



SWIM IN THE OCEAN OF

VIRGINIA DISTRICT GOVERNOR'S BULLETIN



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PILOT FRIENDSHIP AND SERVICE

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Happy New Year Virginia Pilots! I hope each of you had a joyful holiday spent with family and friends, and are looking forward to a happy, prosperous 2009.

One of the most popular gifts at my house has been the Wii (pronounced "we") gaming system. Santa actually brought it last year and we have gradually added new games and attachments. This Christmas we added the drum set, and have enjoyed the hours of comedy watching the "old" folks try to keep up with the kids. I personally have been pleased to introduce my 10 and 12 year-olds to some "real" music. Most every possible physical activity you can think of can be done in some variation with this interactive system. You hold a magic controller in your hand and point, swing or shake it toward the TV. Bowling, archery, swimming, fishing...the list goes on and on. And the best part...Pilot International Foundation will match your club's money so you can GIVE this system to a needy facility in your hometown. Not only do the residents have the opportunity to enjoy some different types of exercise with a Wii, but you have created a new, exciting opportunity for visiting families to relate to the aging adult. The details for the Wii Win Program may be found on the PI website in the "Resource" section, in the "Documents" section and under "Marketing".

Whether you watched the "ball" drop on New Year's Eve or not, at some point this month you probably think of "Father Time". He's the official symbol of the old year, usually seen as an old bearded man carrying an hour glass and accompanied by a bright smiling baby. The two represent the closing of one chapter of our lives and the beginning of another year. What's your club's symbol? The eight-spoked wheel joined with your club name? Does your community think of that when certain events or activities occur each year? If not...they should. From the lighting of the town Christmas tree, 4th of July fireworks, or the annual selling of pecans...your town should think of your Pilot club. Make it your New Year's resolution to get out into your town and communicate who you are and what you do. We are a great organization doing great things!

Terri

PIF GOES GREEN

In an effort to "Go Green" and reduce expenses, PIF will no longer send a receipt to donors for each gift at the time it is received. This will be effective January 1, 2009. If you find a receipt is needed, you can request one and we will happily assist you. All gifts will be reflected in your annual statement which will be mailed in January.



Friendship and Service

The mission of Pilot International is to improve the quality of life in communities throughout the world. 1

Our DAC....



Faith Stamps
Governor-elect

Beginning Anew

What is good about the dawn of a new year is that it gives us an incentive to 'start again', to discard the bad habits of the previous year and to begin afresh. We might resolve to meditate more assiduously, be more tolerant of others, to develop a greater kindness in challenging situations, to give more freely of ourselves, and to be more focused on what is really important in life. Often it is hard to stick by these resolutions. As Pilots, we need to remember our Code of Ethics: "To develop in ourselves an appreciation of the finer things of life; to be honest and generous; to help, not to hinder. To cherish our visions and our ideals; to cherish the music that stirs our hearts, the beauty that forms in our minds. To see no evil, hear no evil, speak no evil, think no evil of a Pilot, but to be no more loyal to a Pilot in this respect than we are to every other person, for the genius in Pilot is in its kindness, and justice is the soul and substance of life."

Happy New Year fellow Pilots!

IMPORTANT DATES TO REMEMBER!

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

THE HERITAGE CENTER GARDEN

Mark your calendar for Saturday, January 31st at 2pm! The Heritage Center Garden will officially be opened. We will be able to see with pride all the bricks we purchased. The garden was planned to start an endowment to help fund our Grants & Scholarships. And, as the endowment continues to grow, the garden has finally become a reality.

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!

Special message...thanks to Pilot Club of Danville member, Laura Buchanan

Another Day

by Grace E. Easley

Lord thank you for another day
within this life of mine...
give me strength to live it well
whatever I may find.

Bestow from your abundance
whatever I may lack...
to use the hours wisely
for I cannot have them back.

Lord thank you for another day
in which to make amends...
for little slights or petty words
inflicted on my friends.

For sometimes losing patience
with problems that I find...
for seeing faults in other lives
but not the ones in mine.

Lord thank you for another chance
in which to try to be...
a little more deserving
of the gifts you've given me.

For yesterday is over
and tomorrow's far away...
and I remain committed
to the good I do today.



Rhona Baca Espinoza
PI Leadership Coordinator

SEEDS FOR SUCCESS



Are You Adaptable?

