

Governor's Bulletin

North Carolina District

www.pincdistrict.org



Bulletin #5 – November, 2010

IMPORTANT DATES

November 1

Anchor International Dues

November 15

IRS 990 Form Due

January 1

District Dues

January 1

District Scholarship

Thru February

District Officer Nominations

GOVERNOR

Mitzi Tutterow

tutterow1946@yahoo.com

GOVERNOR ELECT

Dee Ann Stafford

carolst139@aol.com

LT. GOVERNOR

Leann Wheeler

lbwheeler.hiker@gmail.com

TREASURER

Harriett Lennon

bandhlennon@aol.com

SECRETARY

Emily Rossow

er1946@carolina.rr.com

“Be who you are.
Do what you love.
Make a difference.
Change the world.”

NC District Email:
ncdistrict@yahoo.com

NC District on the Web:
www.pincdistrict.org

Find us on Facebook!
Group: North Carolina
District Pilot International



Governor's Message

Believe in love and everything it touches. “We all have the power to give away love, to love other people. And if we do so, we change the kind of person we are, and we change the kind of world we live in.” Harold Kushner



Happy Thanksgiving!! What a wonderful time of year. I especially like the fall months. The colors are so beautiful and the crispness in the air is refreshing after the summer heat. This is also when we make that extra effort to spend time with family and friends.

This year I am very thankful for all the Pilots that gave their time to make our two Fall Workshops a success. I know that if I listed names, I would forget someone...so just let me say “THANK YOU” from the bottom of my heart to all that participated in Kannapolis and Laurinburg. The DAC worked very hard to make sure that you had great training sessions and presenters. North Carolina is blessed with such knowledgeable leaders that are always willing to share with their fellow Pilots. Again, a big thank you to the Pilot Clubs of Kannapolis, China Grove/Landis, Laurinburg and Scottish Laurinburg for hosting these two events. These four clubs out did themselves...great locations, good food, beautiful table decorations and outstanding handout bags. The DAC would also like to thank you for participating with your feedback. Your feedback, anytime of the year, helps us plan events and address issues that are important to you and your club.

I know that NC Pilots are out in their communities doing wonderful things...please send this information to me so that I can include in this Bulletin. Let me “Shine the Spotlight” on your club. Your fundraising or project event may just be what another club is looking for...let’s help each other.

The following is taken from a devotion book prepared by District Six Chaplain Marjorie Bennett McCune, March 1964. “Dear God, in this month of Thanksgiving, we pause to remember thy wonderful gift of friends. We are especially grateful for the friendships made through Pilot International. We give thanks for their loyal devotion, their sympathetic understanding, their willing hearts and hands every ready to serve in the time of need. As we clasp the hands of those beside us, let us remember that the power of real friendship, injected with love, is one of the greatest forces for peace and good will in our world.”

As we prepare to celebrate Thanksgiving this month, please keep District Treasurer Harriett Lennon in your prayers as she undergoes some medical test this week.

In Pilot Friendship,
Mitzi



**Message from Judy Langley,
Executive Committee Representative
For North Carolina**

Jflangley3@sc.rr.com

843-395-1367

Best wishes, North Carolina Pilots, for a wonderful November and a Happy Thanksgiving!

We encourage you to submit your Pilot "Thanks-giving" story for possible publication in the *Pilot Log*. We want to hear stories about heart-warming projects in your hometowns. The deadline is December 3, 2010. You may e-mail your stories or mail them to Pilot International Headquarters, 102 Preston Court, Macon, GA 31210-5768.

Speaking of submissions to PI, please send in news and pictures of your Brain Power Pilot Walk. We'd love to see your club's photo in the *Pilot Log*!

Hopefully, some of you are participating in Pilot International Foundation's Letter Writing Campaign. What an ideal time to note that a tax-deductible donation today could result in a reduction of traumatic brain injuries tomorrow. Since Pilot began BrainMinders, the incidence of brain injuries has been reduced from one every 15 seconds to one every 20 seconds. Pilots truly make a difference every day!

