

# PERSPECTIVES

June 2017

**AARP Locust Grove Chapter 5239**

web-site [www.aarp5239.org](http://www.aarp5239.org) e-mail [aarp5239@yahoo.com](mailto:aarp5239@yahoo.com)

## PRESIDENT'S LETTER



by Carolyn Durphy

*"June is busting out all over!"* Summer is on its way – June 21<sup>st</sup> is the official day. We have had our April showers in May this year and I'm hoping for more sunny warm days to be able to eat on the deck.

Our first event is the Free VIN Etching (vehicle identification number) this coming Tuesday, June 6<sup>th</sup>. Plan on bringing your car to have the etching done. It takes about 15 minutes and is a deterrent to auto theft. Look on our website for the poster for further details. We are also looking for a few more people to help that day. Please give me a buzz (972-3306) if you can.

Next, I look forward to our picnic at Sweetbriar Park on the 19<sup>th</sup>. Lots of great picnic food and yummy desserts, as usual there will be hamburgers, hot dogs and drinks and lots of conversation with friends. A "Heads Up" – if there is anyone that needs a ride, please call me (972-3306)! We want you there with or without a special dish.

On Friday the 16<sup>th</sup>, Dick and I are going to Williamsburg for a conference with other AARP Chapters in the area. There we exchange ideas and see what they are doing in their chapters. We will show off our LOW 50<sup>th</sup> poster that Larry Eiben designed and take along some of our recent Perspectives. We will also take pictures for the Website.

Saturday, July 1, is the LOWA Fourth of July Parade. We will use Tony and Tina Aris' golf cart to lead our walkers in the

parade. Please plan to walk with us. There will be a banner and decorations on the cart. If you don't feel you can walk the entire way, join us on the street by the announcement stand in your red shirt! After that is the AARP Table on the point. We will be located on the beachside of the area. There will be a sign-up sheet at the picnic this month for people to man the table for 1 hour increments from noon to 4PM. Jan Shifflett from TRIAD will also be there with us.

Whew – That's enough – Don't want to get too overwhelmed with things to do!! Fingers crossed for good weather for our upcoming events.

One last thought for the day – *"The biggest lie I tell myself is "I don't need to write that down, I'll remember it."*

## JUNE 17 MEETING

### A Red Letter Day: the Locust Grove AARP Picnic

by Madeline Salustrl, *Publicity*



Monday, June 19 is summer fun day for the Locust Grove AARP Chapter 5239. Come and join in friendship and fun at Sweetbriar Park where we will hold our annual picnic. There are fewer events more inviting than this festival of "eats" and enjoyment. Activities will begin at 11:30 at the Lion George Lewis Pavilion.

Hamburgers, hot dogs, beverages, paper products and utensils will be provided by AARP. Members are asked to bring a dish to share. A casserole, a side, a salad or a dessert

will round out the delicious grilled offerings. The party will take place rain or shine. Members don't miss this popular event. Here is an opportunity to invite a friend (or more) to join in the fun and friendship that define the Locust Grove AARP group. Show up! We'll see you there!

**NEW MEMBERS**

Welcome Athur and Lydia Miller and Karen Anderson who joined in May.

**JUNE BIRTHDAYS  
(Gemini and Cancer)**



Barbara Bryant, Sal Buccola, Connie Buttimer, Lucy Churchill, Richard Durphy, Rina Lace, Stanley Lasover, Jan Moore, Vang Power, Craig Rains, June Romyed Bonnie Rowan, Madeline Salustri, Judy Schrage, Sheila Souther, Greg Stoner, Ginny Thoms, John Trach, Sandy Wemmerus Jack Wolf

**MEDICAL NEWS**

**Is Antibacterial Soap No Longer Recommended?**

by Sandi Frame

Recent findings indicate there is no reason to use antibacterial soaps. They are no more effective than plain soap at getting rid of germs.

Lathering with soap helps lift germs from the skin so that they can be washed away. Many people purchase antibacterial products hoping that they will help prevent illness and



infection. According to the Food and Drug Administration (FDA), there is not enough evidence to support this claim.

There is also a concern that using antibacterial soap might contribute to the development of bacteria that are resistant to the antibacterial agents, making it harder to kill these germs in the future.

In 2013 the FDA asked manufacturers of antibacterial products to produce data regarding the effectiveness of these products. It is generally the manufacturer's job to show the safety and effectiveness of their products and whether they work as claimed. Given the lack of such data and the concern about potentially negative health effects, the FDA issued a final rule in 2016 establishing that most antibacterial active ingredients are generally not recognized as safe or effective in over the counter consumer antiseptic wash products. These products include liquid foam and gel hand soaps, bar soaps and body washes. Instead, the FDA advises the following best hand-washing techniques to prevent the transmission of germs:

- 1. Wet hands with clean running



water either warm or cold.

