



# VIRGINIA DISTRICT GOVERNOR'S BULLETIN

Volume 66 Issue 8  
February 2009

## 2008-09 DISTRICT ADMINISTRATIVE COUNCIL

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### Jan Reynierse Secretary

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## 2008-09 DISTRICT COORDINATORS

### Anchor/Youth

Carole Jarvis  
Luncheon Pilot Club of Chesapeake

### Projects

Carol Hart  
Pilot Club of Harrisonburg

### Club Operations

Barbara Dever  
Luncheon Pilot club of Chesapeake

### Fundraising

Tammy Watson  
Pilot Club of Bristol

### Leadership

Leah Powell  
Pilot Club of Suffolk



Welcome to the month of love, Virginia Pilots! It's February, one of my favorite months. It's clear and crisp outside, and along with Valentine's Day it's also the month Chuck and I married 16 years ago. Did you know Valentine's Day has become the second most popular greeting card giving occasion? There are many opinions as to who was the original "Valentine", with the most popular theory being that it was a clergyman who was executed for secretly marrying couples in ancient Rome. In 496AD, Pope Gelasius set aside February 14th to honor St. Valentine, and through the centuries this Christian holiday has become a time to exchange love messages and St. Valentine has become a patron saint of love. In the 1840s Esther Howland of Massachusetts is given credit for sending the first Valentine cards. The spirit of love continues as valentines are sent with sentimental verses and children exchange cards at school. In the spirit of Pilot love, the DAC is asking each of you to warm the hearts of your club members by nominating them for the following categories:

- Outstanding Pilot of the Year
- Outstanding Club President of the Year
- Sweetest Sweetheart - nominate your club's sweetheart
- Closest Connection with Project Lifesaver
- Most Original Fund Raiser
- Most Original Project
- Most New Members in a Club
- Most Members Sponsored by a Single Member
- Most Service Hours Given by a Club (in all service areas, not just Pilot) - the total hours will be divided by the number of members in the club to determine an average

The results will be announced in Danville at the District Convention, April 17-19. To nominate a Pilot or your club, send the name with a brief (40-60 words) paragraph telling why this Pilot or club should be recognized. All entries must be received by March 1. The DAC will determine who gets the award.

Nominations can be emailed to the District Secretary (easiest way) at jreynierse@cox.net or mailed to Jan Reynierse, 320 Angus Rd., Chesapeake, VA 23322. If you have any questions, please email her or call 757-547-2416.

*Terri*



*Friendship and Service*



**Debbie Archer**  
**President**  
**PI/PIF 2008 - 2009**

Can you believe we are into the final six months of this Pilot year? Thank you for all you have done and will continue to do as we spread "Friendship And Service Around The World". So many of you have worked with your projects, bringing in members and just sharing the Pilot story, and we are grateful for this.

We are in a challenging year, but this too shall pass. Even though it might take a little longer, we are here for each other through the good and the not so good. Thank you for the part you played in the dedication of our beautiful garden - the reality of a dream come true.

All the very best for this year to you and yours, with love and lots of sunshine from the Bahamas.



**Faith Stamps**  
**Governor-elect**

I was in a leadership workshop not too long ago and the speaker, a CEO and director of a local foundation, asked several interesting questions: "Are you a transformational leader?" "Are you the type of leader that ask the 'how' questions, not just the what and why ones?" That got me thinking. How many times sitting in a meeting are we already concerned with the 'what we are going to do and why are we going to do this' as opposed to 'how are we going to do this?' Those that ask the difficult 'how' questions, soon will develop a strong course of action and the criteria to evaluate any project. Four key points to focus on: suitability, feasibility, acceptability and distinguishability. **How** do your club projects and fundraisers measure up as outlined within these four areas?

As transformational leaders, we should help people, should envision the possible, help people to step out of their comfort zone, and require people to use skills that they have not envisioned. We should also have clear and defined values, and constantly seek progress, not perfection. Bobby Kennedy once said, "Everybody wants progress, but nobody wants change."

I challenge you fellow Pilots, seek progress within your club, set goals, be flexible to achieve them, and remember....always work your networks!



**Dreama Hudson**  
**District Chaplain**

Hope all had a wonderful holiday and a Happy New Year. Another year has begun and I hope God will richly bless each and everyone during this year. Now down to business. I would like each club that has had a Pilot or Co-pilot pass away in the year 2008 send me their names and a short message about each Pilot. You can mail this to me at 1440 Pamlico Blvd Chesapeake, VA 23322 or E-mail dreamaz3@cox.net. Thanks for your co-operation as I will need this for the memorial service in Danville. May each day be richly blessed until I see you in April..



