

Oconee Spokes



February 7, 2017
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

Volume 37, Number 8

Donna MacPherson, President
Rosa Hall, Editor
706-769-1009

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



President Donna

Hurrah! You did it again, Pilots.

We had a beautiful day for our rescheduled Pilot Chase 5k on January 14. Some huge "Thanks" to the Fundraising Division and all Club members for their participation and to the sponsors and runners for their support.

As you see members of our Fundraising Division (Joy Elder, Dennise Grayson, Cathy Moorehead, Kathy Reising, June McKenzie, Gayle Christopher, Bebe Reed and Rosanne Smith), and also our Nominations Committee (June McKenzie, Gayle Christopher and Nancy Watkins), please take a moment and offer them a handshake or hug them with a hearty message of

"Thank You and a Job Well Done!"

The Nominations Committee has recently considered, assessed and approached Club members with the prospect of being of greater service to Pilot and our Club. They will be presenting names for election of Club Officers for the 2017-2018 Pilot year.

Our Clubs Awards committee (Joy Elder and Cathy Moorehead, Grants committee (Gayle Christopher and Sandra Glass), and the Scholarship committee (Joy Elder, Dennise Grayson and Nancy Watkins) have been active and will report as appropriate.

Have you had the pleasure of present a Brainminders™ puppet show? This signature project to teach safety and awareness is really enjoyed by the young audiences and there are still some dates in February to participate. Please ask a member of the Projects Division on how you can assist (Jane Reese, Judy Murrow, Rosa Hall, Lavonne Lockwood, Sandra Glass, Martina Bober and Pam Crawford).

Please continue to bring items for Action Senior Baskets, A.C.T.S., The Cottage and the VA Clinic, plus magazines. Our services to the community does make a difference.

Show your support to the Membership Division, our Club Cheerleaders (Darlene Adams, Mary Mattocks, Jan Thomas, Mildred Bell, Ann Giles, Elaine Neal, and Nancy Watkins) and start planning as March is Pilot Membership Month. How many prospective members WILL YOU invite to upcoming meetings? They can attend and observe our Pilot information meeting, nominations, projects (invite them along to see our Club in action), and plans of work session(s) and enjoy getting to know you during our refreshments and social time. Spring is a season of birth and growth; let's take this opportunity for our Club to be revitalized.

Please make plans to attend the GA Pilot District Convention on April 7-9 at the Hilton Atlanta Northeast in Norcross, GA. President Elect Judy Marable will be the Club's first delegate and as current President I will be the second delegate; and the Club will nominate a third delegate and an alternate (delegates are voting members where official business will be conducted). District Convention is open to all Pilots and everyone is encouraged to plan to attend.

I personally appreciate all of you. It's good to be part of such a great service organization and especially to be a member of the Pilot Club of Oconee County, Inc.

In Pilot Service,
Donna MacPherson



Treasurer

Dear Cause Partner,
Think Amazon Smile... for thousands of stores... with higher donations — that's **Gumdrop by-Goodshop**.

Gumdrop by Goodshop requires almost nothing — a **click of a button** — and then every time you visit an online store, a percentage of what you spend is automatically donated back to your cause and you get coupons and deals in real-

time right into the page where you're shopping.

So far, we've had more than 4 million users — and its spreading quickly. Get Gumdrop and see for yourself. We promise, you'll love it — and then it's up to you to share it with your supporters before another cause grabs them first.

Haven't tried Gumdrop yet? Add Gumdrop to your browser & see it for yourself.



Projects Division Coordinators Judy Murrow & Jane Reese



Sally Sheppard from The Cottage will be our guest speaker at the Business Meeting. Please bring your donations of juice boxes, small bottle of water, individually wrapped snacks for children (gold fish, graham cookies, etc.). A church provided the clothing items that they use, so we are donating snacks. Sally will take the items with her after the meeting.

There are two more Brainminders™ presentations in February. If you can help, please contact Judy Murrow.



First Brainminders™ presentation of the year. Pictured: Darlene Adams, Sandra Glass, Donna MacPherson, Judy Murrow. Not pictured: Jane Reese (photographer)



Membership Division

Coordinators

Darlene Adams & Mary Mattocks



In just a couple of weeks we will celebrate love on Valentine's Day. As Pilots, we spread love every time we participate in a project, volunteer and serve others. Opportunities to demonstrate care, compassion and love arise often in our community and many times, we are able to help. Our challenge is to continue our mission and carry on with altruistic hearts. Live with Love!

Hip, hip hooray for the Fundraising Division and Pilots who secured sponsorships and assisted on "raceday"!

The Pilot Information Dinner will be held on March 21 at THRIVE. If you have ideas for what you would like to see included in the meeting, please give your information to one of the Membership Division members.

Congratulations to Joy Elder for being selected as the January Pilot of Distinction.

(pictured: Nancy Watkins and Joy Elder.)



Please note Contact Changes:

Elaine Whitmire phone number correction: 706-714-2227.

Donna MacPherson work phone landline dropped just cell phone.



Martina Bober was born and raised in Chicago and earned a degree in Psychology and History from Carroll University in WI followed by a Masters degree in College Administration from BGSU. After working in several colleges and universities in the Midwest she married a college friend who was starting his career in the U.S. Army. Together they have two children, Zosia Elizabeth, 26 and Conrad Martin, 23. After divorcing, Martina entered Candler School of Theology and earned her Masters of Divinity. She currently works as a Hospice Chaplain as well as serving as the local pastor of Bishop United

Methodist Church.

From her earliest years as a high school volunteer at an orphanage and in the Christian Action Corps, serving others has been part of her lifestyle. It was through volunteering with Protestant Women of the Chapel that she discovered her call to ministry. After her move to Bishop, GA she met several Pilot Club members and was invited by Donna MacPherson to consider joining the organization. Her mother died of dementia in 2015 and so the club's focus on brain related issues spoke to her. The warm welcome of the members made joining an easy commitment to make. Working alongside like-minded women is much easier when we share laughter with a desire to make a difference in the lives of others.