- 2. Lather well with liquid, bar or powder soap.
- 3. Rub hands vigorously for at least 20 seconds; hum the happy birthday song twice. Scrub all surfaces including the backs of hands, wrists, between fingers and under fingernails.
- 4. Rinse well with clean running water
- 5. Dry your hands with a clean or disposable towel.

If water and soap are not available a hand sanitizer with at least 60% alcohol is an acceptable substitute.

Source: *Mayo Clinic Health Letter, Volume 35, number 3, March 2017*

**SUNSHINE REPORT**

by Joan Albertella



A get well was sent to David Kovarik. If you know of someone who needs a card (get well, thinking of you or sympathy), contact Joan (972-7779 or jfa1041@comcast.net). Please include the address if you know it.

**SILENT AUCTION: On Vacation!**

by Karen Kovarik, Chairman

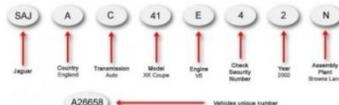


The Silent Auction will be taking a short summer vacation to enjoy AARP's picnic. Save your goodies for July when we will be back in business.

**AARP VIN ETCHING DAY**

by Carolyn Durphy, President

AARP Chapter 5239 will be hosting VIN Etching this June. Save Tuesday, June 6th to have your vehicle VIN numbered etched on your windows. This is a **FREE** service. It will be held in the lower parking lot of the Clubhouse from 10 a.m. to 2 p.m. No appointment needed.



**Report Your Volunteer Hours!!!**

By Dave Kraus, Volunteer Hours Coordinator



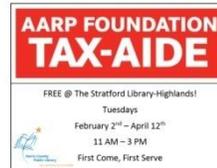
Each year Chapter 5239 tracks the volunteer hours our members contribute to

our community as one measure of our organization's commitment to our community. You may report hours worked on behalf of any organization, not just our chapter, as well as self-initiated hours such as those you devote to helping a neighbor or friend who's not member of your family. Last year our members logged over 7,700 hours, nearly the equivalent of four people working full-time all year to help others.

You can report your hours as frequently as you wish: as your work them, monthly, annually, etc. You can register your hours in a book that is available at all of our general membership meetings. Or you may communicate the hours to our Volunteer Hours Coordinator, Dave Kraus via email (krausman369@gmail.com) or phone (571-334-4913).

**AARP TAX AIDE FOUNDATION VOLUNTEERS NEEDED**

by Carla Wascalus, Volunteer



I know tax season is completed and you probably don't want to think about taxes again until next year unless you pay estimated taxes. Question, do you do your own taxes? Do you use a program on the computer such as Turbo tax? If you do, you can be a volunteer. The Lake of the Woods tax sight is in desperate need of people to work the tax program for our friends and neighbors. Our site did about 355 Federal and 349 State filings this year. In the last couple of years several of our workers have retired, so we really need help. We work on Friday (9:30-2:00) and Saturday (8:30-2:00) each week February until April 15. **Training will be provided as well as a laptop.** We are a friendly group and help each other out all the time. If you can't come every week that is all right, we accommodate vacations, appointments, and illness. Even if you could only work one day a week it would be helpful.

If you have questions or want to volunteer contact Carla at 972-2436 or [cpw\\_low@yahoo.com](mailto:cpw_low@yahoo.com). Thank you for considering.



**TRIPS AND**

**TOURS** Volunteers are still needed on the Travel Committee. Contact Carolyn Durphy at 972-3306 if you are interested in leading a trip. Pierre Payette, 972-0519, can give you some contact information about working with tour and bus companies.



**Another Ballgame 16 Sept. 2017**

The LOW AARP Chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Saturday, September 26, and the opponent will be the Los Angeles Dodgers. The game starts at 1:05p.m. Participants need to be on the bus in the Clubhouse lower level parking lot by 10:15 a.m.

The tickets are \$75 per person and cover the bus ride and a game ticket. Questions contact: John (972-4883); Nick Duy 972-0350 or Dave (krausman369@gmail.com; 571-334-4913). Play ball!

