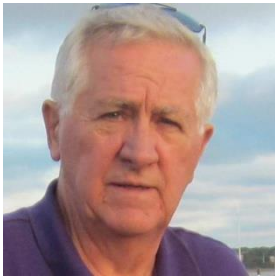


# PERSPECTIVES

June 2018

**AARP Locust Grove Chapter 5239**

web-site [www.aarp5239.org](http://www.aarp5239.org)



## **PRESIDENT'S LETTER**

**By Larry Eiben**

### **THANKS FOR ALL YOU DO!**

Can you believe it we are already half way through the year. I will admit it has been difficult at times with the storms and long periods without electricity. Hopefully nobody had any serious damage to your home or property. I never realized it would be so difficult without Internet and Television.

If you missed May's meeting, you missed a very special event by the Voices. The Voices are a group of singers who share their skills with various clubs, organizations and special events. The group was founded by Mandy Carr and it was obvious they love entertaining groups. They sang a variety of classics that rocked the house. Many thanks to Tina Aris and Violet Liberti for the exceptional job they do bringing musical talent and informational speakers to all of our General Meetings.

"One of the greatest gifts you can give is your time". This was evident on May 30 when 8 of our members completed a Community Day of Service at the Paul Stefan Foundation. Hats off to Joan Albertella, Gail Stoner, Barbara Ehlen,

Judy Eiben, Bill Ruark and John Trach for both their valuable time and effort in completing this project. The Paul Stefan Foundation provides a comforting, loving, pro-life haven for women facing a crisis pregnancy by offering hope, love, spiritual and emotional counseling. Our chapter can be proud of the work performed by these dedicated members in support of this organization.

It's that time again, our annual picnic will be held on June 18<sup>th</sup> so mark your calendars. In celebration of our 20<sup>th</sup> anniversary we have invited all past presidents to join us on what we hope will be a spectacular day. I have to believe Mother Nature owes us some nice sunny days so we can relax and socialize with our friends and neighbors.

I leave you with this to think about; "Life's most persistent and urgent question is, **What are you doing for others?**"

## **JUNE MEETING**

### **Program at AARP 5239**

**By Madeline Salustri, Publicity Chair**

Our really fun AARP meeting:  
The annual Picnic!

Come to the picnic on Monday, June 18th at the Lions Pavilion. There will be fabulous food! Members whose last names begin with A through J are asked to contribute desserts; those with last names beginning with K through Z are asked to bring side dishes. Beverages, hot dogs and hamburgers will be

provided. Please arrive with your dishes at about 11 am so that all can be set up by 11:30. Picnic hours are from 11:30 until 2 pm.

There will also be fun, fellowship and an interesting meeting agenda. Please call Larry at 540 840 5648 for further information.

## LOCUST GROVE AARP DAY OF SERVICE!

By Larry Eiben



Hip, Hip Hooray, Mother Nature was good to us for several hours so we could complete our “Day of Service” at the Paul Stefan Foundation on Wednesday, May 30, 2018. It was a memorable day and many thanks to Joan Albertella, Barb Ehlen, Judy Eiben, Gail Stoner, Bill Ruark and Mr. Reliable John Trach who devoted two days to this effort. The team did a masterful job of pulling weeds, planting flowers, tomato plants and cleaning up the area. Randy James, CEO, was extremely appreciative for the work done by our group. The Paul Stefan Regional Home & Education Center provides a place for life skills, training, nutrition, housing & support services to help women & their babies gain the confidence to transition to independent and productive living. We had the opportunity of having Randy A. James, President/CEO of the Paul Stefan Foundation as a speaker at one of our General Meetings. This inspired the Locust Grove AARP BOD to select this organization for our first “Day of Service”

in 2018. If you want to learn more about this organization and the wonderful job they do, I am providing the web address for your review([www.paulstefanhome.org](http://www.paulstefanhome.org)) I have to finish by again thanking Mother Nature for being patient and providing us this opportunity.

## MEDICAL NEWS

By Sandi Frame

### Vitamins Are Either Fat soluble or Water Soluble. What Does This Mean?

A fat soluble vitamin (A, D, E and K) must be dissolved in body fat before your body can use it. An excess of any one of these vitamins is stored in fat tissues and the liver until needed and not excreted in urine. These vitamins do not need to be consumed every day as long as your regular diet has some each week.

