

PERSPECTIVES

March 2016

PRESIDENT'S LETTER



Hello March and goodbye to bad winter storms, we hope!! We are sorry that Frank Walker's presentation had to be cancelled, but we are hoping that he will be able to come back in September.

A month of important dates coming up which include, Daylight Savings Time the 13th, St. Patrick's Day is the 17th, First Day of Spring is the 20th, Good Friday is the 25th and Easter is the 27th. Our calendars do get filled up with the usual dates and then we start adding in the doctor appointments, club meetings and oh, my goodness, our weeks get so filled up we wonder when can we have a day to ourselves! Ha! Ha!

Our bi-monthly board meeting is Monday, the 14th at 9:30AM at the Woods Center. Any AARP member is welcome to attend. Please feel free to call me if there is a special subject you would like to put before the board members so I can put it on the agenda.

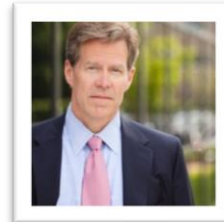
I am pleased to announce that David Krause is taking over the Volunteer Hours duties starting this month. We also have some new volunteers for the Lions Eye Glass project. I send a big "Thank You" to all of our members who offer their time for one project or another. Every bit of our time is appreciated no matter how little it may seem to us.

I look forward to seeing you all at the meeting on Monday, the 21st. A Happy Easter to everyone.

A couple of thoughts for the day: "No matter how you feel, get up, dress up and show up. Remember, life is not measured by the number of breaths we take, but by the moments that take our breath away."

Carolyn Durphy

MARCH MEETING



John Ryan



John Coppola

John Ryan and John Coppola to Speak About Estate Planning

by Charlotte Baker, Publicity, AARP Chapter 5239

John Ryan and John Coppola will be bringing information welcomed by responsible adults – which is all of us, right? – about financial planning. Estate planning can be a broad and intimidating subject, but they will focus on passing on one's assets to heirs, in particular the use of Revocable Living Trusts and the essential legal documents everyone should have. They will leave some time for questions and answers.

AARP members and visitors are invited to come to the LOW Clubhouse on Monday, March 21, at 9:30 AM for coffee and sweets. Take this opportunity to be with old friends and make new ones. The meeting begins at 10 AM. And don't forget to go to the website at www.aarp5239.org to see issues of the chapter newsletter, *Perspectives*, plus additional information about events being planned for 2016 and photos of previous activities.

MEDICAL NEWS:

Healthy Lifestyle to Help Avoid Prostate Cancer

by Sandi Frame

This paragraph is for the men. A healthy lifestyle may substantially reduce the risk of dying from prostate cancer, according to a new analysis of two studies involving 63,000 male health professionals (ages 40 to 64) in the *Journal of the National Cancer Institute*.



The researchers followed the men for at least 10 years, looking at six lifestyle habits that have been linked to reduced risk of advanced prostate cancer: exercising vigorously; not smoking (at least for the last 10 years); maintaining a healthy weight; eating fatty fish (at least once a week); eating tomato products (rich in lycopene) most days; and limiting processed meat (no more than three servings a week). Men who had at least five of these healthy habits were about half as likely to die from prostate cancer as those who had only one or none. The biggest benefit appeared to come from vigorous exercise. The eating part of this diet does not sound hard to follow however the vigorous exercise should be discussed with your physician if this has not been a part of your daily routine.

Source: *University of California, Berkeley Wellness Letter*, Volume 12, Issue 7, March 2016

SILENT AUCTION: TOO SLOW A START



January was a start to the New Year, and this chairman was relieved when Mother Nature forced us to cancel the February meeting. Why? Because not one single item was donated for the auction.

Surely we can do better than that? Please, clean out those closets, cupboards and utility drawers. Challenge yourself, please. Phone me to arrange pick up or delivery (972-7866).

SUNSHINE REPORT

by Joan Albertella

Get well cards sent to Bonnie Rowan, Frank Liberti and Marilyn McKay. If you know of someone who is sick, has had a death in the family or needs cheering up, call Joan Albertella (972-7779) or email her, jfa1041@comcast.net. If you know the address, please include it.

Also, if you have a surplus of Get Well and Sympathy cards and would like to donate them to the Sunshine Committee. Please bring to the meeting or contact Joan.

