

Greetings my friends both active and retired. This is my last opportunity to speak with you as President of the SCEA-Retired. My term ends on June 30, 2011. I have no regrets for I have thoroughly enjoyed my tenure. Yes, I will miss connecting with you; but if you ever need me, just call 803 473-2394 and I will be there.

These are things I want you to continue to do for me: (1) INCREASE MEMBERSHIP. If we go before the legislature with only 2000 members and another group with 20,000 go before them with an opposite wish to ours, who will get the wish granted? Numbers still count and we have the harvest of promise, we need to gather it in. (2) Continue to VOLUNTEER. Children still need to know that we love them and want them to succeed. Those more senior (older or more feeble) need our visits, telephone calls, and our help in getting little things done. Believe it or not, those things we take for granted today may not be easy for us to do tomorrow. Our bodies are changing. (3) Eat more healthy foods and engage in healthy exercises. We have heard and read that certain vegetables and fruits protect us from cancer and other serious diseases. Be sure to include more of them on your plate and use less red meats. Let's save ourselves from some doctors' visits by eating healthy meals and getting fresh air and exercise. A personal note: I almost allowed myself to become a wheelchair prisoner, but I told myself that was not the life I wanted, so I fought against the pain and brought good health back to my life.) (4) Continue to communicate with some who are alone without family or close friends. If you have not experienced loneliness, you will never know what a phone call or visit with "I'm just checking on you to see if you need anything" means to the lonely person. You may be saving a life.

I am wishing great success to those new officers who will take over the task of leading us to higher grounds. Please work together and get your jobs done.

May God bless each of you with good health, sufficient wealth, loving families, and friends. These are ingredients that will add substance to your life and make each day worth looking forward to. Please keep me on your lists of friends.

REMEMBER; IF WE WANT TO GROW, WE MUST EACH INVITE NEW MEMBERS TO OUR ASSOCIATIONS. WE ARE PASSING ON. WE NEED SOMEONE TO CONTINUE TO CARRY THE TORCH OF PUBLIC EDUCATION

An educated following is easy to lead. Uneducated followers cannot be reasoned with; therefore they cannot be lead without some sort of force. Let's stand for PUBLIC EDUCATION, fair pension increases, good health plans, and a legislative body which cares about the people they lead.

JOIN THE SCEA-Retired and the SCEA active, Vote for persons who know how to care—you have taught them therefore you know them, COME and be a part of our Advocacy Day events, Stand up for what is RIGHT!

ARLONIAL LOVES YOU, YOU, AND Y O U! Keep working together and we will overcome.