



## ***PERSPECTIVES – JULY 2024***



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

The June picnic is now a fond memory. While it took a bit to get it done, the old adage "many hands make light work" certainly came into play here. I again thank all who helped make this event a success.

And as we swing into summer, we start with a great program on the local library system and all the services available within its walls. I also would like to remind all members that as we have summer company coming in, please remember that all folks are most welcome to attend our meetings as guests.

Speaking of our meetings, I do need to say that we are truly fortunate to be able to have meetings as we do at the Clubhouse. I doubt there is another club in the state with such a fine venue. We sit with a view of the lake and the beach in air-conditioned comfort. The good folks at the Clubhouse set-up and break down the meeting for us. This is really a terrific service we receive from them. With all that said, I encourage all to consider the Clubhouse when making a dining choice for those special occasions.

Finally, speaking of those "Special Occasions", our AARP Chapter is sponsoring a great trip to Montreal with our very own Pierre Payette leading the group. Montreal is one of the cleanest, safest cities in the northeast. And if you need to know about the shopping opportunities you can check with my wife. Actually, who am I kidding – I shop as much as anyone.... But really this is a fantastic trip and if you opt to go you will be traveling with friends and neighbors.

In closing I hope to see all of you at our next meeting on the 15th at 9:30 for social time. No matter the weather outside, it's beautiful here in the Lake. So come in, grab a coffee (thank you Kraus's) and perhaps a snack (thank you Ann and Rani) and have a seat with your neighbors and friends.

### **AARP Explores the World - Karen Kovarik**

On Monday, July 15<sup>th</sup> at 10am in the great hall of the Clubhouse AARP will welcome our Wilderness Branch Librarian, Michelle Beamer. She will speak on the wide offerings of the library which opens the doors to the world, books and beyond.



Michele grew up and still resides in Culpeper with her husband Greg, college-age twin sons, a corgi, and two mischievous cats. In her spare time, Michele enjoys reading mysteries and traveling with her family.

After graduating from Mary Washington College with a Bachelor of Arts in International Affairs in 1991 and working as a legal assistant for several years, Michele followed her heart and earned a Master of Science in Library Science from The Catholic University of America in 1999. She then joined the Orange County Public Library System as the Branch Librarian at the Wilderness Branch Library where she has served in that role for 25 years.

The library is a vital part of the local community, connecting people with information and with each other. Michele will be giving a presentation that highlights the collections, programming, and services currently available at the Wilderness Branch Library, with a focus on adult offerings. She will share why a library card is the most valuable card in your wallet!

The meeting is open to all. Come at 9:30 to enjoy coffee, treats, and a chance to chat with old friends and make new.

### **Name Tags – Carolyn Durphy**

They are here!! All the people that ordered name tags at the picnic will be able to pick them up at the meeting on Monday July 15<sup>th</sup>. If you will not be there, please contact me to make arrangements for picking them up.

## **Recycled Bags – Nan Lamb**

As has been mentioned before, the LOW Lioness Club is collecting plastic bags for the NEXTREX Recycling Challenge. A reminder that Drop-off boxes are located on the front porches at 319 Liberty Blvd and 419 Wilderness Drive. Or you can bring them to our meetings and Nan Lamb will deposit them appropriately.

For a list of items to be collected please see the May *Perspectives*.

## **Sunshine – Carolyn Durphy**

Remember to include anyone who is not feeling well or just a “Thinking of You”. Just send me an e-mail or phone call.



## **Tours & Travel – Pierre Payette**

PLEASE, PLEASE, PLEASE! If you haven't thought about the trip to Montreal, please give it some consideration. Sales are lagging for some reason. Talk it up with your friends, neighbors, and relatives. Get a small group together. I know that it is extremely hot, and we are talking December, but the cutoff date is mid-September, and that is not so far away. I have been getting a tremendous amount of interest, but not many signups. Some say that the price is too high, but if you check around, you will find that it is a bargain. Please reconsider going if you haven't already signed up.