Water soluble vitamins (B complex and C) are dissolved in water and are not stored by your body. Excess amounts of these vitamins will be excreted in your urine. Because of this you should, if possible, eat foods with these every day.

To help preserve the vitamin content in your food, refrigerate fresh produce and keep dairy products and grain out of bright light.

The medical community debates about the need for vitamin supplements, in particular multivitamins. In general, if your diet contains plenty of fruits and vegetables and other vitamin rich foods, you may not need vitamin supplements. If your diet lacks the vitamin rich foods, supplements may be helpful. Talking with your doctor and maybe a dietitian may help you decide whether you need any supplements or maybe just a change in your diet that will provide the necessary nutrients your body needs.

You can find out more about the foods that contain these vitamins at: [www.livestrong.com/article/122499](http://www.livestrong.com/article/122499), then choose Foods Containing Vitamins A, C, D and K. This article also contains information on B and C.

by Joan Albertella



Get well card to Joe Pfeifer and Alice Clune

Thinking of you card sent to Patti Batten

If you know of someone needing a card or note contact Joan at [jfa1041@comcast.net](mailto:jfa1041@comcast.net). Please include their address if you know it.

**JUNE BIRTHDAYS**



Barbara Brant, Connie Buttimer  
 Lucy Churchill, Richard Durphy  
 Roxanne Kessler, Stan Lasover  
 Jan Moore, Vang Power  
 Craig Rains, June Romedy  
 Bonnie Rowan, Madeline Salustri  
 Judy Schrage, Sheila Souther  
 Greg Stoner, Ginny Thoms  
 John Trach, Sandy Wemmerus  
 Vicki Wood



**DUES, DUES, DUES ARE DUE !!!!**

Don't forget your dues for 2018, now ONLY \$10.00!

See Dick Durphy at the Treasurers Table at any meeting or mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508



**Become a Driver Safety Volunteer Instructor in the Lake.**

Are you passionate about keeping drivers safe on the road? Join a network of enthusiastic and dedicated volunteer instructors for the AARP Driver Safety courses. Volunteers are trained in-person and computer-based and are asked to teach 2-3 classes per year. The 8-hour class can be taught in a one-day or two-day format here in the Lake. I have been teaching the DS class at the Lake since 2014, but now we will be moving. I will train you and provide assistance to help you onboard. You would need to complete a 3-hour online course, attend a DS class (there are monthly classes at Spotsylvania Parks & Rec) and co-teach with me at a Spotsy class or the Aug. 20 class at the Lake. If you might be interested, please contact me.

Lion Su Bielmeier 716-725-2674



**THE LIONS FOOD PANTRY**  
By Norma Ervin  
Chairman Food Drive

SUMMER IS ALMOST HERE AND SCHOOL WILL BE FINISHED SOON FOR THE YEAR. This means children who are given breakfast and lunch at school will now be having two more meals at home. For many in our community some children may go hungry. Our local Wilderness Food Pantry serves families with children and need our help. We normally do not bring food to our yearly AARP picnic but if you wish to bring I will be happy to take the items to the pantry. Especially think of things kids like—peanut butter and jelly, canned pasta, cereal and fruit cups. All types of boxed dinners are always needed. If you wish to donate money cash will be collected or checks should be written to Wilderness Food Bank with AARP on the memo line. Thank you for all your support for our community needs.



Carolyn Durphy will be collecting the box tops for education coupons. All dates from 11-2017 are accepted. Leave in the container at the check-in table. Thanks to all who save.



**Silent Auction:**  
By Karen Kovarik  
Chairman  
SILENT AUCTION:

The 50-50 defeated the Silent Auction by a margin of almost 2 to 1. Clearly it is time we fold up our tent (or more exactly, our tables). Because of the June picnic we will have one more auction in July. However, starting in July unsold goodies will either be returned to the donor or given to Goodwill. Quarterly auctions will resume in November so that you can shop for stocking gifts. Again, unsold items will not be stored.

If you do have goodies for the July auction, you may phone me for pick up or delivery (972-7866), or just bring them to the meeting.

Remember, our new fund raiser is 'LIVE TO EAT'. Plan to enjoy dinner at Panera's on July 17 from 4-8. Coupons will be distributed at our June meeting, and must be used for us to receive credit. Do invite friends to join you.



