave a wonderful presentation about how Pilots serve their communities and what a good job Pilot Club of Oconee County is doing.





Projects Division
Coordinators
Judy Murrow & Jane Reese



Thanksgiving is over and we are looking forward to the rest of the holidays. Some trees are up; some are waiting to be decorated. During these days of hurry scurry take time each day to remember why you do the things you do and make them favorite memories. The little things are usually the most important.

November was Veterans' Celebration all month. Pilot Club of Oconee gave 183 units of food to be used by the VA Clinic to make veterans' lives a little brighter. Hunger is a huge problem now with these men and women who gave part of their lives serving their country. A great big thank you comes from the men and women who received this food.

On Friday, November 18, several Pilots were spotted at ACTS helping unload the many food items there. It was a very successful collection for ACTS and it took many hands to get the items into the storeroom.

The Senior Food Boxes will be distributed December 23. You can take can/boxed foods earlier if you will be out of town and they will be



stored in the pantry. Fresh food items should be taken closer to the distribution date. Personal items can be included to make their lives more comfortable during the later days each month. Items that are needed are: Foods – stuffing mix, canned sweet potatoes, butter, frozen pie crusts, cranberry sauce, chicken broth, fresh fruits, potatoes, sugar, canned pumpkin, sweetened condensed milk, paper towels, toilet tissue, Kleenex, dishwashing detergent and liquid hand soap. Personal items may be shampoo, soap, hand lotions etc. Holiday food boxes are the priority this month.

On Wednesday, November 30, there were only two mittens left on tree for the SOS Action, Inc. Christmas Party to be held on December 9 at 11:30 at the Bishop Community Center Please RSVP to Sheila Jackson if you are able to attend..

If anyone would like to support the VA Christmas program, you may donate money. Talk with Judy Murrow, Rosa Hall or Jane Reese about that need.



Pilots were not asked to do physical work or collection due to our earlier food contribution. However, the two DAR Chapters needed financial support due to the sharp increase in needs. The numbers increased from twenty families with thirty-nine children from six families with eight children.

Now it is time to look forward to a night celebrating together with a lovely dinner at Thrive. The chef says we will enjoy every bite. Make sure you have December 20 marked on your calendar. There is nothing better than an evening of fellowship with great people, being entertained and enjoying delicious food.



May each of you have a blessed Christmas season with family, friends and community actions.



Pilot Jane Reese delivered some of the food on Wednesday, November 2 and some more today that was picked up this weekend. Our total was 146 items. The shelves are filled with our donation and another organization that brought some of the cans. But food was leaving today pretty fast. Thanks to all who gave. Emily was there with DAR today.



Membership Division
Coordinators
 Darlene Adams & Mary Mattocks



As we prepare for the hustle and bustle of Christmas, let us all remember WHY we celebrate. Let us continue to give of ourselves to others and joyously proclaim the love and peace of Christ.

Congrats to Rosa for receiving the November Pilot of Distinction award! You are all invited to nominate a Pilot involved in volunteer activities (outside of Pilot) for this award. Just send Darlene the Pilot's name and areas of service.



Please continue to invite potential Pilot members to visit meetings and/or invite them to participate in Pilot projects.

Please change Randy Christian's email to: Randy@RChristianFinancial.com

and these others listed above to follow through on contacting the prospective sponsors on their list and making that extra visit or phone call to let them know how much their financial support would help us reach our goal.

It is important to share what the monies raised will be used for in our community—BE PROUD OF WHO WE ARE AND WHAT WE DO. If we continue to contact and follow through during the month of December, we should reach our optimistic goal of \$12,000 in net proceeds!! Be diligent in contacting those on your list as well as any others in your "life circle" to give them the opportunity to support us just as we support them as patients, consumers of their services, etc.

Thanks to Cathy Moorehead of our Division who has made the necessary contacts and secured a First Responder to be on site on Rice Day. Thanks to Kathy Reising for all the media promotion of our 5K. Look for the "ads" on local Bank electronic reader boards, in the Oconee Enterprise, and possibly other print media, on our Club's Facebook page, on the flyers that we produced and shared for our members to post in churches, on store bulletin boards, etc.



