

PERSPECTIVES

May 2017

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org e-mail aarp5239@yahoo.com

PRESIDENT'S LETTER



by Carolyn Durphy

"Thought April showers may come your way, they bring the flowers that bloom in May." And our April showers are bringing in May with beautiful azalea bushes, dogwood and red bud trees, and lots of other gorgeous flowers. The colors are so vivid this year. As I am writing this letter it is about 90 degrees and we have turned on the A/C! I love warm weather, meals on the deck/patio and just enjoying the outdoors. I love having my morning coffee on the deck and listening to the birds and seeing the squirrels come up to visit.

And now here is what is coming up at AARP Chapter 5239 in the next couple of months. We will be hosting vehicle VIN Etching on June 6th. We will have posters up around the area and also notices in the Lake Currents. Janet Shifflett, Orange County TRIAD Coordinator and some people from the sheriff's office will be there to help with this event. There will be a sign-up sheet at the meeting for people to help.

Our next event will be our picnic at Sweetbriar Park on June 19th. It is always such a great time. Mark your calendar for that date. There will be a sign-up sheet for this event also. The next event will be the 4th of July parade, which is on Saturday, July 1, and in the afternoon, we will have a table on the point to sign up new members.

This is going to be a busy summer with all the events for LOW's 50th Anniversary. Be sure to have a look at all the posters around the community with pictures of Lake of the

Woods from 1967 to the present. Our poster is in the Fareway's hallway for the time being but hopefully will be moved to the Clubhouse this month.

Please welcome our new Public Relations Chairman Madeline Salustri to our committee chairs and our new member Susan Burt who has offered her services to our Travel Committee.

A final thought for the month – *When I was a child I thought nap time was punishment. Now it's like a mini-vacation.*

May 15 MEETING



Jim and Michele Purton to Speak May 15 AARP Meeting.

by Sharon Webb, *Publicity*

Make a note to attend the May 15th meeting, when Jim and Michele Purton will be here to talk about Canine Companions for Independence (CCI). They will explain the history of CCI and how their dogs profoundly change the lives of people with disabilities. There will be a short demonstration with their puppy-in-training.

AARP members and visitors are invited to come to the LOWA Clubhouse on Monday, May 15 at 9:30 AM for coffee and sweets. Take this opportunity to be with old friends and make new ones and see what the silent auction has for you. The meeting begins at 10:00 AM. Remember to visit the AARP5239.org website to see issues of the Chapter newsletter, Perspectives, plus additional information about travels and events being planned.

NEW MEMBERS

Welcome to Charlotte Shackelford and Barbara Drumheller who joined at the April meeting.

MAY BIRTHDAYS

(Taurus and Gemini)



Patricia Batten, Owen Brady, Ed Bunting, James Buongiovanni, Diana Calegari, Lisa Callahan, Philip Carmona, Sally Denton, Larry Eiben, Linda Futato, John Gamble, Reggie Gavett, Alice Grgas, Richard Hall, Ramona, Lamom, Arthur Lieb, Clive Loudon, Jim MacIntosh, Rani Manhard, Harvey Miller, Linda Ogletree, Pierre Payette, Patti Pfeifer, Val Protiva, Edwin Roessler, Barbara Rueckert, Kathy Saladino, Robert Spencer, Linda Ticomb, Patricia Unkle, Cindi Webb, Marianne Winters

MEDICAL NEWS

What Can I Do To Prevent Leg Cramps?

by Sandi Frame

Nighttime leg cramps are involuntary muscle contractions in the calf, feet and thigh muscles. They may last from a few seconds to several minutes, and the muscle may remain sore even after the cramping stops.



Often, leg cramps develop for no apparent reason, but there are factors that may increase your risk; heavy alcohol consumption, dehydrations, sitting too long, prolonged standing, deficiencies in magnesium, calcium and other nutrients, and use of certain medications, such as diuretics and statin drugs. Medical conditions, such as flatfeet, spinal stenosis, peripheral artery disease and diabetes also are associated with nighttime leg cramps.

If you experience frequent leg cramps, ask your doctor if a medication could be to blame, whether you should be tested for nutrient

deficiencies and whether you require dietary supplements.

Things you can do to help: Stay well hydrated. Keep your bed covers loose so they don't press down on your feet and tighten your lower leg muscles.