GET CREDIT FOR VOLUNTEERING!

All chapter members are encouraged to keep a log of their volunteer hours and turn them into Dave Kraus, our Volunteer Hours



Coordinator. At the end of the year, Dave will report our total to the chapter, the LOW community, and the state AARP. That way others will know how generous Chapter 5239 members are in serving their community.

Please include in your reports all volunteer hours you have worked, even if they were under the banners of other organizations such as LOWA, the Lions/Lionesses, PTA, church organizations, etc. You even can include "self-initiated" volunteer hours such as helping out a non-family neighbor.

Some chapter members keep a piece of paper on their desks or kitchen counters on which they note hours they have recently put in. Then they can send them to Dave (krausman369@gmail.com); call them in (571-334-4913); or register them at the volunteer table at the monthly chapter meeting in the Clubhouse. You may report hours as frequently as you wish.

If all of us report our hours, we will be astonished at the year-end total!

Volunteers Needed to Help With Eyeglass Processing.

More volunteers are needed to help with



Lion's eyeglass processing on the last Wednesday of the month from 9:00-12:00 at the Ferris Building. Some of the duties include: washing, drying, checking for scratches and broken frames and sorting the donated glasses.

Training will be provided. Contact Joan Albertella at 972-7779 if you are interested.

MARCH Birthdays

(Pisces and Aries)

Frank Buttimer, Joann Buttimer,
Diane Capps, Peter Cassese
Connie J. Connon, Arlene DeSimone
Allita Edwards, Jeanette Embrey
Norma Ervin, Kathleen Fisher
Steve Futato, Peggy Grella
Thomas Hamilton,



Joyce Haring

Gale Henderson, James Holliday
Candice Hovanetz, Lee Huminik
Marianne Kraus, John Lacey, Bill Lanier,
Violet Liberti, Jean M. Molinari
Maurice Moody, Pam Nalls, Joe Nolan
Millie Nowers, Shirley Pfile,
Phyllis Pulice, Anthony Quattromani,
Betty Scheuermann, Haag Scott
Sue Silliman, Nora Simpson,
Stephanie Sloan, Janet Terry, Paul Tobin
Ralph Watterworth, Joe E. Wright
Gerald Young

DUES! DUES! DUES!

by Carla Wascalus, Membership



It is getting to be that time of the year. Our Chapter dues run from January 1 to December 31. If you joined for the first time in September thru December, your 2016 dues are paid. They are \$7.00 per person. Make check out to AARP Chapter 5239, mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508 or pay at the March 21, 2016 meeting.

AARP Offers Free Tax Services at Low

AARP Foundation Tax-Aide volunteers will again be providing free tax return service to the residents and neighbors of the Lake of the Woods community. This service is free to low- and moderate-income taxpayers,



especially those 60 and older, although we welcome all with few exceptions.

LOCATION: Lower level of the Lake of the Woods Clubhouse.

HOURS OF OPERATION - BY APPOINTMENT ONLY. Every Friday 10:00 a.m. to 2:00 p.m. and Saturday 9:00 a.m. to 2:00 p.m. February - through April 16.

APPOINTMENT: Call Lucy Churchill at 540-972-7452 between 9 am and 8 pm. If no answer leave name, phone number and best time to call. **Please do not call for an appointment until you have all your documentation.** Walk-ins are only accepted if time allows and appointments will be handled on a priority basis. However, having an appointment is recommended.

TRIPS AND TOURS



Join the Travel Committee. Is there a trip within 100 miles that you would like to go on? If so, the travel committee could use another **volunteer** who is willing to take on the responsibility of organizing and leading a day trip or two.

Join Pierre on his final trip. He is retiring from the travel business. The trip is full; however, he will take a few standbys.



AMISHLANDS Trip

April 4 – 6, 2016, featuring Sight and Sound's "SAMSON." Three days, 2 nights, 2 dinners (including Shady Maple Smorgasbord), performance of "SAMSON" at the Millennium Theater, guided tour of the Amish countryside, including an Amish Craft Farm and a bake shop, Bird In Hand Farmers Market, and a visit to the Landis Valley Farm and Museum. Trip includes transportation, taxes and meal gratuities, drivers tip, and admission to



see **Price is \$399 per person double occupancy, and \$488 single. Make checks payable to AARP 5239 and mail to Pierre Payette at 114 Parliament St, Locust Grove, VA 22508.**

This is a great opportunity to see a Sight and Sound presentation; it is truly something to see.