Fundraising Division
Coordinators
 Joy Elder & Dennise Grayson



The Fundraising Division sends out a BIG Congratulations to the following members who have brought in at least \$500 in sponsorships for our Pilot Club 5K Run/Walk: Darlene Adams, Joy Elder, Dennise Grayson, June McKenzie, Elaine Neal, Kathy Reising, and Jan Thomas. We sincerely THANK each of you for your dedication and hard work towards making our 2017 Pilot Club Chase 5K Run/Walk a financial success!

June McKenzie has done a fantastic job of working with our members with helpful tips and suggestions on how to contact, and secure sponsors, both on the list each member was assigned as well as additional contacts for possible sponsorships. We NEED more Pilots like June



The Pilot who brought in the most money in sponsorships in September was Pilot Jan Thomas (pictured on the right). (Pictured left & middle) are Pilots Pam Crawford and Mary Mattocks who tied for bringing in the most money in sponsorship in October. Each Pilot was given a prize of a flower bouquet and a gift for their great work!

Directors

Our directors (Dennise Grayson, Lavonne Lockwood, and June Mckenzie) are asking that everyone make every effort to attend all business and program meetings. If a member is unable to attend a meeting, President Donna or Recording Secretary Rosa should be notified prior to the meeting. Please make up missed meetings by attending another Pilot Club's meeting, and our own Project activities and Fund Raisers.

Pilot International

Pilot International has hired a new Executive Director: Nancy White.

Before joining the Pilot Family, Nancy was the Administrator of the Macon-Bibb County Health Department, where she had previously served for 6 ½ years on its Board. A Registered Nurse, she is a Fellow in the American College of Healthcare Executives. Nancy's professional career includes healthcare operations, new business development, marketing and public relations, government affairs and public health.



Pilot Calendar

December 6, 2016	Pilot Meeting
December 20, 2016	Pilot Christmas Party*
January 3, 2017	Pilot Meeting
January 7, 2017	Pilot 5K Chase
January-March, 2017	BrainMinders™ Presentations
February 7, 2017	Pilot Meeting
February 11, 2017	ESP Big Hearts Donation
February, 2017	Concussion Workshop
March 7, 2017	Pilot Meeting
March 7, 2017	The Cottage Donation
March 7, 2017	The Cottage Donation Night
March 21, 2017	Pilot Informational Meeting*
April 4, 2017	Pilot Meeting
April 7-9, 2017	GA District Convention
April, 2017	Alzheimer's Movie^
April, 2017	Dessert Auction^
April, 2017	Dessert Auction^
April, 2017	Relay for Life Bank Night
May 2, 2017	Pilot Meeting
Spring, 2017	Special Olympics Lunch
June 6, 2017	Pilot Meeting
June 20, 2017	Officer Installation*

*Catered Meals

^Fundraising Event

Georgia District



Please continue to bring your Dimes to our Business Meetings for the PIFF Grants & Scholarships. We will donate the money at the District Convention in April.

The GA Pilot Foundation 2015-2016 Fundraiser is now in progress. Each ticket costs \$10 or 4/\$20. The funds are used to award Anchor Club and Lynda Goodwin Volunteer Scholarships.

Pilot Dictionary

GA District Lt. Governor: lends support and gives input regarding matters that affect our District. Sharing knowledge and Pilot spirit will be vital to the growth of the District in terms of accomplishment and membership growth. During Club visits the Lt. Governor will represent the Council and serve as support to the clubs and their officers.

Pilot Birthdays



Joan Mann December 3

Judy Murrow December 17

Mildred Bell December 20



Member News

Jan and Jimmy spent the Thanksgiving holidays with Jan's brother and family in Tennessee. Jan did the all cooking for family and guests. Big meal, good time for everyone. Jan also got to spend time with her four-month-old great, great niece Jovie. Such a cute and happy baby.

Rosa and Freeman spent a delightful day at Jimmy Carter's Boyhood Home participating in the Arts in Archer festival. This was Rosa's third time attending this festival and demonstrating broom tying, spinning and her other needle crafts.



(Pilot Rosa with President and Mrs. Carter)

Joy attended the presentation of the Quilt of Valor to Wallace Reed. It was an impressive service and he was a humble, yet delighted honoree!

Joy and some lady friends enjoyed lunch at the new Chicken Salad Chik in the former Longhorn's location in the Beechwood Shopping Center. Lots of choices for your Chicken Salad ingredients.

Joy and others at Bethabara Baptist Church were very pleased with the 332 shoe boxes that were packed for Samaritan's Purse Operation Christmas Child Ministry.

