

THE VOLUNTEER



www.pilotndistrict.com



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W: 423-785-3340
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C: 901-412-3841
akelley56@bellsouth.net

Sallie Young, Treasurer
5513 Stoneleigh Drive
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District Administrative Council Message:

This is a special time of year. If you look around at the lights and decorations on display all over the cities, towns and villages, you will recognize that this is no ordinary season....but the celebration of a birth. Even the air itself is electric with expectancy!!

Everyone loves the old Christmas carols with their wonderful messages. Don't let this busy season get you bogged down with hurry, worry, shopping, baking...and the exhaustion that comes with all of these things....that you fail to remember why we celebrate Christmas.

Tennessee District, Pilot International Governor's Bulletin, Volume 6, December, 2010

Take time this Christmas to enjoy all the blessings that we have and while we enjoy these blessings, please remember those who are less fortunate than ourselves. They may not have a home and may feel left out at Christmastime. Why don't we all open our hearts to those less fortunate by bringing joy to and making room for them in our hearts.

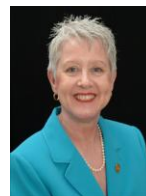
The members of the Tennessee District DAC would like to wish everyone a very Merry Christmas, a Happy Holiday Season and the Happiest New Year ever. May your holidays be filled with love, friendship, health and happiness...not to mention good food.

We are so richly blessed.

Our District Convention is just around the corner. We will be meeting in Murfreesboro in January for our mid-year meeting to review the first half of our year and make plans for District. If anyone has bylaws changes that they want voted on please get them to Governor Janet asap. Also, anything that you want addressed by your DAC, please let us know. Here to serve you.



In Pilot friendship and love,
Janet, Charlyne, Jean & Sallie



PRESIDENT SUSAN HOFFMAN
Pilot Club of Lenexa, Kansas
Kansas-Missouri District

Address: Susan Hoffman
9116 Allman
Lenexa, KS 66219

Cell phone: (816)-520-8533
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shoffmann@pilotthq.org

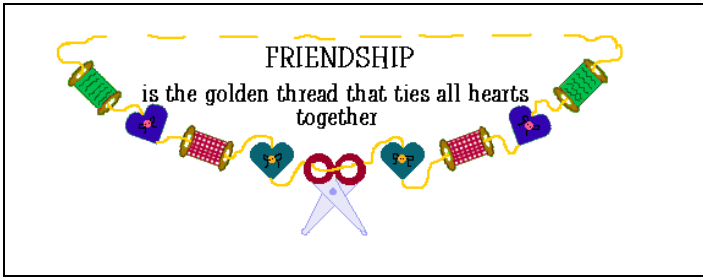


Judy Langley, PI Secretary

jflangley3@sc.rr.com

843-395-1367

Believing in Pilot...Believing in You,



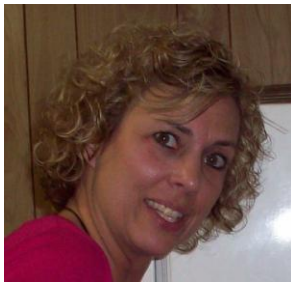
Cares and Concerns:

Please remember all those who are recovering from illnesses, surgery, and other health concerns.

P I L O T, that's our name and recruiting new members is our game!!!!

The Pilot Club of Lenoir City brought in nine (9) new members last month. Wow, what an accomplishment. Allison Sousa, President, and the other Club members are to be congratulated on this feat. We all need to take lessons from them.

Sue Grinder
Chaplain
PC Hohenwald



CHAPLAIN'S CORNER

- C** is for the Christ Child and the child in all of us.
- H** is for the Heart of God, in Whom we place our trust.
- R** is for our Redeemer, Who is finished with His chore.
- I** is for Isaiah, who had told it all before.
- S** is for the Shepherd lowly shepherds came to see.
- T** is for Three wise men, who were wise beyond degree.
- M** is for a Manger, a simple manger where He lay.
- A** is for bright Angels who were standing by that day.
- S** is for the Star that shone and still shines out today!