The 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.

**TRIPS AND TOURS**



**See the Nationals Play Ball!  
Baseball Trip Sept. 22, 2018**

**By Pierre Payette**

**Opryland Country Christmas.** 4 days - 3 nights. Sunday, December 2 – Wednesday December 5. Nashville, Tennessee. 2 nights stay at the **Gaylord Opryland Resort Hotel**, adorned in all it's Christmas splendor. Includes a Country Christmas Dinner Show featuring **Trace Adkins**, and a Broadway-style performance at the Grand Ole Opry House. Prices are \$699 per person (double occupancy), and \$1048 per person (single occupancy). Price includes a tour of Nashville, luggage handling, taxes and meal gratuities, motorcoach transportation, and gratuity for motorcoach driver. Please call Pierre Payette at 972-0519.

**NOTICE!** This trip has turned out to be very popular, and is **SOLD - OUT**. Because of my liberal refund policy, I expect there will be some cancellations during the next 6 months. I am taking names for a standby list. No deposit required until, or if your name comes up. I will call people in the order that they have signed up as standbys.

Our chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, Sept. 22, and the opponent is the New York Mets. The game starts at 4:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 1:15.

The trip is open to the entire LOW community. \$75 per person covers the bus ride and a game ticket. You may include as many other people in your order as you wish as long as space is available. **Your reservations cannot be made until we have received payment [check(s)]. Seats will not be held without payment.** Make your checks payable to "AARP Chapter 5239".

Our seats will be near where the bus will unload. They are on the lower/field level down the first base line facing the outfield. An elevator is available for folks who choose not to climb the long staircase up to the stadium.

Mail or give your checks to John Trach (104 Constitution Dr.), Nick Duy (606 Cornwallis Ave.), or Dave Kraus (127 Indian Hills Rd.). Questions? – John (972-4883); Nick (972-0350); Dave ([krausman369@gmail.com](mailto:krausman369@gmail.com); [571-334-4913](tel:571-334-4913)). World Series or bust!

**GENERAL MEETING  
MAY 21, 2018  
HIGHLIGHTS OF MEETING**

**By Lea Lebar**

**Guest Speaker** Entertainment was on the agenda for this month's meeting. Violet Liberti introduced The Voices, a group of singers who enjoy singing together and sharing their singing skills to assisted living facilities, organizations, various clubs and special events. These singers are all volunteers and only ask for donations so they can purchase music. This large group of singers was founded by Mandy Carr in September, 2015 and welcomes anyone with a singing voice.

An ensemble of twelve sang a variety of songs beginning with one from the 1940's and ending with a timeless classic.

The amount of \$157.00 was collected and presented to them.

**Membership** Ralph Scheuermann announced that 6 guests were present at the meeting and 5 new members joined this month.

**Joint Fund Raiser** Norma Ervin informed the group that Panera Bread in Central Park will donate 20% of each purchase made Tuesday, July 17 from 4:00-8:00 p.m. if a fund-raising certificate is presented. The proceeds will go to the Lions Food Pantry.

**Tours & Travel** Skip Poole reminded everyone of the Germany

Christmas Tour in December, 2019. If interested phone Skip at: 540-972-7354.

Barbara Ehlen has a new one-day trip available through the Shenandoah National Park Wednesday, October 17.

She also has scheduled a tour of the White House on either December 14, 18 or 20, depending on White House confirmation. Contact Barbara at: 540-972-4651 for details.

**Baseball** John Trach announced that the trip to see the Nationals play the Giants June 9 is a sell out.

He has another trip available on September 22 to watch the Nationals and the New York Mets. John can be reached at: 540-972-4883 for details.

**July 7 Celebration** Carolyn Durphy has reserved a shady spot at The Point for the AARP table. She is looking for volunteers to assist at the table from 12:00 noon to 4:00 p.m. She also needs volunteers to walk in the parade and carry the banner.

**2018 Directory** Dick and Carolyn Durphy are compiling the 2018 Directory listing all the Lake of the Woods residents, addresses and telephone numbers. Please contact them at: 540-972-3306 if you have additions or changes.

**Garden Tour** Joy Poole wanted to remind everyone of the Garden Tour, June 2, hosted by the Garden Club. Ticket price is \$20, if

purchased in advance or \$25 at the door.

