

# The Kansas-Missouri District Bulletin

November 2014



District Website: [www.ksmodistrict.org](http://www.ksmodistrict.org)

2014-15

## District Administrative Council

### Sue Penn, Governor

8529 Quarry Road  
Milford, KS 66514  
785-238-5703

[woodsman@nqks.com](mailto:woodsman@nqks.com)

### Melinda Morgan, Gov.-Elect

13149 Nebraska Ave.  
Kansas City, KS 66109  
913-745-6464, 785-477-2233 (c)

[melindarmorgan@gmail.com](mailto:melindarmorgan@gmail.com)

### Jennifer Butler, Secretary

2422 Galloway  
Manhattan, KS 66502  
785-317-3030

[jrb6059@gmail.com](mailto:jrb6059@gmail.com)

### Rhonda Knudson, Treasurer

P. O. Box 287  
Great Bend, KS 67530  
620-792-3643 (b), 620-617-0149 (c)

[rknudson@amfam.com](mailto:rknudson@amfam.com)

### Barbara Sheffield, PIFF Rep

1015 N. Washington Blvd.  
Kansas City, KS 66102  
816-668-8484

[bsheffieldpilot@gmail.com](mailto:bsheffieldpilot@gmail.com)

### Sherry Johnson, PI President

Quitman, TX

[sherryj300@yahoo.com](mailto:sherryj300@yahoo.com)

### Gwen Yarbrough, ECR & PI VP

201 Niver Rd.  
Statesboro, GA 30458  
912-682-5555

[gyarbr2872@aol.com](mailto:gyarbr2872@aol.com)

[gwendolynhyarbrough@gmail.com](mailto:gwendolynhyarbrough@gmail.com)

## Dates/Deadlines

- November 9-15  
National Care & Kindness Week
- November 15  
File IRS form 990  
File State Corporation Report
- Nominate District Officers

## Newsletter Editor

Shirley Hemme

[bobshirl@sbcglobal.net](mailto:bobshirl@sbcglobal.net)



## From Sue's Quill...

**\$18.22 an hour.** Did you know that is the worth of your volunteer labor? Report service hours on the PI website, under I'm a Pilot, Club Central. This is a great way to show our partners how much we give of ourselves. I calculated 5000 Pilots x 8 hours of service a month = 40,000 hours x 12 months = 480,000 hours a year x \$18.22 = a value of \$8,745,600.00. We give millions!!

Fall Workshops were successful! Thanks to everyone who worked to make both locations come together.

Congratulations to the winners of the Last Pilot Standing game. These Pilots knew the history of our KS-MO District and Pilot International. Did you know our District was established 64 years ago? Each of us has the opportunity to put our mark in Pilot history.

**The Challenge** given at the workshops was to use the fleece given. There are so many ways fleece can be used. Clubs can get more, put it with other products, or use only what they received. Let go and use your imagination! THEN the club will have 3 minutes at Spring Convention to show/tell what they did. Let's make it fun.

**Care and Kindness Week** is November 9-15. Thank those who give of themselves for others.

Grant Applications were made to Pilot International by Little Apple, Prairie of Wichita, Shawnee Mission and Sunflower Pilot Clubs. Great work; good projects planned; waiting now; decision is made after January 31, 2015.

Little Apple and Sunflower Pilot Clubs had 2013-14 scholarship winners. Congratulations!

Special Announcement – Deb Hays, past PI Director, will be coming to 2015 Spring Convention. The story how this came about at the Chicago Convention was explained at workshop. Look for more information in the coming months. It will be a good time in Salina May 2-3.

The holidays are fast approaching. This is the time for family gatherings. Please remember those who will be alone and ask them to join in. Happy Thanksgiving!

*Sue Penn, KS-MO District Governor*

## District Governor-Elect

Happy Halloween! Don't forget to "Fall Back" on Sunday November 2nd!

We had two great Fall Workshops! Thank you so much to Great Bend and Shawnee Mission Pilot Clubs for being wonderful hosts!