Have you been thinking about attending the PI convention in Dallas, Texas in July? We certainly hope so! Our Texas-size plans are SO big and SO exciting; we know you will want to attend. You'll be hearing more about Texas real soon.

May you and your families share many special moments together as you celebrate Thanksgiving. Thanks to each of you for blessing others in your communities through Pilot service.

Believing in Pilot...Believing in You,
Judy



THANK YOU!

Dear Mitzi and NC Pilots,

Thank you for your gracious hospitality at the Fall Workshop in Laurinburg. What a treat it was to share the day with the great NC Pilots! The workshops were great, as were the fellowship and food.

Thank you so much for the framed poem entitled, "Keep Believing in Yourself." What a beautiful message. Thank you, too, for the lovely pineapple box. I will think fondly of my NC sister Pilots every time I use it. And the fall basket brings much cheer in my home.

Congratulations on your great service projects and fundraisers! It is good that we all focus on membership, as well, as we strive to grow and improve our organization.

I believe in Pilot...I believe in you!

Pilotly, Judy

Important TAX Reminder from Your District Treasurer!



**Harriett
Lennon**



Fall is here and we have been busy with Pilot happenings. I know you are "gearing up" for Thanksgiving and Christmas which are fast approaching.

Please be reminded that all clubs with gross receipts of \$25,000.00 or less are required to file the electronic tax form 990-N by **November 15, 2010**. This is for the tax period July 1 through June 30. (The website is <http://epostcard.form990.org>) When you print the form for completion, please send a copy for the District Treasurer's records.

Very soon club treasurers will receive a statement of dues and scholarship dues paid and /or the amount required for the January installment. Please check the statement very carefully and let me know if our records do not match.

Thank you for your hard work.



**Dee Ann Stafford
Governor Elect**

Hello Pilot Friends,

Thanksgiving is just a few weeks away and the holiday season is right around the corner. I would like to share a holiday tradition my family is observing this year. Instead of trying to search for "the perfect" present for each other, during December, we are giving a donation to the charity of their choice. What better way to share our holiday spirit with others. Of course, PIF is my choice!

I hope each of you have a wonderful Thanksgiving. Here is a poem that reminds me of my Pilot friends.

Thanksgiving Friends – Joanna Fuchs

*Thanksgiving is a time
For reviewing what we treasure,
The people we hold dear who give us so much
pleasure.*

*Without you as my friend,
Life would be a bore;
Having you in my life
Is what I'm thankful for.*



Happy Turkey Day!

REMEMBER

**DEADLINE TO FILE IRS FORM 990-N IS
NOVEMBER 15th!!**

Submitted by

Laura Keever - Leadership Coordinator
HOLIDAY STRESS

As we begin one of the most stressful times of the year, it is a perfect time to examine what creates stress in our lives and ways to cope with it.

So, what is stress?

The word stress has been used to describe a variety of issues. Typically, though, we think of stress negatively. Actually stress is neither good nor bad. Stress is the just the body's reaction to the demands of life.

What creates stress?

Stress is created by external events that cause an emotional and/or physical reaction in the body. The impact an event has depends on whether we view the event as either positive, negative, or neutral. What may create negative stress for one person may create positive or neutral stress for another.

Since stress is a personal issue, the symptoms of stress are different for each of us. If you live with high levels of stress on a regular basis or for a long time, your body may develop physical symptoms such as headaches, backaches, etc. or it may develop psychological symptoms such as anxiety.

What creates stress for you?

Ask members to think about and call out things that create stress for them . . . particularly at this time of year.

(You may hear things such as having too many obligations (busy most every night and weekend during the holidays), financial expenditures, extra cooking, family "get togethers," all the extra shopping, etc. that goes with the holiday season crammed on top of every day responsibilities, etc.)

How do I cope with stress?

There are 3 basic ways to cope. You can . . .

1. **Eliminate the stressor**
2. **Change your reaction to it.**
3. **Use the coping resources available to you.** Many times you cannot control the pile-up of stressors in your life so you must rely on the resources you have available to you.