**Tangier Island** Wednesday, **July 12,** 2017. Enjoy a ride from LOW to Reedville, VA to sail on a one and a half hour



narrated cruise to

Tangier Island on the Chesapeake Bay. During your visit, enjoy walking around this historic fishing village, or take a mini-bus tour around the island. Have lunch on your own at the famous Hilda Crocketts Chesapeake House for an all-you-can-eat home-made meal. There are options for lunch at a few other restaurants or eat at the picnic area. Mid-afternoon board the boat to cruise back to Reedville for your return home. Price: \$97.00. Depart LOW lower parking lot at 7:00 a.m. return at 6:30 p.m. Cancellation policy: within 14 days no-refund. Make checks payable to Ship to Shore Tours. For more information contact: Barbara Ehlen 972-4651 or email [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com). Come join us for a fun day.

**St. Michaels, MD. Sunday, Aug. 13.**

Have a fun day at the Waterman Appreciation Day and Crab Feast. The trip includes admission to the Chesapeake Bay Maritime Museum an 18 acre campus with 18 exhibit buildings to walk around. Enjoy the festivities, contests, boat rides, live music, food and more.

Feast on the famous Maryland steamed crabs. Price: \$96. Depart LOW lower parking lot at 8:00am and return at 6:00pm.

All are welcome to join in to celebrate the heritage of the watermen and the history of the Chesapeake Bay

For more information contact Barbara Ehlen 972-4651 or email [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com)



**Tall Ships and Wooden Boat Festival Sunday**

**October 29, 2017**, \$96.00 leave 8:00 a.m. return 6:00 p.m.

For more information on all trips contact Barbara Ehlen 972-4651 or email [wisecruiser@hotmail.com](mailto:wisecruiser@hotmail.com). Also see flyers on chapter website under downloads for more information.

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.**



BREAKFAST

Food Pantry continues to need our assistance. The number of families needing support remains very high. School will soon be finished for the year which means the children will receive more meals at home. Our school system feeds two meals a day to many children, which gives relief to the family. Take advantage of grocery ads that say buy one get one free. Buy what you can use and donate the free one. Cereal, canned fruit and meats and boxed dinner mixes are always welcome. Money is always welcome and checks should be made to the Wilderness Food pantry. Continue to bring used grocery bags and paper egg cartons. Any questions, please call Norma at 972-0652.

**Coupons -**



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

**Highlights of the May 15 Meeting  
by Lea LeBar**

**Guest Speakers:** Jim and Michele Purton were introduced to the group by Violet Liberti.

The Purtons are professional dog trainers with the non-profit organization called Canine Companions for Independence which was founded in Santa Rosa, California in 1975.

These dogs are trained to be: Service Dogs, Skilled Companion Dogs, Hearing Dogs and Facility Dogs. The training of these animals begins when they are puppies and Labrador and golden retrievers are selected for their

strength and ability to transfer allegiance from their trainers to their disabled companions. It takes about two years to train these dogs and the graduation rate is about 55% successful. The working life of each dog is 8-10 years.

**Election Day BBQ:** Larry Eiben will take over as BBQ Chair.

**TRIAD:** The Wristband Program with the Orange County Sheriff's Office is available. For more information please contact Dick Bradie or Carolyn Durphy.

**Picnic:** The June 19 picnic is in need of volunteers and people to bring food.

**Programs:** Travis Stoner, a Physical Therapist will be guest speaker at the July Meeting.

**Silent Auction:** Karen Kovarik stated that the auction brought in about the same amount of money as the month before but is still less than previous months.



Treasurer's Report May 2017

	2017 Budget	Current mnth	Jan - Apr	YTD
<b>Income</b>				
Chapter Dues	\$2,150.00	\$77.00	\$1,475.00	\$1,552.00
Coffee	\$250.00	\$15.00	\$100.00	\$115.00
Election Day BBQ	\$5,500.00		\$0.00	\$0.00
Name Badges	\$40.00		\$12.00	\$12.00
Auction	\$800.00	\$47.00	\$152.00	\$199.00
50/50 Raffle	\$625.00	\$31.00	\$195.00	\$226.00
Post Trip remaining balance*	\$2,000.00	\$2,292.72	0	\$2,292.72
Other/Miscellaneous	\$100.00		\$43.00	\$43.00
<b>Total Income</b>	<b>\$11,465.00</b>	<b>\$2,462.72</b>	<b>\$1,977.00</b>	<b>\$4,439.72</b>

<b>Expenses</b>				
Administrative Costs	\$200.00	(122.64)	0.00	(122.64)
Election Day BBQ	\$2,600.00		0.00	0.00
Gifts/Donations	\$8,000.00		(200.00)	(200.00)
Insurance	\$120.00	(102.00)	0.00	(102.00)
Meeting Expenses	\$100.00		(101.97)	(101.97)
Name Badges	\$30.00		(10.54)	(10.54)
News Letter/ Web Site	\$200.00		(140.05)	(140.05)
Social Events	\$400.00	(100.00)	(46.29)	(146.29)
Sunshine	\$50.00	(11.27)	0.00	(11.27)
Other/Miscellaneous	\$50.00		0.00	0.00
<b>Total Expenses</b>	<b>\$11,750.00</b>	<b>(\$335.91)</b>	<b>(\$498.85)</b>	<b>(\$834.76)</b>