We talked about "Share Pilot" at both workshops. Listed below are ideas that were mentioned. Remember any event that your club does, whether it's a fundraiser, project or even an installation ceremony, are all great times to "Share Pilot"!

Challenges ♦ Choices ♦ Change

**Share Pilot Ideas:** Card Party • Crafting or Sewing Workshop • Autism Workshop • Bunco or Game Night • Pick-Me-Up put together • Holiday Festivals • Cookouts • Girls Night Out • Tours (museum, specialty shops, care facilities, Christmas lights, etc.) • Parades • Spaghetti or Pancake Feeds • Pilot History Games

There are many more - these were a few that were mentioned! If you attended one of the workshops, I hope you were able to take back some good information to your clubs!

*Mindy Morgan, KS-MO District Governor-Elect*



## District Treasurer

Had a TERRIFIC time at the Fall Workshops; good information, food, friends--what more can you ask. There

was information in the workshop folders for club treasurer's about **990 forms**. If not completed yet, remember the deadline is November 15.

**Annual Corporation Report:** The Kansas or Missouri link for reporting is on the District website.

Kansas Secretary of State:

[www.kssos.org/forms/forms\\_results.asp?division=BS](http://www.kssos.org/forms/forms_results.asp?division=BS)

Missouri Secretary of State:

[www.sos.mo.gov/businessentity/](http://www.sos.mo.gov/businessentity/)

You will need info and numbers from last year's report.

**There is a fee**, which can be paid on line. Get all the reporting done, and it is time to get ready for the holidays ahead.

**Reminder the dues difference** at the end of December:

|               | <u>PI Dues</u> | <u>District</u> | <u>Insurance</u> |
|---------------|----------------|-----------------|------------------|
| July-December | \$60           | \$11.00         | \$6              |
| January-July  | \$30           | \$5.50          | \$6              |

July 2013 International convention PI Bylaw change-- Article VIII, the only change relates to new members: "Dues will be assessed based on the month a member enters the Club through the remainder of the current Club year."

In the past, new member dues were prorated. Club treasurers had to be aware of the right amount to be collected each month of the year. Assessing the dues by the month a member enters and having only two rates (July-December or January-June) simplifies bookkeeping for the clubs and Pilot International.

*Rhonda Knudson, [rknudson@amfam.com](mailto:rknudson@amfam.com)*

## District Secretary

During the Fall Workshops, I presented information on PI's new membership system. I use a membership system every day at my job so was instantly excited about the possibilities. No more sending in paper work! No more discrepancies between PI, the district and clubs about member numbers! Ability to instantly update member information! Here's a little bit of information about the system.

First, the membership system is free to use. With the free version, you can manage your club members and officers, create a printable member directory for your club and communicate via the Message Hub. You can pay for an upgraded version (cost is based on number of members) that includes the ability to track attendance, upload your newsletter, a public website for your club, and manage events and volunteers.

Second, your recording secretary should have received information from PI about how to log into the system. The recording secretary has the ability to edit the information for every person in their club, but each member can log in and edit their own information, too.

Next month's Bulletin will have instructions on how to log into the system. However, if you want to log in now, please let me know! You can email [irb6059@gmail.com](mailto:irb6059@gmail.com) or call 785-317-3030.

*Jennifer Butler, KS-MO District Secretary*

## Message from ECR Gwen Yarbrough

International Care and Kindness Week (ICKW) was created to bring awareness to how simple acts can change a day, a life, or the world. During this special week, November 9–15, Pilots around the world engage in numerous activities to emphasize and encourage kindness, caring and general good will to all.

Pilot International would love to see each club participate in an activity during ICKW 2014. Activities could be presenting a pick me up, providing treats or a meal to staff at an assisted living facility, making ornaments or tray favors for recipients of the Meals on Wheels program, or promoting a GET REAL activity, when families and friends engage with each other instead of using electronic devices while together.