**Bobbie B. Hudson**  
**PIF Representative**  
**2006-2007 Pilot International President**

Is your club going to nominate someone for a scholarship? Please check the dates that I sent you previously because they come to me before they go to PIF. Also, please remember to do something creative and possibly new for your club for Brain Awareness week. What are you doing for BrainMinders presentations so far? It does NOT have to be a school presentation only! AND finally, I hope those take-out boxes are filling up each month, I cannot wait to present the winning club with the check! Have you and your club written their \$250 checks? I cannot wait to recognize you as well!

**Rhona Baca Espinoza**  
**PI Leadership Coordinator**

## SEEDS FOR SUCCESS



Leadership Tip  
From Failing Forward by John Maxwell

### ***Learn Flexibility?***

Perhaps the most relentless enemy of achievement, personal growth, and success is inflexibility. A friend sent me “The Top Ten Strategies for Dealing with a Dead Horse,” which I think is hilarious:

1. Buy a stronger whip.
2. Change riders.
3. Appoint a committee to study the horse.
4. Appoint a team to revive the horse.
5. Send out a memo declaring the horse isn't really dead.
6. Hire an expensive consultant to find 'the real problem'.
7. Harness several dead horses together for increased speed and efficiency.
8. Rewrite the standard definition of *live horse*.
9. Declare the horse to be better, faster, and cheaper when dead.
10. Promote the dead horse to a supervisory position.

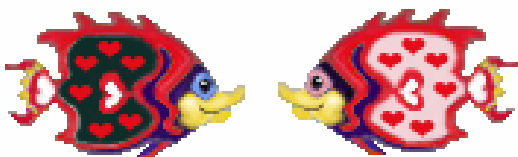
I bet you've seen just about every one of these “solutions” enacted in your place of work. But there's really only one effective way to deal with that problem: when your horse is dead, for goodness' sake, dismount. You don't have to love change to be successful, but you need to be willing to accept it.

**Look for a “dead horse” problem in your organization and deal with it appropriately.**

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### **PRESIDENT-ELECTS**

This is a good time for you to start looking at your upcoming year. You can send out a survey on projects or fund-raising ideas for 2009-2010. Are you doing projects that are “Brain-Related?” Are you doing “Hands-On” or are you giving a check instead? You will gain so much more if you are able to do “Hands-On,” it is more meaningful. You gain so much more for yourself. Are you happy with the times of your meetings? Would your club have more attendance if you did a lunch meeting instead of an evening meeting? Are you doing “Share Pilots?” Are you doing New Member Orientations? Are you mentoring your new members for one full year? Do you make your meetings fun? Do an “Ice Breaker” before each meeting or during a meeting. Do you have a “Happy Box?” Give your members each month a time to brag on someone. This is an extra fund-raising activity too. Your Pilot members may speak up if you do a survey, keep it anonymous. Have a box at the end of your meeting or next meeting for them to put suggestions. You will learn a lot, especially from new members. Do surveys at the end of every fund-raising event. This is a way to see what worked well and what did not for your next year. But, most of all, communicate every month with everyone. Show Pilots that we care for them. I know that we do!! Start on time every month and have an agenda. This will keep you on track. Do not do everything yourself. Delegate your members to help with everything. You will be less stressed. Be open to suggestions at all times. Use your calendars that you receive with your club manual. Your club manual can be your best friend. If you cannot find an answer, ask.



## COORDINATOR

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### ***Carol Hart*** **District Projects Coordinator**

Brain Awareness Week (March 16-22) is only a month away. But it isn't too late to plan a BAW project. It would be a great time to present the BrainMinder™ Buddies at your local library or a nearby daycare or senior center. Whatever project or event your club decides to hold during Brain Awareness Week, be sure to register your event with the Dana Alliance on the Brain Awareness Week website at [www.dana.org/brainweek](http://www.dana.org/brainweek).

Once you have registered your event on the BAW calendar, you can request free materials about the brain which you can distribute at your event or keep on hand for future events.