Team work and personal rigidity just don't mix. If you want to work well with others and be a good team player, you have to be willing to adapt yourself to your team. Team players who exhibit adaptability have certain characteristics. Adaptable people are...

Teachable: Diana Nyad said, "I am willing to put myself through anything; temporary pain or discomfort means nothing to me as long as I can see that the experience will take me to a new level. I am interested in the unknown and the only path to the unknown is through breaking barriers." Adaptable people always place a high priority on breaking new ground. They are highly teachable.

Emotionally Secure: People who are not emotionally secure see almost everything as a challenge or a threat. They meet with rigidity or suspicion the addition of another talented person to the team, an alteration in their position or title, or a change in the way things are done. But secure people aren't made nervous by change itself. They evaluate a new situation or a change in their responsibilities based on its merit.

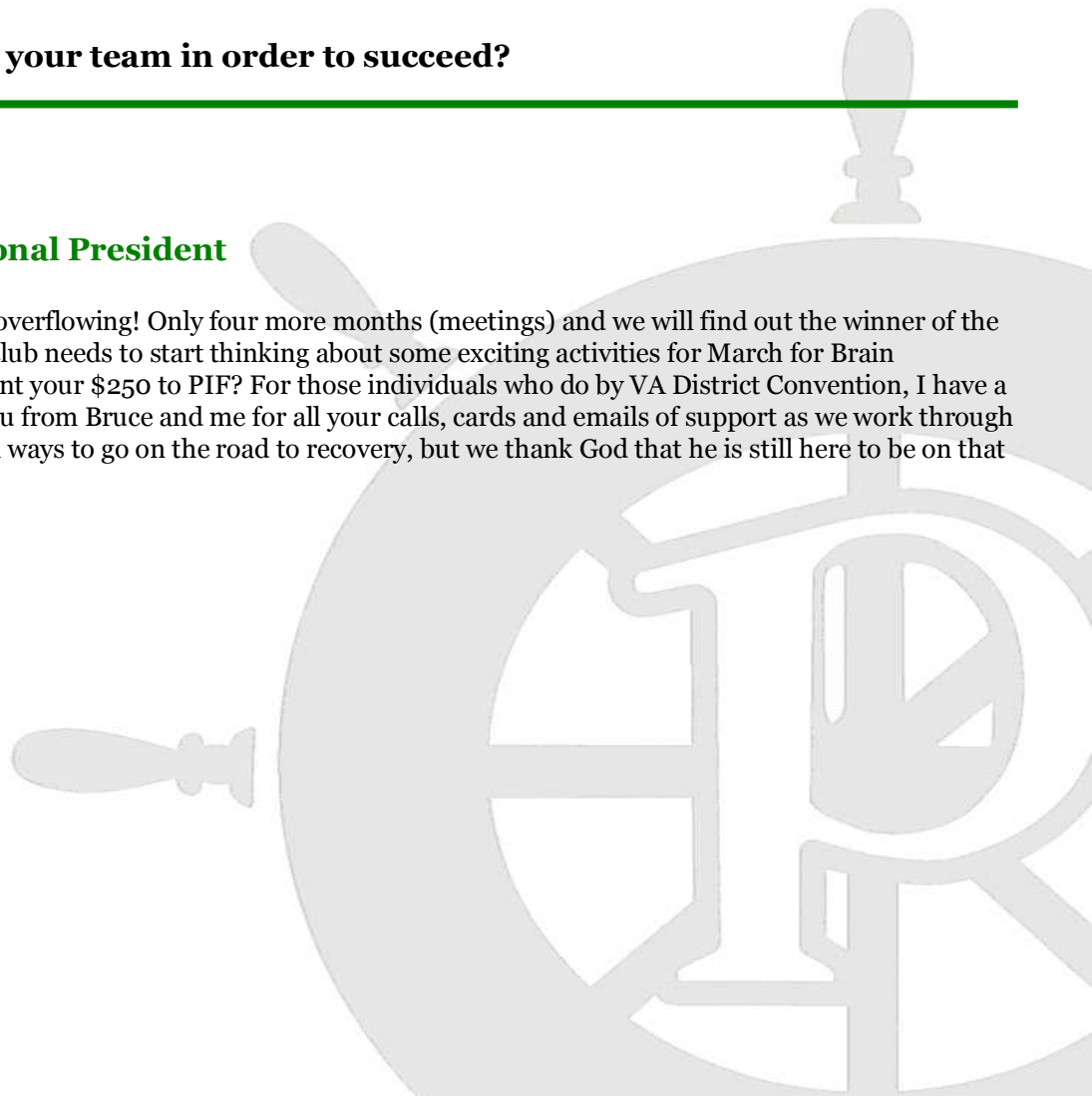
Creative: When difficult times come, creative people find a way. Creativity fosters adaptability.