Do you need help finding someone to show you care during this week or any time throughout the year? Many organizations can assist your club with this. Reach out to local chapters of national organizations as well as unique organizations in your community. Suggestions could be Salvation Army, Boys and Girls Clubs, nursing agencies, Council on Aging or assisted living facilities.

The main focus is to Do More, Care More and Be More in your communities throughout the year, but special emphasis is placed on our causes during ICKW. We hope all clubs participate and share their successes through the Pilot Log and social media.

As we begin the 2014 Holiday Season, the members of the Pilot International Executive Committee wish you all a Happy Thanksgiving.

Thank you for all you do to Do More, Care More and Be More.

*Gwen Yarbrough, Pilot International Vice President & 2014-15 ECR*



## Chaplain's Corner

### Serenity Prayer

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. *Reinhold Niebuhr*

God grant me the serenity to accept the people I cannot change, courage to change the one I can change, and wisdom to know it's me. *Author unknown*

Ann Appleton, [ama37@twinvalley.net](mailto:ama37@twinvalley.net)

## Club News

### Little Apple

The Adopt-a-Highway program originated in Texas in the 1980s by James Evans who worked for the Texas DOT and sought volunteers to be responsible for a section of highway. LAPC has been doing our part since 1990. Pilots with trendy



orange vests and big blue trash bags provided by KDOT meet three times a year for about an hour to pick up trash.

The LAPC Annual Dinner & Auction will be November 17 at St. Thomas More Catholic Church. RSVP to [jennifermcorn@gmail.com](mailto:jennifermcorn@gmail.com)



### Shawnee Mission

Janice Gill was selected as the club's Pilot Sweetheart.



### Sunflower

Sunflower held a Share Pilot at Eclectic Charm in Manhattan.



## Fall Workshop Presenters

### Traumatic Brain Injury Survivor Tells Story

During the Fall Workshop in Kansas City, Chad Myers shared his story about being a Traumatic Brain Injury (TBI) survivor. He often talks to groups and generally has three topics that he uses when speaking about TBI.

When talking to youth, the topic is prevention. He starts with facts about TBI and uses activities to keep the kids interested. He then shares his own story. In 6<sup>th</sup> grade, he was playing football with friends, got tackled during the game and hit his head on a sprinkler. He seemed to be

okay until several days later when he woke up screaming in pain. He was rushed to the hospital and then airlifted to Denver Children's Hospital. The diagnosis was loose blood on the brain; he was blind and paralyzed on his left side. After occupational, speech and physical therapy, he regained most of his vision and movement on the left side. As a 30 year old, he still deals with the effects of TBI. He has trouble seeing peripherally out of his left eye, and with his short term memory. This story illustrates that TBI is different than other injuries, because it can impact you for life.

The second topic is prevailing. He calls this winning the TBI battle, and often uses this when talking to fellow TBI survivors. He tries to encourage them to develop the philosophy of taking more from their TBI than it takes from them. For Chad, TBI encouraged him to turn to God, and he feels that God has used this to reveal his life's purpose to encourage and educate people about TBI. He encourages others to keep their dreams alive. As a child, he dreamed of becoming a professional football player. He has tweaked this dream, and now officiates football games.

The third topic is preparation. As a TBI survivor, Chad feels he has a firm grasp of his symptoms and how they affect his life currently. He encourages people to look to the future through research and action. In his research, he discovered that those who have survived a TBI are more likely to develop Alzheimer's. Chad has developed a list of habits that develop a healthy brain: eat healthy (fruits, vegetables, proteins as part of a balanced diet), do activities that encourage brain health (word games and puzzles) and exercise. While there is no cure for Alzheimer's, Chad is trying to prolong his brain health and encourages others to do the same.

To quote Chad, he is a wonderful example of "someone who uses all they have" to give back to the community. He certainly showed us that you do not have to be defined by your disabilities!