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### ***Barbara Dever*** **Club Operations Coordinator**

Pilots, as we proceed with our new year, it is time to recharge our Pilot batteries- to inject some extra enthusiasm into our projects and fellowship. Let's review past goals of completed projects and then focus on upcoming goals, projects and activities that will be taking place in the next few months.

Everyone has been so very busy during the holidays and now a few phone calls to members who have missed a few meetings would be a great idea. Also, notice whether new members are getting involved and are feeling comfortable in your club. This is a must! We know that communication can make or break our club's membership and attendance success.

It might be a good time to have a fellowship activity "just for fun" in February or March to bring your club members closer together. This would be an excellent time for members to bring a friend or prospective member to join the fun. There would be more time for friendship and sharing.

Whatever you do in the coming months, do it with a positive outlook and I know your club will have a happy and successful new year.

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### ***Tammy Watson*** **Fundraising Coordinator**



Charity fundraising ideas come in all shapes and sizes. Raising a regular amount of money is vital to many organizations just to keep going. Coming up with novel fundraisers not only helps to bring in much needed cash but can also raise the profile of your cause.

Many ideas are tried and tested but the really great charity fundraisers come about when people try to think outside the box a little bit. Even if you can't come up with a totally new fundraiser, try to think how you might change or tweak an existing plan. How can you add some value?

A good way to start is by looking at your cause and having a brainstorming session around it. Use it as your central focus but then let your imagination run wild. You might be surprised with what you come up with. Even wild and wacky ideas can work if you can get enough people behind them.

If you are passionate about your cause it will shine through in all your charity's activities!





# ANCHOR PROFILE

## *Tennessee High School Anchor Club*

The Pilot Club of Bristol is very fortunate to sponsor two Anchor Clubs. As we explained in the January Governor's Bulletin our Anchor Clubs are located on the Tennessee side of our unique twin cities. This month we are honored to "spotlight" our Anchors of Tennessee High School located in Bristol, Tennessee.

The Bristol Pilot Club helped to charter the Tennessee High Anchor Club in 1953. The past fifty-five years have seen many changes in the role of Anchors, along with the school and community we serve. The 2008-2009 Anchor Club is 46 members strong. Through the years, this all girl club has chosen to select "sweethearts" to assist in community projects. These young men attend meetings and volunteer in club activities.

For the first time in school history (or as far back as our records show) the club has a MALE advisor. Coach Jeff Mustard became advisor this past August and shows a great interest in guiding the Anchors in their community services. The monthly Anchor meeting starts bright and early at 8:56 A.M. and during the twenty minute business session these energetic young ladies quickly cover their plans and responsibilities.

The Anchor Club is known around town for their annual "Powder Puff" football game against the Civinette Club. This exciting event is well publicized in the community and has been featured on the evening news interviewing the winning team. Coach Mustard proudly states, "My Anchors have had zero losses the past 4 years." The proceeds from this event are divided between the two clubs and used for club projects.

The Tennessee High Anchor Club approaches their community efforts in a unique way. They offer both individual and group projects. Some individual members excel in donating time to coach swimming and water aerobics at the YMCA, coach soccer to first graders, assist in Raceway Ministries at the Bristol Motor Speedway, and tutor pre-calculus students. Group projects include: raising funds for a "Make a Wish Foundation" dinner, providing food baskets to needy families at school, and recognizing teachers with "goody bags" filled with needed school supplies. A special four week after-school project sends half the members to GIRLS INCORPORATED to tutor young students, while the other half serves meals at the Salvation Army.

One year as a special compassionate activity, the Anchors canvassed business owners for donations to enable them to hold a Silent Auction & Benefit Dinner to assist with medical expenses for a fellow student's family. They raised over \$10,000.

This energetic group of Anchors provides inspiration to our Pilot Club. Our goal is to have a Pilot member at each Anchor meeting just to show support and assist where needed. We come away rejuvenated by the energy of the youth. The Bristol Pilot Club is proud to sponsor a Memorial Scholarship for a graduating Anchor. Our Education Committee has developed strict criteria that the winner must meet and each year the Anchors are up for the challenge and usually surpass our expectations. We are so proud of each and everyone of our Anchor members.

Respectfully submitted by the Youth Committee of the Pilot Club of Bristol.

As you know, on March 21, the first Virginia District Anchor convention will be held in Chesapeake. During the convention, the Anchors attending will be working on a service project benefiting Camp Bruce McCoy. Pilot Clubs that sponsor Anchor clubs are asked to donate items for a "baggie" which will be put together during part of the Anchor convention. The items needed are the same as we brought to Fall Council (must fit in a baggie), but also snacks, toothbrushes, combs, shampoo (small sizes), other toiletries, hair accessories, make-up - items the campers can use at camp and also take home with them.