Check out the fliers on this trip under Downloads on the Chapter web-site.

Chattanooga, TN: May 18-21, 2016



4 days, 3 nights, \$614 pp dbl includes 3 nights at the Choo Choo Hotel (originally the train station), 3 breakfasts, 3 dinners (one on the Southern Belle river cruise), 3 rides on different types of trains, Ruby Falls (world's tallest underground waterfall) and Rock City Gardens, bus transportation, all tips and taxes. A \$50 deposit (refundable if trip has to be cancelled) on sign up. Contact Roxanne Kessler, 703-403-7261 or roxkess@comcast.net. **Send checks, payable to AARP5239, to Roxanne at 601 Spring Lake Dr., Bethany Beach, DE 19930. The reservations must be made by March 16. Minimum passengers must reserve or trip will have to be cancelled.**



AARP Baseball Game

Wednesday, May 25th @ 1:00 PM
NY Mets vs. Washington Nationals
Tickets \$70.00 / person
Bus Departs 10:30 a.m. LLCH
For Info and reservations call: Dave Kraus - 571-334-4913 or John Trach - 540-972-4883

Fall Foliage Train Trip



Mark your calendars for Thursday, Oct. 6, 2016. Jerry Young is planning a trip to Romney, WV to ride the Potomac Eagle RR. Reservations have already been made. Lunch will be included in

the Club Car. Cost is projected to be \$100 per person for the train ride and meal, plus another \$40 or so per person for the bus and driver. The \$100 cost is a heavily discounted rate that Jerry negotiated with the RR. Details will be provided after they are worked out.

Fall Foliage Cruise

Join that **11 members and friends of the LOW AARP Chapter** that have signed up to go on an exciting 9-night fundraising cruise adventure to New England and Canada in **September 29 to October 9 2016**. Witness beautiful fall foliage vistas;



visit Boston, Massachusetts (walk the Freedom Trail); Portland, Maine (home of the oldest lighthouse in Maine); Bar Harbor, Maine (Acadia National Park); Saint John, New Brunswick (Bay of Fundy); and Halifax, Nova Scotia (picturesque Peggy's Cove). Depart via bus from the LOW Clubhouse to Baltimore. Contact AARP member Skip Poole at 540-972-7354 (spoole@cruiseone.com) for details. See flyer under DOWNLOADS on Chapter Website.



Everyone's Irish
On March 17th.



Coupons - Carla will be collecting the Betty Crocker labels & the box-top coupons for education. A special thank you goes to all those who save these items for charity.

OC Animal Shelter needs the following



items: towels, blankets, canned cat and dog food and kitty litter. Items can be brought to the meeting or dropped off with Betty Hughes.

The Lions Wilderness Food Pantry.



The Wilderness Food Pantry has a shortage of cereal among other items. Please be generous in your food donations this month. The Fredericksburg Regional Food Bank is also low on food, therefore, our pantry is not able to purchase needed items. If you are unable to shop, please leave your donations in the container provided each month. Items will be purchased with cash donations. Any checks should be written to the Wilderness Food. We should remember the less fortunate in our community. Thank you for your support.