Before you go to bed, take a warm bath or shower (directing the warm water at your affected muscles. Massage your leg muscles, or ride a stationary bike for a few minutes. Try stretching your leg muscles; sit with your legs extended and your knees straight. Grab the end of your foot and pull it toward you. Hold for 15 to 20 seconds, and do two to four repetitions with each foot.

Source: Women's Health Reporter, Volume 18, Number 3, March 2017.

SUNSHINE REPORT

by Joan Albertella



Get well cards were sent to Irene Payette and Karen Kovarik. Sympathy cards were sent to Ben Jason's family and Elaine Shirkey.

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: A SAD REPORT

by Karen Kovarik, Chairman

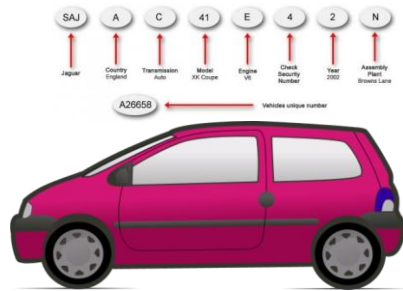


Regrettably the Silent Auction lost to the gamblers among you in March and April. Our stock of goodies needs to be replenished. I am not able to receive or pick up donations myself since I broke my wrist so PLEASE BRING your donations to the MEETING.

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 etched. It will be held in the lower parking lot of the Clubhouse from 10Am to 2PM. More details next month.



Report Your Volunteer Hours!!!

By Dave Kraus, Volunteer Hours Coordinator



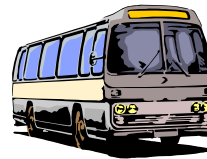
Each year Chapter 5239 tracks the volunteer hours our members contribute to our community as one measure of our organization's commitment to our community. You may report hours worked on behalf of any organization, not just our chapter, as well as self-initiated hours such as those you devote to helping 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).

DAR SERVICES TO VETERANS

By Marie Johnson, Service to Veterans & Historian, **Susannah Chandler Chapter DAR**

Our local Susannah Chandler Chapter, DAR, would like to thank the members of AARP for their generous contributions for Veterans needs for the Staunton, VA Veterans Clinic. A special 'thank you' goes to Norma and Larry Ervin who so kindly brought the items home to their garage to store them for me until we were over a wicked flu. As 'Service to Veterans' for our Chapter, it was so good to be able to call upon yet another wonderful service organization, our own AARP. "



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.



**MAJOR LEAGUE BASEBALL AARP Chapter 5239
Ballgame June 14, 2017**

At this moment is the bus is FULL but we are taking names for a waiting list. The LOW AARP Chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Wednesday, June 14, and the opponent will be the Atlanta Braves. The game starts at 4:05 p.m. and participants need to be on the bus in the Clubhouse lower level parking lot by 1:15 p.m.

The tickets are \$75 per person and covers 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!

A September game trip is in the works.

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. Come join us for a fun day.

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

Have a fun day at the Waterman Appreciation Day and Crabfest. The trip includes admission to the Chesapeake Bay Maritime Museum an 18 acre campus 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: \$96.00 For more information contact Barbara Ehlen 972-4651 or email wisecruiser@hotmail.com

Depart LOW lower parking lot at 8:00am and return at 7:00pm

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

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 APRIL 17 Meeting by Lea LeBar

Guest Speaker Dr. Owen Brady, Professor of Humanities, Emeritus was introduced to the group by Tina Aris.

Dr. Brady's topic was: Does Shakespeare Matter?

Shakespeare began writing in the late 1500's and his works still affect our economy today by providing: Teaching Jobs, Book Publishing, Shakespeare Festivals, Theater Companies, Summer-in-the-Park Events, Management and Leadership Workshops, Gifts and Souvenirs. Shakespeare's plays covered the gamut of mankind's characteristics and are still discussed and performed today. His literary achievements have been acknowledged for centuries all over the world.

Public Relations: Madeline Salustri is our new Public Relations Chair

Election Day BBQ: Volunteers are needed to Chair and/or Co-Chair the Election Day BBQ. Please contact Carolyn Durphy, if you are interested.

Picnic: Carolyn wants to remind everyone of the June 19 picnic at the Lions Pavilion at Sweetbriar Park.

July 1st Parade: Everyone is invited to come and participate in the parade.

Power of Attorney: Lee Frame shared information he received regarding a Power of Attorney document. If anyone has an official Virginia Power of Attorney document dated before 2010, it needs to be updated as the Virginia laws have changed.