Presidents, please encourage your members to donate some of these items so the Anchors can fill many baggies for the Camp Bruce McCoy campers.



## The Bulletin Board

### SCRAPBOOKER NEEDED!

Governor Terri is looking for someone interested in compiling a scrapbook for her of all the wonderful items she's collected during her year as governor and governor-elect. Contact her at: TerriFA@yahoo.com



### GOOD ADVICE FROM DAN RIVER!

#### Have you locked your keys in the car?

Does your car have remote keyless entry? If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person press the unlock button holding it near the mobile phone on their end. Your car will unlock!

### VA DISTRICT CONVENTION

April 17-19: District Convention—Danville, VA. Host club is the Luncheon Club of Danville

District Convention will feature a **Club Marketplace**...so start thinking of what you can share with the other clubs, and make some money to take back home

### BRAIN AWARENESS WEEK

Plan your activities now! Brain Awareness Week is March 16-22.

### DISTRICT ROSTER UPDATES

Dottie Harris dothar2@charter.net  
Deloise Gwaltney beauty3789@netzero.com  
Inetha Holmes honey3263@verizon.net

The changes have been made to the on-line District Roster.

### PI CONVENTION

2009 Pilot International Convention...in San Diego, California July 7-10th. Held at the breathtakingly beautiful Sheraton Hotel and Marina. Register on line now!

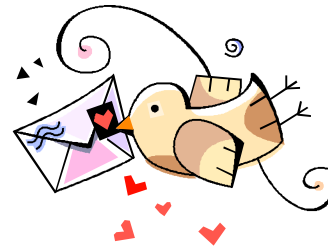
### FROM OUR ECR

#### Uncover Tons of Treasure in San Diego!!

Our favorite fortune teller predicts... the treasure is yours to discover in San Diego... your best investment ever! Just follow these few clues...

- There is more than one kind of treasure...
- Friendships are truly a treasure beyond measure.
- Your community chest will prosper in service.
- Treasure the knowledge you'll learn in Foundation College.
- A treasure chest could be yours for a ticket... it all depends on who will pick it.
- Memories of a lifetime from California's gold coast you'll always treasure.
- It will be your good fortune to keep.
- More clues are in your future...





### **Albemarle/Charlottesville**

This club held a Christmas dinner complete with entertainment at The Meadows, a Christmas bazaar fundraiser and a club dinner in Waynesboro where they enjoyed great fellowship! They are currently planning the Valentine's party at a local senior facility.

### **Bristol:**

During the October Alzheimer Memory Walk club member Phyllis Brannan was recognized for ten years of service and support in helping organize and raise awareness for the community walk . Way to go Phyllis! For November, this club paid honor to our Veterans by presenting a plaque at the local nursing home and a gift to each Veteran. In December, they collected boxes of cereal for the crisis center food pantry and filled Christmas stockings for children for the Salvation Army annual party. Thoughts and prayers to club president, Velma Barr Malcolm for the loss of her mother.

### **Chesapeake:**

They recently held their long-time annual Christmas party at Southeastern Training Center, a community environment for people with mental retardation and related developmental disorders. The club members took gifts and had cookies and ice cream for the residents. They continue to worry about the recent announcement of the facility's closure, and pray it will not be closed. A Holiday-time craft show fundraiser was held with great success, as was a wonderful party at the home of member Trish Ulanich and her husband, Mike. Baby items were collected in January for CHIPS/Healthy Families, an organization designed to promote the well being of the city's at-risk children and their families. The club met with their sister club Nansemond River, for dinner. Speedy recovery to Jan Reynierse who recently had cataract surgery, and warm thoughts to Jean May-Brown on the passing of her mother. Thoughts and prayers to Sharon Francis and her family in the death of her uncle. Big Pat On The Back to the club for partnering with the new Anchor club at Hickory Middle School for a Salvation Army joint project.

### **Luncheon Chesapeake:**

This club participated in the Celebration of Reading Month at Thurgood Marshall Elementary, and volunteered at Chesapeake Care Free Clinic (we do this monthly). They are proud to have another Anchor Club that has formed (Hickory Middle) and are collecting supplies for the District Anchor Conference in March. They are planning for their 3rd Use Your Brain Day event and their annual fundraiser, the Plant Sale on April 24<sup>th</sup> and 25<sup>th</sup>. Also, they are happy to share they are back up to 45 members!

