

## PRESIDENT'S MESSAGE

Larry Carmichael, LWREA President

**Greetings to All!** I hope everyone has been able to survive the really warm summer without too much trouble. Our first general meeting of the 2011-12 year is September 6th at Envision. We will be focusing on membership at this meeting. Hopefully, we'll have many new faces to join us, and we want make them feel welcome along with finding out about LWREA and FREA. I've agreed to let Camille Park bring us a short message about the "Sharing Tree" operation at this meeting. I think it will be quite interesting and informative.

The FREA District II Leadership Workshop is coming up September 20th at the First United Methodist Church, 1001 Constitution Ave., Hwy 78 in Port St. Joe (zip 32452). Local Units are looking forward to meeting with and hearing from the new FREA Officers. We hope to see LWREA well represented at this event. The Workshop will begin at 8:30 A.M. with a continental breakfast, and it will last through one session after lunch which should end around 2:00 P.M. The Unit registration form and payment must be submitted by Sept. 5. To register send a check for \$25 (made out to LWREA) to Larry Carmichael, (1407 Devils Dip, Tallahassee, 32308) or to our Treasurer, Nanci Hamilton-Hoffman (1828 Wagon Wheel Circle W., Tallahassee 32317). Lunch is included in the registration fee.

We still have three vacancies on our Board: Vice Pres./ Pres. Elect, Telephone Committee Chair and Public Relations Chair. So if you have a suggestion for any of these, just let me know.

**This  
Month's  
Quote:**

**Every Retired Educator Needs  
to Join FREA and LWREA,  
Not to Preserve the Past, But  
to Secure the Future.**

*Remember to bring your old jewelry and books to the September 6th meeting to be recycled with the profits going to the scholarship fund.*



## SEPTEMBER MEETING

All former and new education retirees are invited to the Leon-Wakulla Retired Educators Association meeting at the Mezzanine Floor Auditorium of the Envision Credit Union, 440 North Monroe St. , Tallahassee, FL, Tuesday September 6, 2011, 2:00 – 3:30 p.m. Current members are encouraged to invite colleagues to explore the benefits of membership. All persons previously involved in, or interested in, education are eligible to join LWREA and FREA.

## GENERAL MEMBERSHIP Meetings for 2011-2012

- September 6, 2011
- October 4, 2011
- November 1, 2011
- December 6, 2011
- January 10, 2012
- February 7, 2012
- March 6, 2012
- April 3, 2012
- May 1, 2012 \* Luncheon



## MEMBERSHIP

June Townsend, Chairman

September is the month we celebrate our members and what it means to be a member of LWREA. We look forward to re-uniting with all returning and new LWREA members. Each member who brings a guest or a new member to the September meeting will have a chance to win a beautiful, blooming fall plant. FREA has a special recognition for members who bring in four new members during the year. Now is the time to set a goal to be among those recognized at the 2012 FREA Assembly. Membership applications are available on our website at [www.lwrea.com](http://www.lwrea.com). If you haven't sent in your dues for 2011-2012, please send them to Nanci Hamilton-Hoffman at 1828 Wagon Wheel Circle W, Tallahassee, FL 32317.



Refreshments for September 6 meeting will be provided by the LWREA Board members. You should bring refreshments no later than 1:45 p.m. If you have questions, call Hospitality Chairman Jerry Gilmore at 575-2410. THANKS!.

## AARP SAFE DRIVING CLASS

by Kathy Carmichael, District II Health Chairman

This summer I took the AARP Safe Driver Class and learned some interesting things. Over the next few months I'll share a few with you. Did you know 60 % of driving violations for those over 55 are for failure to yield the right of way and for improper left turns. A greater percentage of crashes in intersections occur for those in their 70's and 80's. Why is this? Some reasons are our changing vision, hearing, reaction time, physical flexibility and medical conditions. Older drivers as a group are fairly good drivers, but after age 75 there is an increased risk of crashes and high crash fatality rates. We can adjust to these changes and continue to drive safely by changing the way we drive and maintaining our flexibility and health. The effects of alcohol take longer to wear off as we grow older; never take alcohol while on medication. Get regular medical check-ups and know the effects of our medications and medical conditions on driving.