DAR: Marie Johnson reminded the group that throws will be for sale at The Point during the July 4th celebration on Saturday July 1st. The cost for each throw is \$50. All the proceeds go to the veterans. (See picture of 40th Anniversary throw).

Tours: Barbara Ehlen reported that the Solomon's Island trip was successful and the weather cooperated as well. Washington National Cathedral Flower Mart trip is almost sold out. The Tangier Island trip and the Tall Ships in Maryland cruise are still available.

Refreshments: Alice Grgas asked for volunteers to provide refreshments at next month's meeting.



Report on Amish trip to Lancaster County

By Vicki Wood

Pierre Payette led a tour to Lancaster County, which boasts the largest population of Amish with of over 18,000 people. They make their homes in 32 states plus 3 Canadian provinces.

Tour the Back Roads: A tour guide boarded the bus and gave us a 2-hour lecture on the Amish lifestyle. Her vast information was impressive as she's been giving tours for over 39 years. She's non-Amish but admires their way of life.

Life expectancy of a male is 80 years and 84 for a female.

Hershey's Chocolate Co. buys milk from 60,000 dairy cows per day. One cow yields 20 gallons per day. The total purchase of milk is 1.2 million gallons per day! No wonder their chocolate is sooooo good!

Children go to school until the 8th grade. Thereafter, the boys go to a trade school to learn construction and woodworking. The girls learn domestic skills from mothers and older sisters. They feel an 8th-grade education teaches the children all they need to know to exist in the Amish community. They teach the five "Rs"—reading, 'riting, 'rithmetic, respect, and responsibility. As long as their state-run test scores are comparable to public schools, they are allowed to not further their education.

Only solid colors may be worn. No zippers or other adornments allowed since they reflect pride and vanity. Photos should not be taken of them as they view them as graven images.

A question was asked about women's rights and corporal punishment of children. Women really run the household. The men are toiling sun up to sun down so the women must make the day-to-day family decisions. Children are disciplined according to the infraction. If a child becomes too unruly, they are farmed out to families outside the Amish community and worked unmercifully. Knowing that, there are not too many strays.

Schools cannot be more than one mile from their home. They can either walk or take a 2-wheel scooter. If it is further than one mile, they build another school. Mennonites can use bicycles, but Amish children can only use scooters. A bicycle can go 10 to 15 miles from home. The Amish don't want their children to travel that far. Pushing a scooter is hard work and tiring. The three schools we passed had children outside playing baseball. Girls and boys were both playing

together. Some waved at us but, on the whole, they didn't look too happy. I got the feeling some might have wanted to come with us.

The Amish pay federal and state taxes. If there was a draft, they enlist as conscientious objectors. In World War I an Amish soldier earned a Medal of Honor. As the battle waged, he carried many wounded to the aid station saving countless lives. They will not use a weapon of any kind.

Half of Amish men are not farmers because there isn't enough land for everyone to work the land. The men work for contractors mainly building houses and barns. They are allowed a cell phone to keep in contact with the construction offices and managers. There is a wooden building outside the houses. They are not outhouses, but phone buildings. They can use the phone and are billed monthly for their calls.

If a child marries and wants to work the farm, a home is built next to the main house. There are no nursing homes. The elderly are cared for by their families.

Amish land cannot be more than 40 acres. Any bigger, they would need machinery which is forbidden. All land up for sale is auctioned off each month. The last two sales went for \$500,000 and \$750,000. Anyone can bid on the land. Horses are also bid on. They buy trotting and work horses that range from 2 to 3 thousand dollars.

They have their own bank. They do not want a large corporation to handle their money so they formed a local bank. Two Amish are on the board of directors. They are considered affluent due to their frugal lifestyle.

House utilities are run on propane gas and air power. Maytag makes a gas washing machine. There are no dishwashers or dryers.

There are no arranged marriages. However, they must marry Amish from any community.

An Amish cemetery is very plain. All are the same shape as those at Arlington National Cemetery, but much thinner and plainer. There are no flowers or decorations. When there is a death, the body is embalmed then the family washes the body and puts a white robe on them. Caskets are rectangular; however, the Amish use coffins, which is in the shape and size of the body. They do not use vaults. The graves are right next to each other to save space. Since there are no vaults, gravity pulls the headstones down so that the older ones look very small. Some thought they were children's graves, but they are just old headstones. Sometimes an adult can be buried with a child.