### **Danville:**

In addition to planning for the installation of member Faith Stamps to the office of District Governor, this club is also planning a pancake breakfast to be held at a local church.

### **Luncheon Danville:**

Although they are busy making plans for the District Convention, this month they have planned a Valentine party on February 13<sup>th</sup> for the Hatcher Center, which is a training center for disabled individuals, a bingo party for the residents of Holiday Village, a senior retirement complex and an Applebee's Flapjack Fundraiser breakfast where the Pilot members greet, seat, serve and clean up and receive \$3.00 for every ticket they sell.

### **Dan River Region**

This club is collecting items for DOVES and planning a Valentine's party for residents of Loylton. Prayers to Dot Richardson for "health issues", and to Sally Vick whose mother is ill.

## Club Highlights cont....

### Harrisonburg:

After gift wrapping at Barnes and Noble and hosting a successful Christmas Tea Share Pilot during the holidays, these members are already working hard into the new year. They are donating plush toys to fire/police departments to comfort children during emergency situations, and are also collecting items for military personnel overseas. They are playing Bingo at a local nursing home, using donated items as prizes. They are also planning a Valentine Canteen Dance..."canteens" are supervised social activities for individuals with intellectual and developmental disabilities aged 14 and up.



**Great idea:** They are planning "craft" events separate from meetings in order to create wonderful items to sell at the district convention marketplace.

### Isle of Wight:

The annual St. Jude's fundraiser is in high gear. The fronts of used Birthday, Anniversary, Christmas, etc. cards are gathered and sent to St. Jude's where they will be attached to new paper and sold at a gift shop. Call any club member for more details. Could there be a connection? The Christmas Safety Tree was put up December 1-31 to promote safety awareness and there were NO vehicle-related fatalities during the month. They brought food for Christian Outreach and postponed their regular meeting in respect to the presidential inauguration. Member Anna Levesque recently had out-patient surgery. Hope you are feeling better!

### Nansemond River:

One of the largest fundraisers in the area was held recently in Suffolk...the club sponsored the Womanless Beauty Pageant. Dinner was from Olive Garden, and much fun was had by all while raising big bucks for Rely for Life. They joined their sister club, Chesapeake, for dinner, and are proud to welcome two new members, Kathy Toler and Susan Blair. They are planning their upcoming Community Awareness Night, and brought food to help restock the Suffolk Homeless Shelter. A February social is also planned for "Hope and Happiness", a group comprised of families and friends providing monthly social opportunities for individuals with intellectual disabilities. They will provide drinks and snacks for the event. Member Jeanne Banks recently returned from a wonderful birthday vacation to Germany, and congratulations and best wishes to Gail Williams and family on her son's recent marriage!

### Norfolk/Virginia Beach:

The December meeting was held at the Chrysler Museum. They toured the Norman Rockwell exhibit and had lunch in the cafe. It was delightful and everyone thoroughly enjoyed the outing. They completed a major fund raiser in December --gift wrapping at the Military Circle Mall. They worked hard, but had lots of fun.

### Portsmouth:

This club welcomed a financial planner from Wachovia Securities to their last meeting, where they discussed long-term care and were able to have any financial questions answered. They also raised big money during the holidays on pecan sales and held a "cake raffle". The nominating committee was appointed at the January meeting and they really enjoy meeting at Elizabeth Manor, the new meeting place.

Portsmouth Pilot Club's fall fundraisers are coming to an end and have been very successful. Members are looking forward to the total tally!!

The Club presented a generous donation to Portsmouth's Safety Town. Safety Town is a miniature city in which realistic pedestrian traffic conditions are explained in the classroom and practiced on the streets of Safety Town. The main objective of Safety Town is to develop pupil awareness of safety practices in order to help reduce pedestrian and bicycle accidents. Uniformed Auxiliary Officers, under the auspices of the Portsmouth Police Department's Crime Prevention Unit, provide classroom instruction.

### Suffolk:

They are selling Brunswick Stew! February 20th at Bethlehem Christian Church for \$8....they're making 300 quarts. A bear workshop, separate from the meeting was held to share friendship while stuffing and sewing bears which are then donated to area facilities. Member Phyllis Byrum's father and Suzanne Langston's mother-in-law were recently in the hospital and are hopefully doing better. Former member Jean Baines recently passed away, and a big get well wish to Frances Hatfield!



