

# Senior Notes

South Carolina Association of Educational Office Professionals—Retired

SCAEOP  
33RD  
ANNUAL  
CONFERENCE  
FEBRUARY 27 -  
MARCH 1,  
2015

THE HILTON  
RESORT  
MYRTLE BEACH  
SC

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## P R E S I D E N T ' S R E P O R T

I hope everyone has made their reservation for the SCAEOP Annual Conference, February 27-March 1, 2015, at the Myrtle Beach Hilton Resort. I'm looking forward to seeing all my retiree friends at the conference.

I attended the SCAEOP Board Retreat in November. What a wonderful group of women. It was great to see some Retirees there.

**A REMINDER:** If you, a retiree, have someone graduating this coming year and planning on attending college next fall please go to the SCAEOP-R website and send in a completed scholarship form to the address listed on the form. This is ONLY for a Retiree child, grandchild or great-grandchild. If any part of the application is incomplete or missing it will be rejected so be sure EVERYTHING and EVERY LINE is complete. The deadline is January 15, 2015.

Pauline announced the retiree number has reached 76 with more expected to join soon. If you know of anyone who is retired or thinking of retiring please let them know about our association. This is a group of ladies who enjoy getting together and discuss items associated with SCAEOP that involve the retirees.

President-Elect Honeycutt is still looking for a Secretary for her term so if you would like to help her out please let her know soon. I'm sure she will appreciate it.

Please remember in your prayers our members who may need some extra help this season such as Vivian Duffie, Del Ross and Dot Aiken.

The holidays are upon us and I hope everyone will be enjoying time with family and friends. We will be blessed at Christmas to have all our children and their spouses and grandchildren with us. I'm really looking forward to that.

As we end one year and begin another, I wish you all good health and happiness.

Rebecca Crabtree, CEOE  
SCAEOP-R President

**PERSONAL NOTES !!!****PRAYER LIST:**

Del Ross

Dot Aiken

Vivian Duffie

Elaine Miles' Daughter Tammy

Gloria Tisdale's Daughter Tammy  
Williams

Joan Mace's Grandson Michael

**SYMPATHY**

Al &amp; Pauline Alford

Karen Sides

**NEW RETIREES**

Effie Bailey

**SCAEOP**

Annual

Conference

Feb. 27—March 1, 2015

The Hilton Resort

Myrtle Beach SC

**\$200.00 CASH RAFFLE**

We will have the \$200 cash raffle again this year at our annual conference. Remember you do not have to be present to win.

Enclosed with this newsletter you will find the raffle tickets. You can purchase them now.. If you would like to buy more than is listed here, send me your money and the number you would like.. You will get a card from me acknowledging your purchase.

This cash raffle is one of our fund raisers which provides funds for the President and President Elect to attend the national conference. Our newsletter is a vital communication we have with our members and this covers the cost involved with it.

Thank you in advance for your support.  
Dot Aiken, CEOE

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**CHOCOLATE IS A VEGETABLE!**

Chocolate is a vegetable. "How?", you ask.

Chocolate is derived from cacao beans. Bean = vegetable

Sugar is derived from either sugar CANE or sugar BEETS.

Both are plants which places them in the vegetable category.

Thus , chocolate is a vegetable.

To go one step further, chocolate candy bars also contain milk, which is dairy. So candy bars are health food.

Chocolate covered raisins, cherries, orange slices, and strawberries all count as fruit, so eat as many as you want.

If you have melted chocolate all over your hands...you are eating it too slowly!

The Problem: how do you 2 lbs. of chocolate home from the store in a hot car? The solution: Eat it in the parking lot!

**DIET TIPS**

- ◆ Eat a chocolate bar before each meal...it will take the edge off your appetite and you will eat less.
- ◆ If calories are an issue, store your chocolate on top of the fridge...calories are afraid of heights and they will jump out of the chocolate to protect themselves.

◆ (continued on page 3)

(continued from page 2)

- ◆ If I eat equal amounts of dark chocolate and white chocolate, is that a balanced diet? Don't they actually counteract each other?
- ◆ Chocolate has many preservatives. Preservatives make you look younger. Therefore, you need to eat more chocolate if you want to look young.
- ◆ Put "eat chocolate" at the top of your list of things to do today. That way, at least you will get one thing done.
- ◆ If you can't eat all your chocolate, it will keep in the freezer, but...if you can't eat all your chocolate, what is wrong with you?
- ◆ If it were not for chocolate, there would be no need for control top pantyhose...an entire garment industry would be devastated. You can't let that happen to you?

So enjoy Chocolate...because...  
Chocolate is a Vegetable!

\*\*\*\*\*

NAEOP/NAREOP Conference 2014

This short article is in reference to our National Conference in Portland, Oregon. When I called to invite my daughter to attend the conference with me she was so excited, as I had never invited her to attend an NAEOP Conference with me before. Of course she agreed to go and I began to make our airline travel arrangements. A few days later she called and said that her husband, (David) would like to go with us and she did not know what to say. My reply was, "well if he wants to sleep in a room with his mother-in-law that was fine with me."

Almost end of story; but I want to say that both my daughter and son-in-law went to Portland with me. They had the most wonderful time and a couple of days I hardly saw them as I was involved in the conference. And the NAREOP meeting. They really discovered the city and the day of the Retiree Trip, I chose to go to Cannon Beach with them as we all wanted to see a beach on the west coast. Later we took a half-day wine tour and we saw the Multnomah Falls and other beautiful scenery. There was a time or two back at the hotel that they would walk through and commented on the fellowship that was going on between the members. That is exactly right, the conference was very uplifting and I certainly enjoyed being there. So I say to all you, if you have not been to National Conference, the upcoming NAEOP Conference in Buffalo, New York, July 22-25, 2015, may be the one for you. Those of you that normally attend, I feel sure you will be making your plans.



