



## **PERSPECTIVES – OCTOBER 2024**

### **President's Letter – Garry Archer**

This past month has taken some unexpected turns. For the first time in memory we had to cancel our September general meeting due to Covid and Covid exposures. Fortunately, we will have our September speaker (Orange County Tourism) back with us in October.

As we continue our club goal of new members - Pam and I were at the LOW- LINC walk-a-thon event manning a table there. We had several positive responses to our club and hopefully some new members will be coming on board.

In our October meeting we are encouraging anyone who is interested in joining a committee (not chairing but simply assisting) to do so. There will be sign-up sheets for all committees. It would be great to see and hear from new folks.

Please remember that we are still collecting for our local food pantry and we are also in need of egg cartons there.

In closing, I just want to remind you all that there are new Covid and Flu vaccines available in most stores with pharmacies. I understand that this is a personal choice but please do consider this as a viable option to keep yourself safe and healthy.



## **RAKING THE RIGHT WAY - Joan Albertella**

It's that time of year – Beautiful leaf colors but falling off the trees!!

Wear a long-sleeved shirt, pants, socks, and comfortable shoes or boots.

Apply sunscreen to exposed skin.

Make sure your rake is proper height so you can control it.

Wear gloves to protect your hands.

Pace yourself, take breaks, and drink plenty of water.

Bag smartly – don't overstuff - bend at your knees to collect leaves and then stand slowly.

After raking, do some low back stretches or take a walk. (Mayo Clinic Health Letter)



## **October Birthdays – Pam Archer**

Abundant October birthday wishes to: Pam Archer, Charlotte Baker, Christine Bregar, James Bregar, Susan Burt, Ted Burkes, Krishana Chinn, Sandra Davis, Stephen Davis, William Goetz, Dave Kraus, Lea LeBar, Grace McEuen, Agatha Mucciacciaro, and Bobbie Prees.



## Explore Orange County – Karen Kovarik

One cannot live in Orange County and not be awed by her history, but the current Orange also has her charms, the recent water crisis notwithstanding. Our speaker this September is Shannah Mort, who for the past year has worked for Orange County Economic Development and Tourism as the Tourism Counselor, and is also currently the Executive Director for The James Madison Museum of Orange County Heritage. Prior to working for Orange County, she was the curator at The Exchange Hotel Civil War Medical Museum in Gordonsville and worked for Louisa County. Her husband also works for Orange County as Chief of Fire & EMS, and they live on Lake Anna with their children. Her presentation covers the diverse attractions, activities, culinary experiences, historical venues, and community events that make Orange County, Virginia, a unique and vibrant destination. We'll also dive into the vibrant community events, including annual festivals like the Orange Street Festival, farmers markets, and seasonal celebrations that engage both residents and visitors throughout the year. This presentation will provide a comprehensive look at all the experiences Orange County has to offer, making it clear why it's a wonderful place to visit and call home.



## Sunshine Report - Carolyn Durphy

A card was sent to the family of Joe Wascalus who passed away on September 6. Please, if you know of anyone that has been ill or would like cheering up or has passed away let me know.