Fundraising Division

Coordinators

Joy Elder & Dennise Grayson



Our Club has lots to celebrate with the extraordinary SUCCESS of our 2017 Pilot Club Chase 5K Run/Walk! Contest winners will be recognized and awards will be presented tonight at our meeting. We hope to also report our total proceeds from the event. Thanks to all Pilots for your part in helping to secure Sponsorships, in-kind donations, 5K runners, and for working hard on race day to make our 5K a smoothly run, well-organized, successful Race!



Elaine Neal brought in the first \$500 in sponsorships in December.

Pictured: Elaine Neal and Dennise Grayson



And the racers are off and running.



Matt Bays and partner were the EMT's on hand to keep the racers safe.

Carol Black is the owner of Classic Race Services.



Pilot Calendar

February 7, 2017	Pilot Meeting
February 8, 2017	BrainMinders: MBES
February 11, 2017	ESP Big Hearts Donation
February 23, 2017	BrainMinders: RBES
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*
July 6-9, 2017	PI Convention

*Catered Meals

^Fundraising Event

Member News

Tibetan proverb

"The secret to living well and longer is: eat half, walk double, laugh triple, and love without measure."

Pam appreciates all the calls, cards and texts from members. Dealing with kidney stone attack and then a few days later two stress fractures in right foot has not been easy. Stone has been blasted and foot in boot for four more weeks!

ACTS update: With chairman Reiny Hiss stepping down as chairman, the ACTS board has voted on two new co-chairs. Randy Dawson and Dennis Clarke will take on the job. A card has been mailed to Reiny for his many years of dedicated service to ACTS and this community.

Donna and Kate went to see the movie "Split". A psychological thriller that was well done with very little and brief gore. Definitely should be a "Split 2". Rise Up Falcons!!!

Joy and a friend enjoyed lunch at Longhorn's in early January, and she and Victoria Prevatt, development coordinator for the School of Family and Consumer Sciences at UGA, enjoyed a sharing session over lunch at The Hilltop Grill later in the month.

Joy and Mildred Bell enjoyed a late celebration of Mildred's December birthday with lunch at Chops and Hops.

The girls of OCHS Class of 1963 had a delightful lunch at Outback during January, while the Bethabara Widows group shared a fun lunch at Rafferty's!

Attending the home basketball games of both the Men's and women's UGA teams have kept Joy busy during January, including taking a road trip to Oxford Mississippi January 28-29 to cheer on the Lady Dawgs as they played the Ole Miss Lady Rebels - unfortunately UGA lost the game but the 26 fans enjoyed our time on the bus, around the hotel, and in Oxford!

Joy entertained her stepson, Michael Gorman, with lunch and a great 'catching up' session at Chops and Hops in late January. He was in Atlanta for a physical therapy training session from his home in Manlius, New York.

Joy enjoyed helping present our BRAINMINDERS program at Oconee Primary School during January, and working with Dennise



Pilot International

LaDonna Gatlin to address Pilots at PI convention in July

PI is delighted to announce that LaDonna Gatlin will be the first guest speaker at our 2017 Pilot International Convention in Las Vegas. She is scheduled to speak the afternoon of Thursday, July 6th. LaDonna's bio can be found on her website (ladonnagatlin.com).



and Nancy in evaluating the 12 applications we had for the Lynda Goodwin Volunteer Scholarship sponsored by GPF. We selected an amazingly intelligent, personable, and community oriented young female from North Oconee as our Club's nominee. We hope we have another Scholarship winner this year!!

Rosa and Freeman enjoyed a long weekend in Durham, NC visiting their son and daughter-in-law at their new home.

Freeman is recovering from rotator cuff surgery. He is being a great patient and will begin physical therapy soon.



A person with Alzheimer's or other dementia doesn't have to give up the activities that he or she loves. Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation.

In the early stages of dementia, the person may withdraw from activities he or she previously enjoyed. It is important to help the person remain engaged. Having an open discussion around any concerns and making slight adjustments can make a difference. For example, a large social gathering may be overwhelming, but the person may be able to interact more successfully in smaller groups.

As Alzheimer's progresses, you may need to make other adjustments to the activity. Use the following tips:

Help get the activity started. Most people with dementia still have the energy and desire to do things but may lack the ability to organize, plan, initiate and successfully complete the task.

Offer support and supervision. You may need to show the person how to perform the activity and provide simple, easy-to-follow steps.

Concentrate on the process, not the result. Does it matter if the towels are folded properly? Not really. What matters is that you were able to spend time together, and that the person feels as if he or she has done something useful.

Be flexible. When the person insists that he or she doesn't want to do something, it may be because he or she can't do it or fears doing it. Don't force it.

If the person insists on doing it a different way, let it happen, and change it later if necessary.

Assist with difficult parts of the task. If you're cooking, and the person can't measure the ingredients, finish the measuring and say, "Would you please stir this for me?"

Let the individual know he or she is needed. Ask, "Could you please help me?" Be careful, however, not to place too many demands upon the person.



CHOCOLATE CHIP CANNOLI DIP Submitted by Joy Elder

Mix together 2 cups ricotta cheese, 1/3 cup sugar 1 teaspoon vanilla extract, and 3/4 cup MINI chocolate chips.

Spoon into serving bowl and top with 1 TBSP additional mini chocolate chips and 1 TBSP chopped Pistachios (optional).

Dust with powdered sugar. Refrigerate until serving time (at least 2 hours).

Serve with broken –up waffle ice cream cones. Makes 2 1/2 cups dip.