

THE VOLUNTEER

Tennessee District, Pilot International
Governor's Bulletin, Volume 5, November, 2010



www.pilotndistrict.com

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Governor Janet and Governor Elect Charlynnne
at PI Convention...Churchill Downs

Governor's Message

Are you ready for the holiday season to begin? If not, you had better get ready, since it is almost upon us. Thanksgiving, food, Christmas, food, and all the other things that go along with the holidays....fun, family, friendship, food!!! At this time of year, diets tend to go by the wayside as we enjoy our blessings. I wish for everyone a very happy and safe holiday season and please remember those who are less fortunate than we are....**let Pilot friendship and love abound this holiday season.**

Each Club has received their "Special Education Teacher of the Year" packet. I would like to see each Club nominate someone for this, our District project, award. This is a time for Clubs and our District to honor someone who has made a difference in the lives of those affected by brain-related disorders. Please honor your Club winner at a Club meeting and publicize this in your local

media. The visibility that Pilot gets from this District project is awesome, not to mention, recruitment of new members (the PC of Shelby County has a member who was the recipient of their award).

The Tennessee District Awards packet will go out this month. The Chair of the awards Committee is: Christina (Tina) Nance, PC of Chattanooga. All information will be included in the packet.



PRESIDENT SUSAN HOFFMAN
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CHAPLAIN'S CORNER



Holiday travel..isn't easy.

Then why do we do it?...

We love to be with the ones we love. The four-year-old running up the sidewalk into the arms of Grandpa. The cup of coffee with Mom before the rest of the house awakes. That moment when, for a moment, everyone is quiet as we hold hands around the table and thank God for family and friends and pumpkin pie.

We love to be with the ones we love...So does God...How else do you explain what he did? Between him and us there was a distance...and he couldn't bear it...so he did something about it.

"He gave up his place with God and made himself nothing"(Philippians 2:7)

With the Holiday Season coming up..Let's not forget to thank the one who made it all possible!

Have a Blessed, Safe and Happy Thanksgiving!

Sue Grinder grindersue@wmconnect.com

OUR PRAYER FOR THANKSGIVING....

Dear precious Lord,
We bow our heads in heartfelt, thankful prayer;
For all the ways You've blessed our lives
And for Your loving care.
We thank You for the hands
That have prepared this special treat
And pray that You will bless all those
Who have no food to eat.

We're thankful for Salvation's plan
And for Your Holy Word;
And pray we'll help to spread
Your love to those who've never heard.
We're thankful for our freedom
And for churches that are near;
Where we can meet to praise Your Name
And worship without fear.

But still our hearts are saddened
By our brothers who aren't free;
Who suffer death and torture

For their Christianity.
We pray You'll give them strength
And courage as their cross they bear;
And let them know God's family
Remembers them in prayer.

We thank You for heroic troops
Who fight for liberty;
And daily risk their lives
And limbs to keep our country free.
Forgive us of our many sins
And keep us close today;
And bless this food You've given us,
In Jesus Name, we pray.
Amen

Cares and Concerns:

From District Secretary, Jean, PC of Shelby County

Since our Pilot meeting Monday night Gay Price has been in ICU for a couple of days. She was given more blood and IV's and her body was rejecting it and it was seeping out other places. She had 18 lbs. of fluid but the Lasik has helped that. She was moved to Step Down a couple of days ago and to a room yesterday. When she is well enough she will go to Rehab at Desoto Baptist. Please pray for her recovery. If you wish to send a card, just mail it to her in care of Janice's address.

One bit of good news. Cindy called me about 8:00 Thursday night to let me know her leg had a different feeling (it had been numb with a burning sensation). She tried to lift it and low and behold, she did. Hopefully the good news will continue with her and she can put that walker aside.. She goes back to her doctor on Tuesday and I will give you an update. Keep her in your prayers, also.

Cindy had hip surgery on October 18.

Please remember Carol Moss, PC of Cookeville as she continues to recover from health problems.

Also, keep Evelyn and Archie Jenkins in your prayers, PC of Lenoir City.

New Members:

Melanie Johnson to the PC of Cookeville. Her address is: 560 hardwood Lane, Livingston, TN 38570. Nancy Birdwhistle was installed as a member of the PC of Cookeville on Oct. 16.

PC of Athens new member, TeAnne B. McKinney, PO Box 16936, Athens, TN 37303.

We welcome these to PILOT!!

Please make sure to complete the new member information form and get it to PI, District DAC along with the correct amount of dues.

Executive Committee Representative



Judy Langley, PI Secretary

ECR Message

Thank you, Tennessee Pilots, for your warm hospitality during Fall Council. Tennessee Pilots showcased their knowledge, enthusiasm, service, technology skills, creativity, and passion for Pilot throughout the weekend. What a treat it was to be with you in Cookeville!

Best wishes 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

DISTRICT COORDINATORS.....

Membership Coordinator:



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Have you held a "Share Pilot" meeting? If you haven't, please consider doing this. There is no rule to say that we only need to hold one Share Pilot event per year. I would challenge each Club to consider inviting potential members to all Club meetings. Make every meeting a "Share Pilot" meeting.



DISTRICT NOMINATING COMMITTEE:

Judith(Judy) Nance, PC Chattanooga
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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

Leadership Coordinator

Jennifer Hays
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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 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:

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!!

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"). 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.**



DATES & DEADLINES

DISTRICT EVENTS

**April 1-3, 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)**

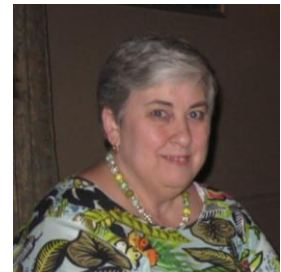
**PI Convention - Las Vegas, Bally's Hotel
July 18-21, 2012 (Depart on the 22nd)**

CLUB DEADLINES:

**December 1-Deadline for Governor Elect to notify
Headquarters of District Team appointments**



**Cathy Kinniard
Pilot Club of Cookeville
PIF Representative**



I hope every club is collecting change or dollars for Special Kids. We will be collecting this money at District Convention in April, 2011.

If you have not started yet, it is not too late to start!

Happy Thanksgiving. We are very blessed and thankful for everything we have.

Cathy
"Believe in the heart of Pilot....friendship and service"

Janet J. Williams
Tennessee District Governor

2010-2011