March 13, 2016

TREASURER'S REPORT FEBRUARY 29, 2016

	2016 Budget	Current Month	January	YTD
Income				
Chapter Dues	\$2,400.00	\$331.00	\$488.00	\$819.00
Coffee	\$270.00		\$25.00	\$25.00
Election Day BBQ	\$5,660.00			\$0.00
Name Badges	\$40.00			\$0.00
Auction	\$880.00		\$57.00	\$57.00
50/50 Raffle	\$600.00		\$47.00	\$47.00
Other/Miscellaneous	\$400.00			\$0.00
Total Income	\$10,250.00	\$331.00	\$617.00	\$948.00
Expenses				
Administrative Costs	\$200.00			\$0.00
Election Day BBQ	\$2,600.00			\$0.00
Gifts/Donations	\$6,300.00			\$0.00
Insurance	\$120.00			\$0.00
Meeting Expenses	\$190.00			\$0.00
Name Badges	\$60.00			\$0.00
News Letter/ Web Site	\$200.00	124.26		\$124.26
Social Events	\$340.00			\$0.00
Sunshine	\$50.00			\$0.00
Other/Miscellaneous	\$190.00			\$0.00
Total Expenses	\$10,250.00	\$124.26	\$0.00	\$124.26
Accounts for Month				
Checkbook Balance				
01/31/2016	\$6,571.82			
Total Income	\$331.00			
Total Expenses	(\$124.26)			
Total Tours & Trips Received	\$11,754.00	Feb receipts		
		Feb		
Total Tours & Trips Disbursed	(\$13,263.00)	disbursements		
Checkbook Balance	\$5,269.56			
Interest Bearing Account	\$1,094.84			
Petty Cash	\$114.00			
Total Accounts	\$6,478.40			

AARP 5239
P.O. Box 945
Locust Grove, VA 22508

www.AARP5239.org
aarpchapter5239@yahoo.com

THIS MONTH'S MEETING March 21, 2016
Great Hall Clubhouse, 9:30 AM

Next Month's Meeting April 18, 2016
Great Hall Clubhouse, 9:30 AM



The Power to Make it Better

OFFICERS

President	Carolyn Durphy	1105 Eastover Pkwy	540-972-3306	dolph1nlvr@msn.com
Vice President	Larry Eiben	221 Harpers Ferry	540-972-1847	larryjeiben@gmail.com
Secretary	Lucy Churchill	110 Cumberland Circle	540-972-7452	glchur@comcast.net
Treasurer	Peggy Powell	103 Tall Pines	703-622-5401	pegpowl@aol.com

DIRECTORS

Director	Joyce Bowers	323 Yorktown Blvd	540-972-9325	Bjbower1@verizon.net
Director	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Director	Ed Rowan	139 Harrison Circle	540-972-9936	Rowan10_@yahoo.com
Director	Pam Nalls	328 Yorktown	540-972-5253	pnalls@verizon.net
Director	Sharon Webb	100 Confederate Circle	540-972-1666	sharon.webb@comcast.net
Past President	Tony Aris	301 Limestone Lane	540-972-2016	anthony48@aol.com

COMMITTEE CHAIRS:

Child Mentor Coord	VACANT			
Chicken BBQ Chair	Gil Churchill	110 Cumberland Circle	540-972-7452	glchur@comcast.net
Driver Safety Class	Su Bielmeier	1310 Eastover Pkwy	540-208-1914	driversafetyclass@gmail.com
Email/Membership/ Perspectives	Carla Wascalus	220 Fairfax Lane	540-972 -3436	aarpchapter5239@yahoo.com
Food Pantry Liaison	Norma Irvin	1313 Eastover Pkwy	540-972-0652	larryervin@verizon.net
Lead Greeter	Barbara Rueckert	221 Wakefield Dr	540-972-7566	blrjer@juno.com
Legislative	Tony Quattromani	110 Wakefield Dr	540-972-1324	aquattromani@comcast.net
LOW Name Tags				
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Program Chair	Tina Aris	301 Limestone Lane	540-972-2016	T.Aris34@yahoo.com
Program Committee	Violet Liberti	115 Parliament Street	540-972-1272	parliament115@verizon.net
Public Relations	Charlotte Baker	104 Hickory Ct	540-972-6620	Charl104@yahoo.com
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Road	703-298-1074	krausman369@gmail.com
Refreshments: Goodies	Ann Wood	110 Green Street	540-972-3326	callwood@aol.com
	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
Scrapbook Editor	Larry Eiben	221 Harpers Ferry	540-972-1847	larryjeiben@gmail.com
Silent Auction Chair	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Sunshine	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Tours/Travel	Roxanne Kessler	208 Cornwallis Ave.	540-972-8365	roxkess@comcast.net
	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
TRIAD	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
Volunteer Hours	David Kraus	127 Indian Hills	571-334-4913	Krausman369@gmail.com
Web Master	Dick Durphy	1105 Eastover Pkwy	540-972-3306	Dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington	724-523-5255	jandebun@yahoo.com
	Anne Goodwin	428 Birdie Road	540-972-2665	atgnc7@aol.com