Coping resources include the following:

1. **Ability to Problem Solve** – Problem solving can help you find a positive way to eliminate the stress or change your reaction to it. Remember, worrying is NOT problem solving.
2. **Effective Communication** – Communication helps you build good relationships with your friends and loved ones. It allows you to share your thoughts with others especially during times of stress. But remember that listening to others is a critical part of effective communication.
3. **Flexibility** – Some people prefer to be more organized and structured while others prefer more change and variety in their life. The more open to change you are, the more you can use flexibility to help you cope with stress.
4. **Exercise** – Exercise helps you release built-up emotions and tensions. It helps your body relax and increases your resistance to future stress. Regular exercise will help you "recharge your batteries" and provide you with new energy and a fresh perspective on life.
5. **Nutrition** – Your eating habits play an important role in how you feel, your energy level, and your ability to meet challenges. Unfortunately, the more stressed we are, the more we tend to grab the sweets and chocolate when we should be doing exactly the opposite.
6. **Social Support** – Asking for support from friends and family during times of stress can be very helpful.

What resources do you use to deal with stress?

Ask the members to think about what they do during the holidays to cope with the additional stress they might face. Ask 2 or 3 members to share. Have them put it in the context of those listed above if they can.

Wrap up with the following quote.

*"God grant me the serenity to accept the things I cannot change;
 the courage to change the things I can;
 and the wisdom to know the difference."*

I wish each of you a stress-free, happy holiday season!!

**YOU'RE IN
THE
SPOTLIGHT!**



**PILOT CLUB OF CHARLOTTE'S 32nd ANNUAL "LOVE LIGHTS"
SATURDAY, NOVEMBER 20th - Freedom Park Lake**

To light a candle *in memory* or *in honor* of loved ones, make your donation payable to Pilot International Foundation (PIF) and mail to 2419 Hatherly Road, Charlotte, NC 28209. Recent grants totaling \$75,000 to Bryan Alzheimer's Research Center at Duke University Medical Center represented proceeds from Love Lights. Pilot International Foundation Alzheimer's Disease Research will benefit from your donation. We invite you to view the luminaries between the hours of 5:00-8:00 pm. www.pilotclubofcharlotte.com
 QUESTIONS: please call Kay Dumas at 704-814-4567. Thank you for your support of Love Lights. *Pilot Club of Charlotte.*

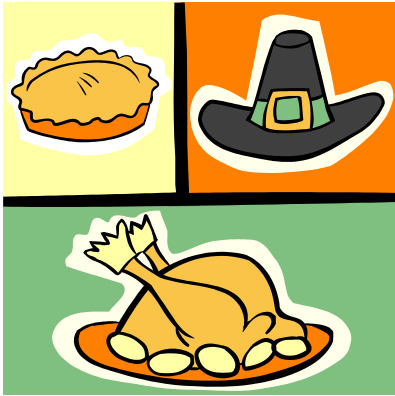
The Pilot Club of Valdese annual "Taste of Christmas" is coming up. It will be on Saturday, November 20th @ 6:00 pm. Tickets are available for \$15.00 per person. You do receive a cookbook with each ticket purchased and you are able to taste at least 30 items from the cookbook. If that is not enough you also get to shop at our Silent & Live Auction. This is a great way to start off your holiday season. Come join us in Valdese for a wonderful evening. Contact Jodi at jodip1@msn.com if you have any questions or would like to purchase tickets.

The Pilot Club of Tarboro Alzheimer's Walk on October 2 was a huge success. Myra McCall and her committee did a fantastic job of bringing the Walk back to Tarboro to the tune of over \$8,100! Congratulations to all who participated.

Grant Applications

Six grant applications from the NC District were submitted to PIF, including one for expansion of a club's current Project Life Saver. Great Job NC Pilots! Thanks for all your hard work in completing these forms. We will be notified in January of the winners.

The Pilot Club of Laurinburg will hold an Alzheimer's Candlelight Vigil Thursday, November 5th at 7:00 p.m. at Saint Luke United Methodist Church. Their guest speaker will be Anne Oglesby who is Family Caregiver Resource Specialist with the Lumber River Council of Governments.