Sue Grinder grindersue@wmconnect.com

Gift someone with the friendship of Pilot this holiday! Share your Pilot story and invite someone to become a part of our wonderful organization. This is yet another perfect time of the year for Pilots to generously share their hearts and volunteer spirits. Your kindnesses have a huge impact on those who suddenly experience an unexpected pleasure, validation, or the wonderful knowledge that someone cares. Thank you for all that you do in the name of Pilot. Remember, too, that the holiday season is a perfect time to make memorials or honorariums through tax-deductible donations to *Pilot International Foundation*.

Here are some dates to keep in mind this holiday season. Anchor has a **December 1st** deadline for applications for six (6) \$500 Freedom's Foundation grants. **December 3rd** is the final deadline for the Pilot Log articles or news. Please send photos as jpeg attachments to def@pilothonline.org or as actual prints. PI Headquarters will be closed **December 23rd – 31st** while our Pilot International staff members are on a holiday break. **January 15th** is the deadline for Anchor Advisor of the year nominees.

The Christmas Gift of Knowing You



The Christmas season fills our hearts with joy;
Bright, happy days bring special kinds of
pleasure.

We're wrapped in the excitement of it all,
The sights, the sounds, the smells, the tastes we
treasure.

Yet when we have some quiet time to think
About our finest blessings all year through,
We focus on our family and our friends,
And appreciate the gift of knowing you!

By Joanna Fuchs

I wish you all a most joyous holiday and a happy
and healthy New Year!

Pilotly yours,
Judy

**TENNESSEE DISTRICT "GIFTS"
OUR DISTRICT COORDINATORS.....**



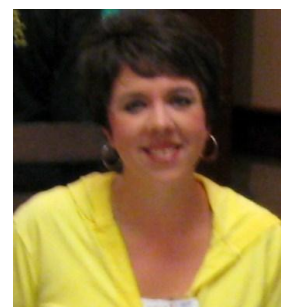
MEMBERSHIP COORDINATOR:



Dian Sellers, PC of Dresden
150 Twin Lakes Drive
Dresden, TN 38225
R: 731-364-2501 or C: 731-514-1507
dian40@frontiernet.net

Leadership Coordinator

Jennifer Hays
PC of Martin
H: 731-588-2505
jhays@utm.edu



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 to gathers," 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:

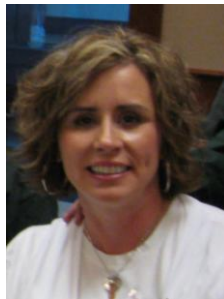


FUNDRAISING COORDINATOR
Pilot Club of Lawrenceburg
Renay Fernandez
1620 Baker Lane
Lawrenceburg, TN 3846
R:931-762-2604 or C:931-477-1177
jill.brigrance@live.com

Please, please, if you have not sent your quilt square please get it to me asap. We do not have enough for our quilt and really want this for a "fund raiser".
Renay

PROJECTS COORDINATOR

Jill Brigrance
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PUBLIC RELATIONS

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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!!

PIF REPRESENTATIVE
Cathy Kinniard
Pilot Club of Cookeville
27 Paris Street
Cookeville, TN 38501
R: 931-526-6492
ckinniard@charter.net



Pacesetter Contributions:

All clubs are asked to contribute \$10 per ACTIVE member to PIF. This is their Pacesetter contribution and is due by February 1. These contributions are used as a mechanism to raise funds for the Annual Fund. The annual fund is unrestricted and is used to operate the Foundation.

Those clubs who make their Pacesetter contribution by February 1st will receive a certificate at their district convention.

When a club has been a Pacesetter Club for 5 years, they receive a Crystal Club banner patch. The club receives a banner arc for every 5 subsequent years.

Allison Sousa



PC of Lenoir City
absousa@bellsouth.net

Don't forget to check out our web site:
www.pilotndistrict.com

<http://www.pilotndistrict.com/District-and-Club-Info.html>

www.facebook.com/TNDistrictPI,

We now have the ability to have all Clubs in the Tennessee District on our web site.

The Tennessee Pilot Clubs web mini-site is available to all Clubs in the District. The fee is \$180.00 per year (checks to be made payable to “Tennessee District DAC”, and mailed to Treasurer, Sallie Young).