## *ECR Greetings from Linda Covington*

### *Thoughts About Leadership*

This is the time of year in our Pilot organization that we begin the process of selecting leaders for the coming year for our districts, our clubs, and for Pilot International. Each club has an obligation and a responsibility to take part in the process . . . to think about who would make the best leaders for your club, your district and your international organization and to nominate them or ask them to serve. So, how do you decide who would make a good leader?

That is not an easy question to answer because leadership is a complicated topic. There are as many definitions of leadership as there are leaders. Over time there have been many qualities and characteristics of leadership that have been identified and written about by many experts. And, as we all know, no one person embodies all the qualities and characteristics of leadership that have been identified. But, all leaders have one thing in common. . . they have developed their leadership style around their own personalities and values, and, in the end, they usually take actions consistent with what they truly believe.

As you think about Pilots to nominate for club, district and international offices, you might want to keep in mind the following:

- Do they “walk the talk”?
- Are they direct, positive, and consistent in their communications?
- Do they listen to the ideas, suggestions, and/or thoughts of others?
- Are they flexible?
- Do they keep things simple and real?
- Do they take responsibility for their actions?
- Do they celebrate the successes of their organization and their fellow members?
- Do they make a difference?

I hope that if you are asked to serve in a leadership position this year that you will say yes with enthusiasm. If you are not elected or appointed as one of the leaders for this year, then make it your goal to be the best follower you can be . . . because followers are just as critical, if not more so, than leaders . . . for without followers there is no need for leaders.

### *ECR Tips to Share...*

Yes! It's a garden party/dedication in the dead of winter! Why in winter and not in the Spring? Our incorporation by laws require a winter board meeting to be held in the months of January or February. Our EC and BOT members only meet two times a year outside of convention, in the fall and in winter. Springtime is traditionally district convention time and preparation for International Convention.

Headquarters staff says you are welcome to visit in the spring because it will hopefully be in bloom. Those of you here for the dedication at the beginning of February last year will certainly attest to the warm weather, you never know. Macon has actually experienced snow in April.

Remember the Grapevine survey? All of the ideas and tips that were offered by our Pilots are now being researched for potential grantors and sponsors. The research is designed to clarify the potential for successful collaboration on local, national, and international levels. The results of this research will be supplied at convention in San Diego.

Work is in progress at headquarters to introduce two new puppets in July and a new script for BrainMinder Buddies. A new seniors program is also in the works... a hint... we are proposing a more appropriate name for our memory exercise program “BrainFinders.”

The Marketing Task force will be putting together a survey for the clubs to determine how the information provided last year is being implemented and how successfully it is being used. Please encourage all clubs to participate whether they are doing the program or not. It will help headquarters determine the next step that will be meaningful for our Pilot Clubs.

## MENTORING

Does your club have a mentoring program for new members? Do your mentors really take the time to get to know the new members? Remember it is each member's responsibility to make a lasting impression in order to maintain your membership. Does your new member packet contain the Pilot Dictionary and other pertinent facts? Do you make sure new members understand all the acronyms and other terms used in meetings? Have the new members been introduced to everyone? Do you make an effort to find out all about your new members? Their hobbies and other interests, their family, job, exciting things they have done, what they would like to do in the future? What role do they see themselves in as a member of the Club? Do your new members have a chance to get to know the Club members? When everyone can know each other more personally, they can work together as a TEAM! Working together is a goal that will inspire our Clubs to better serve our communities.

Let's keep Flying High with Pilot!

Thanks to Cynthia Spearman, GA district Club Operations coordinator

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## HERE ARE A FEW BRAIN FACTS TO INFORM YOU



Your brain uses 20% of your blood. About 20% of your blood is pumped to the brain, which needs it to keep up with the heavy metabolic demands of its neurons.



Your brain uses 20% of your oxygen. What accounts for 2% of your body's mass, yet uses 20% of all the oxygen you breathe? Your brain! It needs a continuous supply of oxygen, and a 10-minute loss of oxygen can cause significant neural damage.



The cerebellum, sometimes called the "little brain", weighs approximately 150 grams. Found at the lower back of the brain, it is needed to maintain posture, to walk, and to perform any coordinated movements. It may also play a role in olfaction or smell.