### Do You Know When A Concussion Has Happened?

Ken Henderson, Athletic Trainer at Barton County Community College, spoke to the Great Bend Fall workshop about preventing and evaluating concussion in student athletes. Work continues to educate coaches on all levels about concussion injuries. Questions to ask someone who has suffered a head injury that could be a concussion:

1. Orientation: year – month - day – time
2. Immediate memory: repeat back 5 words
3. Concentration: repeat string of numbers
4. Give months in reverse order
5. Delayed recall: repeat words asked in immediate memory

Check coordination; sensation/balance; strength; can they do exertional maneuvers. One of the best ways to prevent concussion is wear protective head gear, and make sure it fits correctly. Our BrainMinder program is designed to do just that for elementary age students.

# Fall Workshops

Here are recipes for soups served...

## **Sausage Corn Chowder** *(Carol Dellinger, I got this from friend, Jan Koch)*

1 lb bulk sausage (mild)  
1 c chopped onion  
4 c (1/2 inch cubed) potatoes  
1/2 tsp Marjoram  
1/8 tsp fresh ground pepper  
2 c water

2 (17 oz) cans of corn, one creamed, one whole kernel  
1 (12 oz) can evaporated skim milk

Brown sausage & onion, drain well. Combine with water, potatoes, seasonings. Cook until the potatoes are JUST tender. Add corn & milk. Heat, but do not boil. Double recipe for a large crock pot. Note: Do NOT substitute fresh milk.

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## **Taco Soup** *(Judy Fox)*

2 lbs hamburger  
1 pkg taco seasoning mix  
1 can Rotel tomatoes  
2 cans corn (one reg, one Mexican)  
1 can diced tomatoes  
Small jar of salsa  
1/2 small block (or more) Velveeta cheese  
2 cans chili beans  
1 can black beans  
1 pkg Hidden Valley Ranch Dressing mix  
1 can beef broth

Brown hamburger. Combine all other ingredients in large crock pot, add hamburger. Slice Velveeta into small strips and add a few at a time. Simmer until Velveeta is melted, then for 30 minutes or so until it is hot. Can be frozen. Serve with tortilla chips, grated cheese, and sour cream if desired.

NOTES: Heat of soup can be adjusted by using "hot" versions of Rotel tomatoes, taco seasoning, and chili beans. Optional—omit beef broth and use a large jar of salsa.

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## **Chicken Noodle Soup** *(Marcia Johnson, I really don't use a recipe, but here is what I do)*

1 whole cooked rotisserie chicken  
2 ribs celery diced fine  
1 large onion  
1 carrot diced or grated  
3 Tbsp butter  
1 large can plus 1 pt chicken broth  
1 pkg egg noodles

Sauté celery onion and carrot in butter. Add chicken cut up into bite size pieces and add chicken broth. Bring to a boil and add noodles and cook until done. Can add pepper for seasoning but find plenty of salt in broth. Enjoy. Makes 5 to 6 quarts.

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## **Cheeseburger Potato Soup** - for large stock pot or large crock pot

1 lb Bag diced frozen hash browns  
3 cans Cheddar Cheese Soup  
2 cans Cream of Potato Soup  
1 lb 85/15 Hamburger  
1 jar Cheez Whiz  
1 cup Milk (adjust if needed)  
1 tbsp Minced dried onions

1/2 tsp Salt  
1/2 tsp Pepper  
1 tsp Parsley

Cook hamburger in skillet until brown. Drain fat. Combine all ingredients in crock pot and cook on low for 4 hours, stirring every 20 minutes until potatoes are soft. Soup will thicken so extra milk may be needed. Serves 8-10

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## **Green Bean, Ham & Dumpling Soup**

2 small diced potatoes  
2 cups diced ham  
2 cans green beans  
3 cans chicken or veg broth  
1 tsp salt, pepper to taste  
Boil above ingredients until potatoes are done, simmer for 1 hr for additional flavor

Dumplings:  
2 eggs, well beaten  
Add enough flour to make a stiff batter  
Drop dime-sized spoonfuls into hot broth  
Dumplings will rise to the top when done  
Reduce heat and add 1/2 c whipping cream, or more to taste.