Service Minded: People who are focused on themselves are less likely to make changes for the team than people focused on serving others. If your goal is serve the team, adapting to accomplish that goal isn't difficult. The first key to being a team player is being willing to adapt yourself to the team-not an expectation that the team will adapt to you!!

Are you willing to adapt to your team in order to succeed?

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

I hope all of your take-out boxes are overflowing! Only four more months (meetings) and we will find out the winner of the free registration to San Diego! Your club needs to start thinking about some exciting activities for March for Brain Awareness week as well. Have you sent your \$250 to PIF? For those individuals who do by VA District Convention, I have a surprise for you. A personal thank you from Bruce and me for all your calls, cards and emails of support as we work through the health problems. Bruce still has a ways to go on the road to recovery, but we thank God that he is still here to be on that road.



COORDINATOR

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Carol Hart
District Projects Coordinator

Many people see January as the start of a new year full of potential and possibilities. Others find it a let down after the holidays and suffer from the winter blues. Studies have found that doing something nice for someone else can cheer you up.

January could be a good month to play bingo at a nursing home or to visit shut-ins. But make sure you have an inclement weather plan for any event. If the threat of nasty weather keeps you from planning a big project in January, take on a smaller project, something that can be done from home. Call a member who was not able to attend the last meeting. Arrange a card shower for your emeritus members. Knit or crochet a lap robe or baby blanket for a future donation. Bake a cake and leave it on your neighbor's doorstep or drop a casserole off to someone who just got home from the hospital.

One kind word can warm three winter months. ~Japanese Proverb

Tammy Watson
Fundraising Coordinator

101 Fund raising ideas continued...

Garage sales, Golf tournaments, Grandparent's Day luncheon, Gas card raffle, Gift wrap at the mall, Hot dog suppers, Halloween parties, Halloween pictures, Haunted House, Helicopter rides, Hay rides, Hot air balloon rides, Horse show, Hat fashion show, Ink cartridge refill, Ice cream sales.

Barbara Dever
Club Operations Coordinator

Notes from Fall Council...

1. One way to reinforce and promote good attendance at meetings is to honor excellent attendance.
2. To retain new members, always treat them like "royalty".
3. To make every meeting and activity enjoyable and create strong bonds, try to laugh and have fun!





ANCHOR PROFILE

SULLIVAN EAST ANCHOR CLUB

The Pilot Club of Bristol is very fortunate to sponsor two Anchor Clubs in our community. Bristol is two unique cities sharing a boundary line running down the middle of State Street separating Virginia and Tennessee. With half our Pilot membership living in separate states, it doesn't seem unusual to us that our Anchor Clubs are located on the Tennessee side of town while the Pilot Club meets on the Virginia side. We have chosen to highlight our Anchor Clubs separately allowing us to feature the activities and individuality of each club. This month it's our privilege to introduce Sullivan East High School located close to the "Virginia Border" with a physical address of Bluff City, Tennessee.

The Sullivan East Anchor Club was established in 1986. Throughout the years they've had well qualified sponsors offering keen interest in the work of Anchors in the school and the community. Presently, Deborah Eberle leads this active group of 50 coed club members. The club membership is divided into four committees with each being responsible for two activities during the year. The groups selected the following areas of community service.

- **The Elderly** - This committee specializing in the elderly has chosen to help sponsor the Alzheimer's Memory Walk in October and a Valentines Day party at a local assisted living facility in February.
- **The Kids** - The Kids committee enjoys mentoring to preschool/elementary students by organizing a Halloween Party in October and follows it up with special activities in May.
- **The Animals** - Not wanting to forget the needs of animals this group sponsors food drives for animal shelters in January and August.
- **Special Needs** - The Anchor club recognizes the importance of mentoring to special needs students at their school. This committee prepares a St. Patrick's Day Party in March, volunteers time to train and help staff Special Olympic activities in April and mentors students by accompanying their special friends in the Buddy Walk in October.

This very active group of Anchors has taken on one more project to assist their classmates. They have established a **Clothes Closet**. Students can donate clean clothing in good condition, suitable for a second time around for students in need. The goal is that students will be comfortable looking through clothing items in a private setting.