**June 18 Picnic** The picnic will be held at the Community Center Lions Pavilion. Members whose last names start with A-J are asked to bring desserts and members whose last names start with K-Z are to bring side dishes. Please have the dishes on hand by 11:00 a.m. as serving will begin at 11:30 a.m. Marianne Kraus, Alice Grgas and Ann Wood have a sign-up sheet for volunteers to help.

**Director** Dick Bradie has resigned as a Director for health reasons. Pierre Payette volunteered to take over the position. The question was asked at the meeting if anyone else would like to take Dick Bradie's Directorship and no one else volunteered so a motion was made and seconded to elect Pierre Payette as Director replacing Dick Bradie. Motion passed.

**Day of Service** Volunteers will do some landscaping at the Paul Stefan House in Orange on May 30.

**Silent Auction** Karen Kovarik said the last silent auction will be in July.

**Orange Senior Picnic** An All Volunteer Picnic will be held Thursday, May 31 starting at 10:00 a.m. at the Orange Senior Center in Orange, Virginia. Everyone is invited. Contact DeeDee Holmes-Perkins at: 540-672-5926 if planning on attending as she must have an accurate count.

**Refreshments** A thank you to Marianne and Dave Kraus, Ann Wood and Alice Grgas for all their help with refreshments and beverages at each meeting.

**AARP CHAPTER 5239  
FINANCIAL REPORT**

<b>INCOME</b>	<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>	<b>APRIL</b>	<b>MAY</b>	<b>TOTAL</b>
50/50 Raffle	\$62.00	\$63.00	\$47.00	\$55.00	\$65.00	\$292.00
Auction	\$0.00	\$72.00	\$36.00	\$45.00	\$38.00	\$191.00
Chapter Dues	\$563.00	\$164.00	\$204.00	\$110.00	\$570.00	\$1,611.00
Coffee Fund	\$27.00	\$24.05	\$14.95	\$32.00	\$16.00	\$114.00
Name Badges	\$12.00	\$0.00	\$6.00	\$18.00	\$0.00	\$36.00
Miscellaneous	\$50.00	\$0.00	\$0.00	\$0.00	\$0.00	\$50.00
Tours & Trips	\$1,571.00	\$12,181.00	\$3,115.00	\$1,100.00	\$1,407.60	\$19,374.60
<b>TOTAL INCOME</b>	<b>\$2,285.00</b>	<b>\$12,504.05</b>	<b>\$3,422.95</b>	<b>\$1,360.00</b>	<b>\$2,096.60</b>	<b>\$21,668.60</b>
<b>EXPENSES</b>						
Administration	\$11.39	\$0.00	\$0.00	\$0.00	\$72.00	\$83.39
Insurance	\$0.00	\$0.00	\$0.00	\$0.00	\$102.00	\$102.00
Meeting Expenses	\$0.00	\$0.00	\$0.00	\$62.34	\$0.00	\$62.34
Name Badges Expenses	\$15.80	\$0.00	\$0.00	\$31.59	\$0.00	\$47.39
News Letter/Web Site	\$0.00	\$0.00	\$164.05	\$75.41	\$0.00	\$239.46
Other-Misc Expenses	\$0.00	\$15.00	\$0.00	\$0.00	\$30.00	\$45.00
Tours & Trips Expense	\$1,150.00	\$12,695.00	\$275.00	\$2,640.00	\$150.00	\$16,910.00
<b>TOTAL EXPENSES</b>	<b>\$1,177.19</b>	<b>\$12,710.00</b>	<b>\$439.05</b>	<b>\$2,809.34</b>	<b>\$354.00</b>	<b>\$17,489.58</b>
<b>BALANCE</b>	<b>\$1,107.81</b>	<b>-\$205.95</b>	<b>\$2,983.90</b>	<b>-\$1,449.25</b>	<b>\$1,742.60</b>	<b>\$4,179.02</b>
<b>AARP CHECKING</b>						
Balance Beginning	\$2,870.45	\$3,978.26	\$3,772.31	\$6,756.21	\$5,306.87	
Income	\$2,285.00	\$12,504.05	\$3,422.95	\$1,360.00	\$2,096.60	
Expenses	-\$1,177.19	-\$12,710.00	-\$439.05	-\$2,809.34	-\$354.00	
<b>Balance End</b>	<b>\$3,978.26</b>	<b>\$3,772.31</b>	<b>\$6,756.21</b>	<b>\$5,306.87</b>	<b>\$7,049.47</b>	
<b>PETTY CASH</b>	<b>\$114.00</b>	<b>\$114.00</b>	<b>\$114.00</b>	<b>\$114.00</b>	<b>\$114.00</b>	
<b>AARP SAVINGS</b>	<b>\$1,097.08</b>	<b>\$1,097.16</b>	<b>\$1,097.25</b>	<b>\$1,097.34</b>	<b>\$1,097.43</b>	
<b>TOTAL FUNDS</b>	<b>\$5,189.34</b>	<b>\$4,983.47</b>	<b>\$7,967.46</b>	<b>\$6,518.21</b>	<b>\$8,260.90</b>	