Tours and Trips	Total Received	Total Disbursed	Balance	bal 2016	Bal in 2017
Amishland 2017 Trip	\$15,128.72	(\$13,236.00)	\$1,892.72	\$100.00	\$1,992.72
Nationals Ball game 2017	\$4,440.00	(\$2,366.00)	\$2,074.00	\$200.00	\$2,274.00
Ship to Shore	\$300.00				\$300.00
<b>Total Tours &amp; Trips</b>	<b>\$19,868.72</b>	<b>(\$15,602.00)</b>	<b>\$3,966.72</b>	<b>\$300.00</b>	<b>\$4,566.72</b>

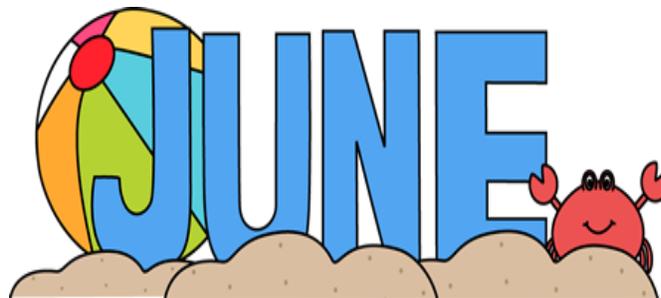
<b>Accounts for Month</b>				
Checkbook Balance 04/30/2017	\$7,764.14		Ckbk Bal 12/31/2016	\$1,719.27
Total Income	\$2,462.72		2017 incoming	\$4,439.72
Total Expenses	(\$335.91)		2017 outgoing	(\$834.76)
trip balance included in incoming	(\$2,292.72)		Trip balance including in incoming	)
Total Tours & Trips Received			Trip balance	\$4,566.72
Total Tours & Trips Disbursed				<u>\$7,598.23</u>
Checkbook Balance	\$7,598.23			
Interest Bearing Account	\$1,096.27			
Petty Cash	\$114.00			
<b>Total Accounts</b>	<b>\$8,808.50</b>			

AARP 5239  
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Locust Grove, VA 22508

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[aarpchapter5239@yahoo.com](mailto:aarpchapter5239@yahoo.com)

**This Month's Meeting: June 19, 2017**  
**Sweetbriar Park, Lions Pavilion 11:30**

**Next Month's Meeting: July 17, 2017**  
**Great Hall Clubhouse, 9:30 a.m.**



## 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	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
Treasurer	Peggy Powell	103 Tall Pines	703-622-5401	<a href="mailto:pegpowl@aol.com">pegpowl@aol.com</a>

### 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_2000@yahoo.com
Director	Skip Pool	262 Washington Street	540-972-7268	Pool123189@comcast.net
Director	Dick Bradie	832 Eastover Parkway	540-308-5507	Aceboggs16@yahoo.com
Past President	Tony Aris	301 Limestone Lane	540-972-2016	<a href="mailto:aanthony48@aol.com">aanthony48@aol.com</a>

### COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry	540-972-1847	larryjeiben@gmail.com
Driver Safety Class	Su Bielmeier	1310 Eastover Pkwy	540-208-1914	driversafetyclass@gmail.com
<b>Email/Membership/ Perspectives</b>	Carla Wascalus	220 Fairfax Lane	540-972-3436	aarpchapter5239@yahoo.com
Eye Glass Recycling	Joan Albertella	111 Patrick Henry Ct	540-972-7779	jfa1041@comcast.net
Food Pantry Liaison	Norma Ervin	1313 Eastover Pkwy	540-972-0652	normaervin@verizon.net
Lead Greeter	Pierre Payette	114 Parliament St	540-972-0519	<a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a>
Legislative	Tony Quattromani	110 Wakefield Dr	540-972-1324	aquattromani@comcast.net
LOW Name Tags	Carla Wascalus	220 Fairfax Lane	540-972-3436	aarpchapter5239@yahoo.com
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	Madeline Salustri	202 Cornwallis Ave	540-412-2950	madalsal@comcast.net
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
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	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wiscruiser@hotmail.com
	Pierre Payette	114 Parliament St	540-972-0519	<a href="mailto:pierre114@verizon.net">pierre114@verizon.net</a>
TRIAD	Doris 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