Pallbearers dig the graves, then put the coffin in the hole. The community keeps the cemetery mowed and trimmed. There are people that carve tombstones. Also there are carpenters who create coffins. They make them in various sizes, but if no size is available, they will build to exact measurements. When we were visiting the cemetery, there were three freshly-dug graves.

Dinner Family Style: We ate with an Amish family in their home. Mrs. King is the mother of 9 children and grandmother of 21. As the children get older, they leave home. Since only family members work the farm, they sold their milk cows and now raise only chickens, goats, and sheep. They use their basement for family dinners and church services, which are held, not in a church, but private homes. Their food was plentiful and not highly seasoned. They served homemade bread, several spreads, beets, peas, corn, mashed potatoes, cheesy noodles, gravy, roasted chicken, ham, shoo-fly pie, chocolate cake with vanilla frosting, and homemade vanilla ice cream. Beverages included water, sweet tea, and regular hot coffee (no decaf). At the end of the meal, the two girls who served the meal sang a song about respecting mothers. The next night we ate in a large dining room and were served a family-style dinner but the servers were not Amish. We had basically the same meal except we had fried chicken and apple pie. They did have decaf which was delicious.

Homemade Goods: We stopped at various Amish stores featuring local food products and homemade crafts, which I found the workmanship exceptional.

I sent a silent prayer to God not to have me come back Amish.....I love my dishwasher too much.



Treasurer's Report April 2017

Income	2017 Budget	Current mnth	Jan - Mar	YTD	
Chapter Dues	\$2,150.00	\$427.00	\$1,048.00	\$1,475.00	
Coffee	\$250.00	\$23.00	\$77.00	\$100.00	
Election Day BBQ	\$5,500.00		\$0.00	\$0.00	
Name Badges	\$40.00		\$12.00	\$12.00	
Auction	\$800.00	\$57.00	\$95.00	\$152.00	
50/50 Raffle	\$625.00	\$52.00	\$143.00	\$195.00	
Post Trip remaining balance*	\$2,000.00		0	0	
Other/Miscellaneous	\$100.00		\$43.00	\$43.00	
Total Income	\$11,465.00	\$559.00	\$1,418.00	\$1,977.00	
Expenses					
Administrative Costs	\$200.00			0.00	
Election Day BBQ	\$2,600.00			0.00	
Gifts/Donations	\$8,000.00		(200.00)	(200.00)	
Insurance	\$120.00		0.00	0.00	
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		(46.29)	(46.29)	
Sunshine	\$50.00			0.00	
Other/Miscellaneous	\$50.00			0.00	
Total Expenses	\$11,750.00	\$0.00	(\$498.85)	(\$498.85)	
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
Total Tours & Trips	\$19,868.72	(15,602.00)	\$3,966.72	\$300.00	\$4,566.72
Accounts for Month					
Checkbook Balance 03/31/2017	\$4,727.42		Ckbk Bal 12/31/2016		\$1,719.27
Total Income	\$559.00		2017 incoming		\$1,977.00
Total Expenses	\$0.00		2017 outgoing		(498.85)
Total Tours & Trips Received	\$4,743.72		Trip balance		\$4,566.72
Total Tours & Trips Disbursed	(2,266.00)				\$7,764.14
Checkbook Balance	\$7,764.14				
Interest Bearing Account	\$1,096.18				
Petty Cash	\$114.00				
Total Accounts	\$8,974.32				

*Balance remaining after trip has been completed.

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

www.AARP5239.org
aarpchapter5239@yahoo.com

This Month's Meeting: May 15, 2017
Great Hall Clubhouse, 9:30 a.m

Next Month's Meeting: June 19, 2017
Sweetbriar Park, Lions Pavilion



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	larryeiben@gmail.com
Secretary	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
Treasurer	Peggy Powell	103 Tall Pines	703-622-5401	pegpowl@aol.com

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	aanthony48@aol.com

COMMITTEE CHAIRS:

Chicken BBQ Chair	Gil Churchill	110 Cumberland Circle	540-972-7452	glchur@comcast.net
Driver Safety Class	Su Bielmeier	1310 Eastover Pkwy	540-208-1914	driversafetyclass@gmail.com
Email/Membership/ Perspectives	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	pierre114@verizon.net
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	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament St	540-972-0519	pierre114@verizon.net
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