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

[www.aarp5239.org](http://www.aarp5239.org)

This Month's Meeting: June 18, 2018  
Sweetbriar Park, Lions Pavilion

Next Month's Meeting: July 18, 2018  
Great Hall, Clubhouse 9:30



## The Power to Make it Better

### OFFICERS

President	Larry Eiben	221 Harpers Ferry Drive	Larryeiben@gmail.com
Vice President	Peggy Powell	103 Tall Pines Trail	Pegpowl@aol.com
Secretary	Lea LeBar	133 Parliament Street	Llebar36@gmail.com
Treasurer	Dick Durphy	1105 Eastover Parkway	dickd9@msn.com

### DIRECTORS

Director	Norma Ervin	1313 Eastover Parkway	normaervin@verizon.net
Director	Joan Albertella	111 Patrick Henry Court	jfa1041@comcast.net
Director	Ed Rowan	139 Harrison Circle	Rowan10_2000@yahoo.com
Director	Skip Poole	262 Washington Street	Poole123189@comcast.net
Director	Pierre Payette	114 Parliament Street	pierre114@verizon.net
Past President	Carolyn Durphy	1105 Eastover Parkway	dolph1nlvr@msn.com
Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry Drive	larryjeiben@gmail.com
Driver Safety Class	Su Bielmeier	1310 Eastover Parkway	driversafetyclass@gmail.com
<b>Email</b>	Dick Durphy	1105 Eastover Parkway	Dickd9@msn.com
Eye Glass Recycling	Joan Albertella	111 Patrick Henry Court	jfa1041@comcast.net
Food Pantry Liaison	Norma Ervin	1313 Eastover Pkwy	normaervin@verizon.net
Lead Greeter	Pierre Payette	114 Parliament Street	pierre114@verizon.net
Legislative	Tony Quattromani	110 Wakefield Drive	aquattromani@comcast.net
LOW Name Tags	Carolyn Durpny	1105 Eastover Parkway	Dolph1nlvr@msn.com
Medical	Sandie Frame Ralph	103 Woodland Trail	SandraFrame@Verizon.net
Membership	Scheuermann	110 Larkspur Lane	picaplus@comcast.net
Perspectives	Peggy Powell	103 Tall Pines Trail	pegpowl@aol.com
Program Chair	Tina Aris	301 Limestone Lane	T.Aris34@yahoo.com
Program Committee	Violet Liberti	115 Parliament Street	parliament115@verizon.net
Public Relations	Madeline Salustri	202 Cornwallis Avenue	madalsal@comcast.net
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Road	krausman369@gmail.com
Refreshments: Goodies	Ann Wood	110 Green Street	callwood@aol.com
	Alice Grgas	505 Birdie Road	algrg517@aol.com
Silent Auction Chair	Karen Kovarik	501 Wakefield Drive	dkkovarik@aol.com
Sunshine	Joan Albertella	111 Patrick Henry Court	jfa1041@comcast.net
Tax Aid Program	Lew Sherman		
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	wisecruiser@hotmail.com
TRIAD	Pierre Payette	114 Parliament Street	pierre114@verizon.net
Volunteer Hours	Delores Wiberg	35442 Wilderness Shores Way	
Web Master	David Kraus	127 Indian Hills Road	Krausman369@gmail.com
Woods Cares	Dick Durphy	1105 Eastover Parkway	Dickd9@msn.com
		230 Birdie Road	lowreindeer@comcast.net
		219 Washington Street	jandebun@yahoo.com