



## ***PERSPECTIVES – JUNE 2024***

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

As we look forward to warm weather and outdoor adventures, let's not forget we do have our AARP chapter's annual June cookout and pot luck lunch on Monday the 17th. Come for the camaraderie and the great food. With the use of the pavilion at Sweetbriar Park we are all guaranteed a dry seat no matter what's going on outside.

Looking ahead I recall a jingle from my youth - "It's the Latest - it's the Greatest - it's the Library!". That's right, we will have a presentation in July on our local library with all the services they offer and how to access them.

I also want to thank Pierre Payette for running a very well received trip this spring to Amish country. I also want to recommend his upcoming trip in December to Montreal. For those who haven't been to this great Canadian city, it really is a treat with excellent food, shopping galore, and a very safe environment. Best of all, basically all folks there are bi-lingual so no issues with language and if you know a bit of French, this would be your opportunity to try it out.

Another word of note and dates to remember – June 14<sup>th</sup> is Flag Day when we proudly fly the them, and a Happy Father's Day to all you dads and granddads on Sunday, June 16<sup>th</sup>.

In closing, I want to take a moment to again thank all those who make our club what it is, a vibrant and welcoming group. I thank each of you for your contributions to this club and your welcoming spirit. Hope to see you all June 17th!

## Tours & Travel – Pierre Payette

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 guides 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<sup>th</sup>. 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.



On our trip to Lancaster, Pennsylvania in April, some of our folks having dinner at the Dutch Apple Dinner Theater, where we enjoyed a meal, as well as a performance of "RAGTIME".

For additional pictures check them out on our website.

## Photographer Needed – Bill Ruark

As I am involved with the Junior Sailing Camp the day of the picnic and will not be able to attend, I need someone to take pictures at the picnic. Thank you for your help.

## **What, When and How Much You Eat – Joan Albertella**

What you eat, when you eat, and how much you eat play a role in making you feel bloated or not. There's no prescription for a diet that might help everyone because the gut microbiome differs from person to person. Also, you don't want to cut out fruits and vegetables entirely and miss out on their nutritional benefits.

Avoid fruits with high fructose and sorbitol levels – choose bananas, oranges, cantaloupe and berries.

Choose vegetables that digest more easily – dark leafy greens like kale, spinach, and swiss chard, broccoli, cauliflower and cabbage are hard to digest.

Go easy on beans – beans and lentils may cause bloating as they pass through the digestive system. They have complex sugars which you can reduce by rinsing canned beans or soaking dried beans. In addition, you can try alternatives such as tofu, tempeh and quinoa.

Skip the soda – drink still or flat water or try chamomile or ginger tea. Drink plenty of water during the day to support healthy digestion.

Source: Mayo Clinic Health letter



### **AARP June Picnic – Ann Woods/Rani Manhard**

Our AARP Picnic is coming on Monday June 17, at the Sweetbriar Pavilion! Please come at 11:00 AM with all your good food. Our Chapter will be providing hamburgers, hot dogs, condiments and drinks, along with paper goods. We can use helpers before and after to help set up and decorate tables and clean up at the end. It is always a good time to see friends and eat a great variety of food!

Hamburgers and Hot Dogs will be cooked and served by our volunteer Members. If you'd like to be a helper, please call/text President Garry Archer (540) 907-7579.

Many thanks to: Christine B, Pam D, Sandy D, Virginia W, Nick D, Susan T, Nan L, Irene P, Ruth L, Judy S, Pam A, and Ann W, who have all signed up to bring SIDE DISHES

And to: Pat L, Linda S, Kathy S, Elaine S, Peggy G, Beth D, and Carolyn D, who have all signed up to bring DESSERTS.

If you have not yet decided what to bring, surprise us! It's Pot Luck!

See you at the PICNIC!

## June Birthdays – Pam Archer

Jumping June birthday wishes to our members with June birthdays: Trish Burkes, Paul Conrad, Billie Cooke, Jeannie Holden, Judy Schrage, and Sandra Wemmerus.



## LOW Adaptive Water Sports - You Can Help!! – Kathy Saladino

If you recall our speaker, Lana Marr (from last November’s AARP meeting who spoke about LOW Adaptive Water Sports) asked for our help. Now is the time to volunteer!! The event is June 15, 2024 from 9:00 to 3:00 and it is free for all who attend.

You don’t need to be a water person to assist at the event. LOW water ski team has that part covered!! Help is needed from regular folks to help with registration, fishing place, pontoon boat rides, life jacket distribution and collection at each area, food distribution at lunch time and other tasks.

If you are available, these are the steps to register. Don’t worry about the language – all “tickets” are free for the veteran’s and volunteers—it’s just the language they have to use on the site.

1. Go to LOW Adaptive Watersports Foundation website:  
<https://www.adaptivewatersports.org/>
2. Scroll down to upcoming events and go to Register Here.
3. Select EVENTBRITE.
4. Select Wounded Veterans Watersports 2024.
5. Scroll down to “Reserve a Spot.”
6. Scroll down to “Volunteer.”
7. Select Checkout. Here you will put in your contact info and at the bottom explain time you can be there and add task you might like to do.
8. Complete all waivers.
9. At the event – check in at registration and pick up your volunteer wristband.

That’s it! I look forward to seeing you at this fantastic event for our wounded veterans in the nearby area. They really look forward to participating and many come back every year. If nothing else, come and do a look/see to cheer them on.

You can see that special ski that was shown at our meeting in use by the veterans!

If you enjoy yourself, there is another event for families and children with special needs in August that needs the same help as this event.



## Sunshine Report – Carolyn Durphy

A get-well card was sent to Pam Archer when she had her hip replacement.







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