The Sullivan East Anchor Club boasts two previous Anchor presidents as winners of the prestigious Roans Scholarship from East Tennessee State University in Johnson City, Tennessee. This encompasses four years of a tuition free education.

The Anchors have always participated in the Outstanding Anchor Club of the Year Program. They have been successful in the Virginia District many times. In 1999-2000 they were first runner up on the International level.

Irene Owens has served as Pilot Anchor Adviser for several years. Along with the Youth and Education committee, Irene and committee members schedule a Pilot member to attend each Anchor meeting. Irene states, "The Bristol Pilots have a great rapport with our Anchors. We visit each month to offer support and encouragement, and we also extend an open invitation for the Anchors to join our Club meetings. In addition to attending their meetings, the Bristol Pilots also provide an annual Memorial Scholarship to a graduating Anchor."

We are very proud of both our Anchor Clubs. So be sure to look for next month's Governor's Bulletin featuring Bristol's Tennessee High School Anchor Club, another great group of young people serving the Bristol community.

Club Highlights.....

Chesapeake:

Recently held their second "craft show" at a local Ruritan building. They rented table space with much success, and sold lunch. The December meeting was held at the home of member Trish Ulanich and her husband Mike, where a lovely Christmas party was held along with a fun "Chinese Auction".

Luncheon Chesapeake:

Welcome to two new members: Pamela Evans and Barbara Darden. You have just joined a wonderful organization, and we hope you will be able to enjoy many years of community service with your group. Past governor, Lois Richardson, has been a patient at UVA, having "deep brain stimulation" for Palsy.

Luncheon Danville:

For the December meeting, members were encouraged to invite their minister to join them; continued prayers for Racheal Bucker as she struggles with the loss of all her siblings in the past few years, the last of which was her brother who died in November; prayers also for Diane Arnold and her son, David Coe as he deploys to Afghanistan.



Good idea: Coordinate with the Cici's Pizza chain who will donate 15% to your club; they also point out that a recently launched website: www.noisyplanet.nided.nih.gov/ has a program called "It's a Noisy Planet". Geared toward parents, the site teaches parents how to instruct their kids to avoid hearing loss from overexposure to loud music.

Danville:

Bobbie Hudson's husband, Bruce was recently hospitalized and had a stent placed. Prayers for Charlotte, Rob and baby Melton.

Good idea: Create a "Meet a Member" section in your club newsletter.

Harrisonburg:

Congratulations to Audrey Smith who recently received a gold bar as a Membership Builder from PI for sponsoring five new members. Prayers for Pam Bell in the loss of her job and the death of her brother. Get well wishes to Carol Hart who was diagnosed with DCIS, a form of breast cancer. Fortunately it was found early and the prognosis looks good.



Good idea: Share Pilot Christmas Tea.

Isle of Wight:

Hip Hip hooray to member Kaye Brown who was elected Vice-Mayor of Smithfield. We are proud of you! Member Dottie Harris was honored by Rushmere Fire Department for outstanding service with the NAACP...AND she was spotlighted on the Today Show. Prayers to Mary Eley in the death of her sister, and get well wishes to Denise Tynes who had shoulder surgery.

Nansemond River:

The December meeting was held at Gail William's home to provide a more casual environment, but the club never stopped helping their community. Members brought a wrapped \$10 gift with a note/poem hinting at the contents, which was auctioned off. This month they also donated cake to the Children's Center Christmas party and held a wreath ceremony at the Albert G. Horton State Veteran Cemetery in Suffolk



Good idea: They also supplied canned food for the Suffolk Homeless Shelter's food bank. The members were divided alphabetically and assigned a type of food item to donate to the Shelter, which prevented a lot of duplication.

Suffolk:

Join them at a fund raising pancake breakfast at Applebee's on January 17th. Order your Brunswick stew now...to be sold Feb. 20th for \$8/qt. This club recently had a guest speaker who showed them examples of items that the club logo could be placed on. Consider inviting a similar person to your meeting. They are often owners/managers of sign companies, sewing businesses, or sporting good stores.



Mary Sue Stages
PI Treasurer

Spring Cleaning...