Joy was joined by fellow Pilots Mildred Bell, Ann Giles and Dennise Grayson for the Bethabara Baptist Church's annual Thanksgiving meal on the Sunday night before the Holiday. Rachel's Restaurant catered an excellent meal and the fellowship was delightful.

Joy began her celebration of her 71st birthday (Nov. 15) on Nov. 4 and ended the celebrations on Nov. 21, with a lot of fun, laughing, talking 'ole times', gifts, and did I mention food???

Pictured with the box containing 275 Christmas cards and 14 all-occasion cards that were sent to U.S. Troops in Iraq on Nov. 8 are Watkinsville Post Office clerks Wendy Fowler and Mark O'Kelly.



Mark, an Oconee County High School graduate, served our country in the Navy with a combined 26 years of active and reserve duty. The greeting cards will be sent by our troops back home to family and friends during the Christmas season and later. Joy Elder was overwhelmed with the tremendous response from fellow Pilots and sends sincere THANKS for the 254 greeting cards that you added to the 35 she had ready to send. As Pilots, we continuously show kindness, love, care, and support to others—Being a blessing and receiving blessings in return—that's WHO WE ARE and WHAT WE DO!

Pecan Cobbler

Submitted by Jan Thomas



6 Tbsp. butter
1 c. chopped pecans
1-1/2 c. self-rising flour
1-1/2 c. sugar
2/3 c. milk
1 Tsp. vanilla
1-1/2 c. packed light brown sugar
1-1/2 c. hot water

Preheat oven to 350 degrees. Add butter to 9x13 baking dish and melt in oven. Sprinkle pecans over melted butter. Mix flour, sugar, milk and vanilla. Don't over mix. Pour over butter and pecans. DO NOT STIR. Sprinkle brown sugar evenly over the batter. DO NOT STIR. Carefully pour hot water over the mixture. DO NOT STIR. Bake 30-35 minutes or until golden brown. Serve warm with ice cream.

generally, there was an improvement in cognition [thinking skills]," Iadecola said. High blood pressure is "the worst possible thing for the brain," Iadecola said. First, high blood pressure damages the blood vessels in the brain and leads to hardening of the arteries. Second, it affects tiny blood vessels and the brain's ability to control blood flow, which is essential to keep it working normally, he explained.

"Although scientifically we don't have evidence, treating blood pressure is going to be important. It not only saves the brain, but also the heart and the kidney. So in the absence of evidence, the best thing to do is to control blood pressure," Iadecola suggested.

The AHA statement was published online Oct. 10 in the journal *Hypertension*.

Most of the trials that the committee reviewed did not deal directly with the effects of high blood pressure on dementia, so it was impossible to come up with clear recommendations for doctors on how to treat patients with the condition, Iadecola said.

One of the problems is that years may elapse between the time high blood pressure is diagnosed and dementia starts. Long-term studies addressing questions -- such as when to start treatment to protect the brain, the ideal blood pressure to achieve, and which medications can help -- are badly needed, he said.

According to Dr. Sam Gandy, director of the Center for Cognitive Health at Mount Sinai Hospital in New York City, controlling blood pressure during midlife probably reduces risk for dementia in late life. "My instinct is to say that this is certainly true, but there is a qualification," he added. "If hypertension is allowed to smolder along untreated through midlife, then initiating blood pressure control in late life may not show benefit, or may even be harmful," Gandy said. It's becoming clear that dementia begins in midlife, and by the time the symptoms emerge, the patient is 70 or 80 or more, "and the horse is out of the barn, so closing the door at that point is just way, way too late," he explained.



More information may be found on the Alzheimer's Association website:

alzheimers_eneus@alz.org



High blood pressure may increase dementia risk

MONDAY, Oct. 10, 2016 (HealthDay News) -- High blood pressure, particularly in middle age, might open the door to dementia, the American Heart Association warns in a new scientific statement. Dementia affects some 30 million to 40 million people worldwide. That number is expected to triple by 2050, as the world's population ages and treatments remain elusive, the association noted.

"People with high blood pressure tend to have more dementia," said statement author Dr. Costantino Iadecola. He is a professor of neurology and neuroscience at Weill Cornell Medical College in New York City. Whether controlling high blood pressure ("hypertension") reduces the odds of developing dementia, however, has not been scientifically proven, he said. "There are a lot of small observational studies that looked at people who were treated for blood pressure and,