December 1st - December 6th. (6 days, 5 nights) to Montreal, Canada, featuring Montreal Christmas Markets. City tour of Montreal, Montreal Underground, Notre Dame Basilica, and Montreal Christmas Markets. Package includes 5 nights lodging (3 in Montreal area), 5 breakfasts, 3 dinners, welcome and orientation, luggage handling, taxes and meal gratuities, motor coach transportation, and driver's and guide's gratuities.

Cost is \$950 pp double, and \$1349 pp single occupancy. Don't be left out, reserve your spot with a \$25 per person refundable deposit. Payments must be paid in full no later than September 14. Cancellation insurance is available and recommended.

Departure will be from Lake of the Woods, and Gordon Rd. Commuter Lot on Route 3 in Spotsylvania.

Valid U.S. Passport required.

Flyer can be viewed and downloaded at [AARP5239.org](http://AARP5239.org) under "downloads."

For information and reservations, contact Pierre Payette at [pierre114@verizon.net](mailto:pierre114@verizon.net) or 540-972-0519.

## **LOW Adaptive Water Sports – Kathy Saladino**



A big thank you goes out to the few AARP members who did volunteer at the LOW Adaptive Water Sports Event in June after hearing our speaker, Lana Marr, tell us about the organization at our November meeting. The volunteers I talked to found the day very rewarding and plan to volunteer again.

In that regard, the family event for special needs children and their families is coming up on the 10<sup>th</sup> of August and more volunteers are needed. The event was sold out within hours of it being made public!! The water ski club is completely busy with the skiing and tubing at the clubhouse dock; AARP people can volunteer for land activities around the point and at sailboat beach. There is a fishing dock, corn hole, and other land activities that need supervision. If you can give pontoon boat rides, you would be much appreciated. Land volunteers arrange for each person to have a personal floatation device (provided) and assist with getting the group arranged and on board; you just drive the boat!! It's that easy. Some cannot ski or tube and this activity is the only way they can get out and enjoy the water.

You can go to Lake of the Woods Adaptive Water Sports website (<https://www.adaptivewatersports.org>) and select the volunteer box. At the end you will give your contact information and can check a box on what you'd like to do. The event is free; there is a lunch break for all--again at no cost to you. I will be there; hope you will be too. They can't do the event without some non-water people volunteering to assist and as was said, this event is sold out for any additional special needs people to register so you will be busy.

## **July Birthdays – Pam Archer**

Sparkling July birthday wishes to: Robert Algera, Tony Aris, Susan Bhuller, Pam Derreberry, Albert Desoiza, Barbara Drumheller, Lynn LeHuray, Debbie McMahon, Peggy Pope, Doris Schluter, and Barbara Smith.



## **Thank You! – Kathy Saladino**

In May a letter was received from Kaci Daniel, Virginia Cooperative Extension based in Orange, thanking those AARP members who so generously donated to the financial scholarship fund to send deserving youths to camp this summer. A note was enclosed from Leland saying he was excited to learn archery and go fishing. He was excited for anything they had planned for the campers. You can see photos on the camp website ([om4hcamp.org](http://om4hcamp.org)) if you'd like to follow along. While camp is a special event, 4-H is a year around program and worthy of support.

## **Health Report Update - Suspicious Moles – Joan Albertella**

Although most moles aren't harmful, some can become cancerous.

Learn about how to recognize the signs of skin cancers including melanoma:

Asymmetry – Typical moles are round instead of oddly shaped. You should see an equal image on both sides.

Border – You should see where your mole starts and stops. You want moles to have a crisp, clean border instead of a scalloped or ill-defined border.

Color – A mole should be only one color and not made up of multiple colors. You also want your moles to look overall pretty similar to each other. If you have a mole that's a different color than the rest of your moles, that may indicate it needs to be evaluated.

Diameter – Any mole with a diameter larger than the size of a pencil eraser should be checked out.

Evolution – Any mole that is increasing in size or changing color or shape should be examined.

## **Food Pantry – Pam Derreberry**

Items especially needed during the summer months are condiments (ketchup, mustard, mayonnaise, pickles, relish, etc) and side dishes, such as stovetop stuffing, macaroni and cheese, rice dishes, etc. For your convenience, we collect Food Pantry items at each meeting.





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