This mini-site will be hosted in the framework of the Pilot International-Tennessee District website. The development and maintenance of the mini-site will include: Basic club information and relevant live links; Meeting information; Calendar of events; Newsletters & forms; Photos/logos.

In addition, basic editing and assembly of content to ensure coordination with host site will be performed, as will a reasonable number of updates(monthly) as provided by the Club.

For more information, please contact Allison Sousa absousa@bellsouth.net.

I would like to see all the Tennessee Clubs participate in this. What a wonderful tool to “toot our Pilot horn” and let everyone know who we are and what we do, as well as the recruitment of members.



DISTRICT NOMINATING COMMITTEE:

Judith(Judy) Nance, PC Chattanooga
Chairman
1729 Verona Drive
Chattanooga, TN 37421
H:423-894-3133 C:423-605-3396
Ivory1729@bellsouth.net



Catherine Melton, PC Athens
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H:423-745-7922 C:423-829-6922
meltoncath@comcast.net

Jean Kelley, PC Shelby County
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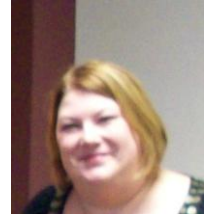
The District Nominating Committee has been busy talking to prospective Pilots to fill our District positions. We need new Pilots to assume these leadership roles in order to bring new ideas to our

District. If you are approached by one of the committee members, please take time and think about it before you give an answer. What better way to serve Pilot and the members of the Tennessee District

DISTRICT AWARDS

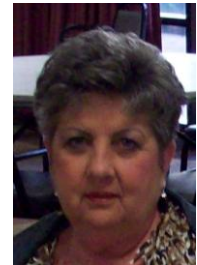
Awards packets were mailed on December 8 to all Club Presidents and DAC members. If you do not receive a packet, please let me know. Please note that the Chairman of the District Awards Jury is :

Christina (Tina) Nance
PC of Chattanooga
1729 Verona Drive
Chattanooga, TN 37421
H: 423-894-3133
canance70@gmail.com



All forms for Awards should be submitted to Tina with the exception of the Past Governor’s Award. This form should be sent to the President of the Past Governors:

Rosezella Crabtree
Luncheon PC of Athens
220 CR 1121
Athens, TN 37303
R: 423-745-6180
rosezella@comcast.net



DATES & DEADLINES

DISTRICT EVENTS

April 15-17, 2011, District Convention
Doubletree , Murfreesboro, TN

April 20-22, 2012, District Convention
Doubletree, Murfreesboro, TN

***PLEASE MAKE NOTE OF THE ABOVE DATES, SINCE I HAD THEM WRONG ON EVERYTHING I SENT OUT!!!**

PILOT INTERNATIONAL

PI Convention - Dallas, Sheraton Hotel (downtown)
July 13-16, 2011 (Depart on the 17th)

PI Convention - Las Vegas, Bally's Hotel
July 18-21, 2012 (Depart on the 22nd)

CLUB DEADLINES:

“Anchor Advisor of the Year” deadline is January 15, 2011. All nominations should be in to PI on or before this date.

PIF Annual Report published and mailed in December.

PIF Club contributions must be postmarked no later than February 1 for Pacesetter recognition at District Convention.

Outstanding Anchor Club of the Year entries to District Competition should be sent to Governor, Janet on or before February 15, 2011. Please notify your Anchor Clubs of the deadline.

Past Governor's Award entries should be sent to Rosezella Crabtree on or before February 15, 2011.

Don't forget your “Special Education Teacher of the Year” nomination. Deadline for submission to Governor is January 31, 2011.

“Believe in the heart of Pilot....friendship and service”

I HAVE ATTEMPTED TO PUT PHOTOS WITH ALL NAMES SO YOU WILL KNOW WHO EVERYONE IS....IF YOU DON'T ALREADY!

Janet J. Williams
Tennessee District Governor
2010-2011



May Santa grant all your wishes and dreams for a wonderful Christmas and a very Happy and Healthy New Year.

Merry Christmas and Happy Holiday Season to EVERYONE!!!!