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*Do More. Care More. Be More.*

Challenges ♦ Choices ♦ Change

### White Chili - for medium crock pot (double recipe for large)

2-3 Large uncooked chicken breasts  
1/8 c Olive oil  
1/4 tsp Onion powder  
1/4 tsp Parsley  
2 cans Great Northern Beans  
1 can Chicken Broth (14.5oz)  
1 can Cream of Chicken Soup  
1 can Rotel Mild Diced Tomatoes & Green Chilies (drained & rinsed)

1 4 oz. can Green Chilies  
3/4 c Bird's Eye Recipe Ready Frozen Garlic & Onions  
2 frozen cubes of Cilantro (or 1/4 c. fresh cilantro)  
1 tsp of each of the following: Salt, cumin, oregano, black pepper, crushed red pepper flakes, chili powder, and any type of Cajun seasoning  
1/2 c Whipping cream and 1/2 c Sour cream

Preheat oven to 400 degrees. Spray 13x9 dish with cooking spray. Rub chicken breasts with olive oil and place in baking dish. Shake onion powder and parsley over chicken. Bake for 30 minutes (if they are large pieces - cut each in half horizontally before baking).

Meanwhile, turn crock pot on low and drain/rinse both cans of beans and then place in pot. Pour in chicken broth and cream of chicken. Drain Rotel and green chilies discarding liquid and pour in pot. Add garlic/onions mixture and cilantro. Add all seasonings and simmer on low.

When chicken is done baking, remove from oven and allow to cool 5-10 minutes. Shred chicken and add to crock pot. Simmer on low for 4-5 hours. Just before serving and when soup is very hot, turn off crock pot and stir in whipping cream and sour cream. Turn crock pot to warm. Serve immediately. Garnish with additional sour cream and paprika if desired. To save time, purchase a cooked rotisserie chicken and shred. Serves 4-6 people.

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### Loaded Vegetable Soup

2 - 3 Tbsp olive oil  
4 large carrots, sliced  
1/2 bunch of celery with leaves, chopped  
2 medium sized onions, chopped  
4 large cloves of garlic, minced  
1 large green pepper  
1 large red pepper  
1 small head of broccoli, chopped  
4 large vine ripened tomatoes, chopped  
1 cup fresh mushrooms, sliced

1 (15 oz) can Fire Roasted Petite Diced Tomatoes  
1 (15 oz) can corn, drained  
1 1/2 c fresh or frozen peas  
1 1/2 c fresh or frozen green beans, cut into bite sized pieces  
3 potatoes, scrubbed and diced with skin on  
10 cups of water  
3 Tbsp tomato paste  
3 large bay leaves  
1/4 cup dried basil (a lot, but it adds wonderful flavor)  
1 Tbsp sea salt, 1/2 tsp black pepper  
1/4 tsp crushed red pepper flakes (optional)

Coat Dutch Oven or stock pot with olive oil, warm on medium heat. Start with the carrots and saute your vegetables. I chop as I go, adding in one vegetable at a time until they are all sauteed while stirring. After all the vegetables are added, slowly add the water, tomato paste, bay leaves, basil, salt, black pepper and crushed red pepper. Stir, cover and turn heat to low-medium. Simmer on stove top for 2 1/2 to 3 hours. Turn off heat. Season with more salt and pepper if desired. Serve hot with fresh bread or rolls. Serves 8 generously. To freeze, cool to room temperature and store in freezer friendly bags or container. Note: Omitted mushrooms in soup served at workshop.

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DAC & Gwen Yarbrough



Great Bend Pilots



Fleece Challenge

## Pick Me Ups



## Market Places



*Prairie*



*Sunflower*



*Kansas City, KS*



*Shawnee Mission*

## Speakers



*Chad Myers, TBI Survivor  
Kansas City*



*Ken Henderson, Great Bend*

## Last Man Standing Game



*Great Bend*



*Brain Minder Pages*



*Kansas City*