As a CPA, I'm usually not allowed outdoors until after spring has sprung. That's why I do my 'spring cleaning' at this time of year. It's a wonderful time to reflect on the things that I accomplished and to rethink the things I didn't. To 'throw out the trash' because I just have to think that great things are coming next! Because we're half way through our Pilot year, this is also a great time for y'all (had to throw one of those in on ya!) to review your plan - what got done, what is getting done and what just might be better as a goal for the next Pilot year. This is all assuming that you have a plan. If you don't, consider this a great time to make one. How can we get where we want to go if we don't have directions? A quote from one of those movies that I watch EVERY time it comes on the T.V., 'Miss Congeniality,' is, "See the crown, be the crown." Let's start seeing our wonderful organization as we want it to be, and then let's GET THERE! One definition of success is said to be that it was explored. Start exploring the possibilities and don't be afraid of finding something you don't want to find. If you do, just turn around and take the other fork in the road. I challenge each of you to go exploring, be the crown, throw out the trash, make a plan. Great things are coming. On your journey don't forget that while you might walk a path by yourself, you are NEVER alone.

There are Pilots everywhere!



Judy Langley
PI Director

PI Director Judy Langley shares this BrainMinder quiz to use at your club meeting:

1. What is the name of the BrainMinder character who teaches children to stay away from guns?
2. What is the name of the new interactive game for which you can apply for a grant from PIF?
3. For whom is Project Lifesaver designed?
4. What is the name of the international walk held of the first time on October 4, 2008?
5. True or False? BrainMinders is a program designed to teach safety habits to children only.
6. Who is the main character in the BrainMinder Buddy stories?
7. How many puppet characters are there?
8. Who is the BrainMinder character who loves to wear pearls and is street smart?
9. What do we give children after a BrainMinder presentation?
10. Beside teaching good safety habits, what do we try to gain with our BrainMinder presentations?



Be Scholarship Savvy
Winnie Brewer
Scholarship Division Chair

As we welcome in the year of 2009, resolutions will be made and goals will be set. It is not too early to be thinking of a possible student to sponsor under the Scholarship Division of Pilot International Foundation.

As a Pilot Club, assist the student with the application process and review it with them -- begin that relationship now. Review the applications, and familiarize yourself with the requirements of the scholarships. With each application an essay must be included with the application. The Scholarship Division enjoys reading the essays and it is an opportunity for the applicant to express why they have elected their career path, as well as sharing other important aspects of their life.

Just a reminder, completed applications must reach the District PIF Representatives (postmarked) by March 1st. The postmark deadline for all applications to reach headquarters from the District PIF Representatives is March 15th.

If you have any questions, concerns, or comments, please feel free to contact either myself or the Foundation office.



From the Fundraising Front
Mary Jane Morgan
Revenue Development Chair

As John D. Rockefeller, Jr., said, "Think of giving not as a duty but as a privilege."

As the year draws to an end, many of us begin to think about our charitable giving. You have received an end-of-year e-mail reminding you of the opportunity to give as an individual to the Foundation. Giving to the Pilot International Foundation is not only an opportunity, it is a privilege for Pilots. As you know, the Foundation is a 501(c)(3); therefore, all donations are tax deductible.

The Foundation was established in 1975 by Pilot International to further the organization's humanitarian efforts by promoting programs and activities that support Pilot International's focus on brain-related disorders and disabilities. The Foundation's mission is to "promote an awareness of brain-related disorders and to improve the lives of those affected--through education, volunteerism, financial support and research."

Opportunities are available for you to exercise your privilege by:

- Giving to the Grants and Scholarships Fund
 - Purchasing bricks for the Garden in tribute to someone
 - Donating to the Heritage Center
 - Giving to the BrainMinders Fund
 - Supporting the Brain-Related Disorders Fund
 - Giving in honor or in memory of a special person

Your gifts help to fund the grants to clubs as well as scholarships for those whose fields of study help people with brain-related disorders and to support the services provided by the Foundation.

On behalf of the PIF Board of Trustees, I want to thank each of you for your generous contributions in the past and for your continuing support of the Foundation. Annual statements will be mailed to individual donors by the end of January.

Quoting Maya Angelou, "I have found that among its other benefits, giving liberates the soul of the giver." In these difficult times, we can all use some spiritual rejuvenation, I think. Helping those whose lives might not be as full as our own can be one way to liberate our souls."



THE GREAT GRANT GIVE AWAY

By: Barbara Crow
PIF Grant Division Chair

The Grants Division Members have received the grants and we are now in the process reading. We hope to have them finished as soon as possible. Writing grants takes time, research, and effort. I appreciate all of the hard work that each club and club member has put into their grant. Our District PIF Representatives also have a part in reading their district grants and I thank each of you for your hard work.