At

this time, I am not sure that I will be fortunate enough to go but I have a feeling that someone close in my family may want an invitation.

Mary Taylor, CEO

\*\*\*\*\*

Holiday Thought

**All the holiday bells in the world can't match the glory of a good hard laugh. Indulge often.**

You can get so caught up with getting it all *right* that you forget to enjoy any of it.

At the end of the day, no one will remember what place settings you used or even what you wore. They'll remember what it felt like to laugh with you.

Find every opportunity you can to do it and do it often—not just because it feels good, but because it's hard to take yourself too seriously or succumb to perfectionist tendencies when you're in the grip of a satisfying guffaw.

From Huffington Post, Holiday Thoughts.

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EDITOR'S NOTE

Effective November 1, 2014, I was appointed Treasurer and Newsletter Editor. Please send me articles for the March 31, 2015 deadline. My email is: [Pauline.scaep-r@charter.net](mailto:Pauline.scaep-r@charter.net). Thank you for your support.

**HAPPY NEW YEAR**

2015



It's time to SHOP, SHOP,SHOP! The SCAEOP Retirees will once again host their annual Trash to Treasure tables at our Annual Conference at Myrtle Beach. If you have items to donate please bring them to our table and plan to shop for those items that you just can't live without. Hope to see you there and happy shopping with us!

We will also be having our raffle ticket sale and 50/50, so save up your \$s and be ready to support the Retirees and the Dot Aiken Scholarship for Grandchildren and Great Grandchildren.

Linda Honeycutt  
President Elect  
Ways & Means/Crafts

SCAEOP-R Nominations and Elections 2015-2016OFFICE OF PRESIDENT ELECT:**Name of Candidate: TENA G. PONTEAU**

Mailing Address: 1774 Jackson Village Road, Georgetown, SC 29440

Telephone Home: 843-546-0847 Cell: 843-240-2960

E-mail Address: ponteautg@aol.com or tponteau@gmail.com

**Professional Information:**

Number of Years worked in Education: 29 years

Name of School District: Georgetown County/Retired

1. Candidate has been a member of SCAEOP for 18 years and 3 years as SCAEOP-R for total of 21 years.
2. Candidate has served on the following SCAEOP and SCAEOP-R committees:  
SCAEOP-Awards Luncheon, Business Meeting-Page  
SCAEOP-R Vice President and Nominating Committee
3. Candidate is a member of NAEOP for 12 years.
4. Does Candidate hold a Professional Standards Program Certificate? Yes and CEOE

**Leadership Responsibility:**

SCAEOP/SCAEOP-R

GCAEOP, NAEOP

SC Notary Public

**Community Volunteer:**

Plantersville Senior Center, Plantersville Elementary School, Georgetown Hospital

**Statement of Interest:**

I want to be of service to the association having to serve in the capacity of secretary for 29 years has prepared me to meet the qualification. I enjoy meeting people and fellowship together.

OFFICE OF VICE PRESIDENT:**Name of Candidate: MARY C. TAYLOR**

Mailing address: 294 Brookside Drive, Orangeburg, SC 29115

Telephone Home: 803-536-0226 Cell: 843-991-5700

E-mail Address: mct31@bellsouth.net

**Professional Information:**

Number of years worked in Education: 37 years

Name of School District: Orangeburg Consolidated School District Five

1. Candidate has been a member of SCAEOP 15 years and SCAEOP-R for 10 years for total of 25 years.
2. Candidate has served on the following SCAEOP and SCAEOP-R committees:  
Long Range Planning, Student Scholarship, PSP, Administrator of the Year, Public Relations, and  
SCAEOP Secretary 1997-98
3. Candidate is a member of NAEOP: Yes
4. Does Candidate hold a Professional Standards Program Certificate? Yes and CEOE

**Leadership Responsibility:**

Member of SCAEOP and SCAEOP/R

**Community Volunteer:**

Regional Medical Center, Orangeburg County Development Commission and help out with other missions.

**Statement of Interest:**

I have always supported this organization and I feel you never get too old to be involved in education enrichment. I have been retired for 10 years and still interested in my school district. I am a member of the Orangeburg Consolidated School District Five Foundation and that gives me an opportunity to be involved. So it is with SCAEOP-Retirees, I support this group wholeheartedly and if I am elected as Vice President, I will do my best to fulfill the duties.

WE'RE ON THE WEB  
WWW.SCAEOP.COM

**S C A E O P -  
R E T I R E E S**

Pauline A. Alford, CEOE  
Newsletter Editor  
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Moore, SC 29369  
palford.scaeop-r@juno.com

**Retired but still Inspired**

**CALENDAR OF EVENTS**

January 10, 2015  
SCAEOP Board Meeting  
Richland Two Conference Center  
Columbia, SC

February 27-March 1, 2015  
SCAEOP Conference  
The Hilton Resort  
Myrtle Beach, SC

2015-16 Newsletter Articles due:  
March 31, 2015

July 22-25, 2015  
NAEOP Annual conference  
The Hyatt Regency Hotel  
Buffalo, New York

Pauline A. Alford, CEOE  
SCAEOP-R Newsletter Editor  
212 SW Fieldsedge Drive  
Moore, SC 29369

# 2015 RAFFLE TICKETS

If you need more tickets, please feel free to duplicate.

Make checks payable to SCAEOP-R

Complete and mail with check to: Dot Aiken, 631 Oakdale Drive, Belvedere SC 29841

<p align="center"><b>\$200 CASH</b></p> <p>(PLEASE PRINT OR USE RETURN ADDRESS LABEL)</p> NAME _____
ADDRESS _____
City/State/Zip _____
\$1 (6/\$5) Donation to SCAEOP-R (You do not have to be present to win)

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