2011-2012 District Officer Nominations

The Nominating Committee is seeking nominations for TREASURER, LT. GOVERNOR, and GOVERNOR-ELECT to serve with Dee Ann Stafford who will automatically be installed as Governor for the 2011-2012 Pilot Year.

Forms for Nominees, as well as qualifications for each position, can be found at www.pilotinternational.org and are also available in your club manual. Get those nominations in now before the February deadline!

Please contact anyone on the Nominating Committee if you have any questions, concerns, or comments about making a nomination, being a nominee, or even if you just want to suggest a potential nominee.

Linda Covington, Chair
Jodi Powell
Sharon Godfrey

lcovington@triad.rr.com
jodip1@msn.com
sgodfrey1949@frontier.com

CHANGE OF ADDRESS:

Pilot P.O. Boxes are no longer active.

Please send all mail to:

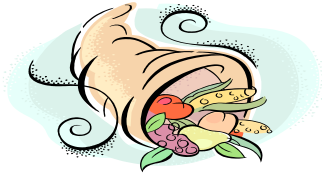
PI HQ 102 Preston Court; Macon, GA 31210 or
PIF 102A Preston Court; Macon, GA 31210



Tell us about you Club: If you have information, joys or concerns that you would like to share with the District, please submit to ncdistrict@yahoo.com by the 15th of each month for inclusion in the next Governor's Bulletin. Pilots care about what is happening in other clubs across our State.

Check it out

Are you a member of Constant Contact? If not, please go to the PI website page at www.pilotinternational.org and sign up within a couple of minutes. A lot of the publications, reminders, etc. during this year will be sent via Constant Contact. Don't be left in the dark.



THE CHAPLAIN'S CORNER



November brings, along with cooler weather, the beginning of the holiday season. It is once again time get out the decorations and begin a list of "things to do" in the next busy few months. Thanksgiving is just around the corner.

One of our modern symbols of Thanksgiving and harvest, is the Cornucopia (Latin: Cornu Copiae), associated with food and abundance dating back to the 5th Century BC. In Greek Mythology, Amalthea, the goat, raised the God Zeus on her breast milk. While they were at play one day, Zeus accidentally broke off one of Almathea's horns. Zeus, filled with remorse, returned it to her endowed with super natural powers. Thereafter, whomever possessed the "horn" would have all wishes fulfilled.

In modern times, we know the Cornucopia to be a hollow wicker basket, filled with flowers, fruits and vegetables and related to Thanksgiving. (Wikipedia). We fill our "Horns of Plenty" with the abundance of the season's harvest and decorate our tables in thanksgiving for all we have.

If we could possess the magical Cornucopia, for what would we wish? Health, financial security, youth, beauty, intelligence?...It is a challenge, isn't it?

And if we were to receive the fulfillment of EVERY wish we made, would it make us happier? More thankful?...It is a "puzzlement" isn't it?

And if we had every wish granted, what then would there be to hope for, work for, atone for, take pride in, or believe in? It is the answer, isn't it?

It is just as well that the magical Cornucopia is a myth. For it is in the striving for happiness that we know the fulfillment and thankfulness of reaching it. Count your blessings, your friends, your family, your health and give thanks this holiday season for your own personal Cornucopia...the flowers along your life's path, the fruits of your labors, and the vegetables in your garden.

HAPPY THANKSGIVING! May you spend this Holiday with those you love and with those who love you.

Barbara McKeever, Chaplain at 1004 Sierra Court, Leland, NC 28451 or to begabug@aol.com .



In North Carolina Pilot's thoughts and prayers:

Continued prayers for Pilot International President Susan Hoffmann.

Pilot Sympathy is extended to:

The PC of Laurinburg and the family of Elizabeth "Lib" Snelling Sandlin on her death October 5, 2010. Lib joined Pilot in 2002.

PC of Marion member Nancy Murdock on the death of her mother-in-law Dorothy Murdock.

Please remember all Pilots or family members who are in need of our thoughts and prayers.



Please remember the men and women of our Armed Forces on November 11th. These Americans and their families sacrifice much so that you and I can enjoy the freedoms of our great nation.