I hope that you are now considering writing a grant for next year. You can never start too early. It does take some time on many of the projects. Do your research early and begin working on your grant application. Utilize your PIF Representative for help. You can also send your questions to me. The subject on the email should be PIF Grant Application and I will respond to your question as soon as possible. My email address is Banncrow@aol.com.

Many clubs have a difficult time trying to find a project that they deem worthwhile to write a grant for. Check with your local schools, hospitals, or nursing homes for some ideas. You never know who you will meet that gives you and your club the right suggestion.

The grant application will change quite a bit for 2009-2010 but the current edition can still be helpful.

Now, it is time to go back to reading. Good Luck on your grant.

PROJECT LIFESAVER COMES TO WINCHESTER

Sheriff Lenny Millholland is calling it an early Christmas present to the community of Winchester... A special machine used to track down missing people.

"It's the state of the art, it's the new digital. Most of them are analog and this is a digital one. And it's great to have," Millholland said.

It's called "Project Lifesaver."

It's used to locate an Alzheimer's patient or an autistic person if they run away. Here's how it works: The person wears the transmitter, in this case, it's worn like a watch. If the person runs away or gets lost, the local Sheriff's office can scan the search area with this Geiger counter-type device. It picks up the signal from the person and guides the rescue crews within a three mile radius.

Millholland says it has a 100% recovery rate. He adds there is already a young man in Winchester who uses Project Lifesaver's transmitter.

"The one fella that we deal with," Millholland said, "runs. I mean, he doesn't walk. If he gets out he will run and run and run and run and run until you stop him."

This equipment comes to the Winchester Sheriff's Office through a donation by the Shenandoah Valley Bass Association. Sunday night, the group handed Millholland a check for \$2,300.

"We're proud of it," Eddie Sager, the president and founder of SVBA, said. "Because they're the only one around here that's got one."

This check is only the catalyst for getting the department started using the new equipment. The transmitters are an additional \$300 each. Wal-Mart donated \$1,000 to help get the department up and running.

St. Jude Ranked No. 1 Pediatric Oncology Hospital in National Magazine Survey

Parents magazine has named St. Jude Children's Research Hospital as the No. 1 pediatric cancer care hospital in the country. The results, based on the magazine's survey of more than 100 children's hospitals, appear in the February 2009 issue on newsstands nationwide January 13, 2009.

All hospitals surveyed are members of the National Association of Children's Hospitals and Related Institutions, an organization of children's hospitals that promotes the health and well-being of all children and their families through support of children's hospitals and health systems that are committed to excellence in providing health care to children. "This is wonderful recognition of what goes on every day at St. Jude," said Dr. William E. Evans, St. Jude director and CEO. "One thing that distinguishes St. Jude is how we seamlessly blend quality, innovation and compassion for patients and families. It also reflects the culture of collaboration that allows St. Jude to translate discoveries into better patient care in an incredibly effective manner."

In the fall of 2008, St. Jude faculty and staff completed Parents magazine's extensive survey. The hospitals that completed surveys were ranked on their responses to detailed questions in the following areas: covering survival rates for childhood cancer, pediatric heart disease and other critical conditions; experience in performing certain complex procedures; the depth of the research program; safeguards to prevent medical errors; staffing ratios and quality; waiting times in the emergency department; community outreach; and services that address the emotional needs of sick children and their families.

"It is great not only to know that we are the best but also to be recognized as such by a publication that benefits the parents of our patients," said Joseph Laver, M.D., St. Jude clinical director and executive vice president. The magazine also chose the top five hospitals for pediatric emergency care, heart care, neonatal care, orthopedic care and pulmonary care. A complete list of the best children's hospitals by specialty can be found at www.parentsmag.com. "I believe that the intricate link between broad-based research efforts and patient care is what makes St. Jude stand out among its peers," said Michael Kastan, M.D., Ph.D., St. Jude Comprehensive Cancer Center director. "It is satisfying to see these efforts recognized in this way."

St. Jude Children's Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases. Founded by late entertainer Danny Thomas and based in Memphis, Tenn., St. Jude freely shares its discoveries with scientific and medical communities around the world. No family ever pays for treatments not covered by insurance, and families without insurance are never asked to pay. St. Jude is financially supported by ALSAC, its fundraising organization. For more information, please visit www.stjude.org.