### TIPS FROM THE AARP DRIVER SAFETY CLASS:

1) Develop good seeing and scanning habits. Instead of focusing on the back of the car in front of you, be looking ahead about 12 seconds (that's one block or a quarter of a mile) . This allows you to remain alert and prepare for hazards ahead. You can identify a problem and adjust your driving early. Check your rear and side view mirror frequently. (note: When I took driver's education in high school we learned to change our viewing focus every three seconds.) 2) All vehicles have blind spots. Try alternative mirror adjustments to reduce blinds spots. For the driver side mirror, place your face against the left door window and adjust your mirror so you can barely see the side of the car. For the passenger side mirror, sit in the center of the front seat (or lean to the center) and adjust the mirror so you can barely see the side of the car. These views will seem strange because you will not be able to see the side of your car when driving. Try these new setting for a while before deciding they don't work. Remember not to ride in another driver's blind spot. Look left and right to check blind spots. Be sure to read the October Newsletter for other driving tips to keep you and others safe.



## CURRENT STATUS OF THE PENSION FUND



According to an article in the **Tallahassee Democrat** (8-13-2011), Bill Kaczor of the Associated Press said the Florida Retirement System lost about \$9 billion, or 7 percent of its value, over the last six weeks, but state investment

officials say that's nothing to fret about. State Board of Administration spokesman Dennis MacKee reported that the fluctuation of the stock market has had no effect on the system's pension obligations to more 300,000 retirees, as well as 650,000 current teachers and state and local government employees because the system's investments are focused on a 30-year horizon. MacKee noted the fund has experienced such gyrations before. Its value dropped by 19 percent in the fiscal year ending June 30, 2009, but it increased by 22 percent in the last fiscal year. "We're very liquid and nobody's pension payments are at risk," MacKee said.

**EDITOR'S NOTES - The deadline for October articles and/or information is September 9th. Articles, upcoming events and information should be forwarded to Kathy Carmichael at [Kathycarmichael@live.com](mailto:Kathycarmichael@live.com). THANKS FOR YOUR CONTRIBUTIONS!**



## SUNSHINE NOTES

Margie Cash



We are happy to report that both Nanci Hamilton-Hoffman and June Townsend are successfully recovering from major surgery this summer. Keep them in your thoughts and prayers. Please let officers know of members who need some LWREA "Sunshine."

## GREEN HOMES & GARDENS

**Fall 2011 Seminar Series  
Sept. 15 & 29, Oct. 13, & Nov. 3 ; 6-8 p.m.**

SEPTEMBER 15

Sustainable Yards: Carbon Storage, Water Recharge, BioCycling, Permaculture

SEPTEMBER 29

Successful Food Gardening Strategies for an Increasingly Variable Climate

OCTOBER 13

Greening Your Home

NOVEMBER 3

Balancing Holiday Cultural Traditions with Sustainability Seminars will be held at the Leon County Extension Service 615 Paul Russell Road, Tallahassee, FL 32301 Pre-registration is required: \$20 series fee; extension volunteers \$10 Register on-line at:

<http://leongreenhomesgardens.eventbrite.com>

For further information about seminar contact Heidi Copeland (850) 606-5203 or Will Sheftall at [Sheftall@ufl.edu](mailto:Sheftall@ufl.edu). Contact Genice Harris (850) 606-5202 To reserve your seat, please mail a \$20 check or money order payable to the Leon County Extension Fund, prior to September 13, 2011. Include your name, address, email address and phone number.

## A SUMMER RECIPE

from Gladys Caswell, LWREA Health Chairman

Those long hot days of summer will soon be over. Here's an easy punch that you can enjoy before summer ends. Only four ingredients are needed along with ice cubes. Make it in less than 15 minutes. Invite a few friends over for a pleasant lunch and reap the positive benefits of good friendship and praise for a delicious punch. Make a non-alcoholic version by using pineapple juice instead of rum. Enjoy.

### STRAWBERRY DAIQUIRI PUNCH

- 6 Cups Fresh Or Frozen
- Unsweetened Strawberries
- (1) 6-Ounce Container Frozen
- Limeade Concentrate
- ¾ Cup Light Rum Or
- Unsweetened Pineapple Juice
- (1) 16-Ounce Bottle Lemon-Lime Carbonated Beverage, Chilled
- 2 Cups Ice Cubes

If using fresh strawberries, remove stems and caps. For frozen strawberries, thaw after measuring; do not drain. Place strawberries, half-at-a-time, in a blender or food processor bowl. Cover, blend or process until smooth. Transfer blended berries to a large pitcher. Stir in limeade concentrate and light rum or pineapple juice. Cover; chill until serving time. Just before serving, stir in the chilled lemon-lime carbonated beverage and the ice. If desired, garnish with whole fresh berries. This makes 8 to 12 servings.





LEON WAKULLA RETIRED  
EDUCATORS ASSOCIATION

1828 Wagon Wheel Cir W.  
Tallahassee, FL 32317

RETURN SERVICE REQUESTED

### UPCOMING LWREA EVENTS

**SEPTEMBER 6, 2-4 P.M.**

LWREA General Meeting, Envision Credit Union.  
Bring a guest or potential member.

**SEPTEMBER 20, 8:30-2 P.M.**

\$25 District II Leadership Training Meeting, at  
Port St. Joe. All members encouraged to attend. Register  
today with Larry or Nanci. Deadline Sept 5

**SEPTEMBER 28, 2-3 P.M.**

LWREA Board, Envision Credit Union

### HAPPENINGS AROUND TOWN

Kathy Carmichael (kathycarmichael@live.com)

Cirque Du Soleil – Dralion  
September 28-October 2  
Eight performances Civic Center

Wine and Weenies (Meet the Tallahassee Garden Club)  
September 8, 4-7 P.M. FREE  
Tallahassee Garden Center, 507 N. Calhoun St.

FREE Plant Give Away/Horticulture Program  
Thurs., September 22, 9:15/10 A.M.  
Tallahassee Garden Center, 507 N. Calhoun St.

### FINANCIAL REPORT



Scholarship	\$261.78
Working Account	\$899.02
Certificate Accounts	\$3,627.05

### HAPPY BIRTHDAY LWREA MEMBERS!

Nanci Hamilton-Hoffman



#### August/September

- Elsie Burton 8/1
- Elizabeth Hubbard 8/1
- Rhonda Work 8/1
- Jerry Gilmore 8/6
- Sheila S. Melton 8/10
- Linda Edson 8/13
- Claudia Nelson 8/13
- Lynn Tish 8/15
- Virginia Densmore 8/18
- Barbara A. DeVane 8/18
- Nellie Bird Mims 8/18
- Glenn Skinner 8/18
- Johnnie B. Taylor 8/19
- Art Adams 8/20
- Freeman Lawrence 8/20
- Annie Allen 8/22
- Doris Payne 8/26
- Sylvia Warner 8/27
- Sarah MacElwee 8/30
- Linda Presnell 8/31
- JoAnn Robinson 9/1
- Malinda Jackson 9/3
- Laura G. Morris 9/3
- Helen McKey 9/3
- Frances Roberts 9/4
- Ann Black 9/5
- Bennie Mosley 9/10
- James Nettles 9/10
- Edna Owens 9/11
- Thelma Hannon 9/12
- Mary Meeks 9/13
- Gloria Gant 9/23
- Harriet Hendry 9/23
- Willie Gardner, 9/24
- Susan Foster 9/26
- Carrie Wright 9/30