

PERSPECTIVES

AARP Locust Grove Chapter 5239

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

March 2017

PRESIDENT'S LETTER



by Carolyn Durphy

A happy St. Paddy's day to you all. Next on our agenda is getting our income taxes filed by April 18. Hurray, we get three more days this year. A big Thank You to all of the AARP Tax Aide volunteers who help make it less stressful for us.

As I'm composing this letter it is a beautiful day, in the 70's and it's February!! We should enjoy it while we can. Our "snowbirds" will be wishing they had stayed here. Ha! Ha!

By the time you are reading this letter you know our dear friend and former member Alan Patnode passed away. Alan and Olga had moved to Manassas a few months ago to be closer to family. Also, I just received the latest on Lucy Churchill who had a bad tumble down a flight of stairs. She came home from the hospital on Thursday, February 23 and is improving every day. Also, this has been a bad couple of months for people having bad flu/colds and it has taken at least 3 or 4 weeks to recover. Let's hope this will be the last of it and spring will be good to us!!

Check out on the web site all the new trips coming up. Pierre, Barbara and Skip are working hard to make these trips enjoyable for us.

We still need a chairman for the chicken BBQ in November. Please give it some thought – maybe there could also be a co-chairman so it wouldn't be so daunting for one person. I have the lower level at the Clubhouse on reserve for us. Also, I have all of Gils notes.

Just a reminder to all the board members and committee chairmen that our meeting is Monday the 13th at 9:30AM at the Woods Center. This meeting is also open to any member of our AARP Chapter.

I will sign off for now with this final thought – *"The secret to happiness is a good sense of humor and a bad memory."*

MARCH 20 MEETING

Chief of Security, Scott Walker to Speak at the March 20 meeting.

by Charlotte Baker, *Publicity*

Chief, Scott Walker will be the speaker at the March meeting. He will speak on the History of Security and what his job entails here at Lake of the Woods and of course answer any of your questions.

AARP members and visitors are invited to come to the LOW Clubhouse on Monday, February 20, at 9:30 a.m. for coffee and sweets. Take this opportunity to be with old friends and make new ones and see what gems the silent auction has for you. The meeting begins at 10 a.m. And don't forget to go to the website at www.aarp5239.org to see issues of the Chapter newsletter, *Perspectives*, plus additional information about travels and events being planned for 2017 and photos of previous activities.

MARCH BIRTHDAYS

(Pisces and Aries)



Donna Bentz, Francis Buttimer, Joann Buttimer, Peter Cassese, Connie J. Connon, Arlene DeSimone, Allita Edwards, Jeanette Embrey, Norma Ervin, Kathleen Fisher, Steve Futato, Peggy Grella, Thomas Hamilton, Joyce Haring, Anne Hartzel, Gale Henderson, Betty Hughes, Lee Huminik, Marianne Kraus, John Lacey, Bill Lanier, Violet Liberti, Jean M. Molinari,

Maurice Moody, Pam Nalls, Joe Nolan, Millie Nowers, Shirley Pfile, Phyllis Pulice, Anthony Quattromani, Betty Scheuermann, Sue Silliman, Stephanie Sloan, Gail Stoner, Janet Terry, Paul Tobin, David Witmer, Joe E. Wright

MEDICAL NEWS

An Invisible Threat

by Sandi Frame



Buying an Alarm.

Last month's article was about the invisible threat that can come from carbon monoxide poisoning. It was suggested that homes should have both fire alarms and carbon monoxide alarms installed and in some states this is mandatory. It is not mandatory in Virginia.

There are two types: battery operated and those connected to a home's electrical system. Battery-powered units will work during a power outage, but you must remember to change the batteries every six months. (A good way to remember: Do it when you change your clocks each spring and fall.) Alarms that run on a home's electricity can either plug into existing power outlets or be hard-wired into the electrical system by an electrician; both kinds come with a battery backup in case the power goes out.

Whichever type you choose make sure it meets Standard UL 2034 of the Underwriters Laboratory. The label will have this information. Follow the manufacturer's installation instructions, which include not placing them near heat or combustion sources – and replace them every five years. If one starts ringing, go outside and call 911 immediately (some battery operated alarms (fire and/or carbon monoxide) begin to chirp to alert you if the power is low, but continuous ringing from a properly installed device indicates an unsafe level of carbon monoxide.

Source: *University of California, Berkeley Wellness Letter*, Volume 33, Issue 5, January 2017

Tomato Storage

Every wonder why tomatoes stored in the refrigerator lack flavor? A new study in the journal PNAS found that keeping tomatoes below 53 degrees F reduced the expression of



several genes involved in the synthesis of flavor imparting volatile compounds, resulting in insipid fruits. The researchers' refrigerated heirloom and modern varieties of ripe red tomatoes for one to seven days. The longer the refrigeration, the greater the loss of the compounds. After seven days of cold the compounds were reduced by nearly two-thirds; subsequent storage at room temperature did not restore the compounds to normal levels. A panel of consumers judged the previously refrigerated tomatoes (after a day at room temperature) to be much less flavorful than fresh non refrigerated fruits. The tomatoes' sugar and acid content, however, remained largely unchanged by refrigeration. Try this experiment on your own and see if you agree with the panel.

Source: *University of California, Berkeley Wellness Letter*, Volume 33, Issue 5, January 2017

SUNSHINE REPORT

by Joan Albertella



Get well cards were sent to Carla Wascalus; Jack Lacey, Judy Eiben, Kathy Martin, and Lucy Churchill. A sympathy card was sent to Olga Patnode and a thinking of you card was sent to Marie Johnson.

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.

NEW MEMBERS

Welcome to, Garry and Pam Archer, Judith Ayrs, Margaret Kertess, Ken and Marti Martin who joined at the February meeting.

DUES! DUES! DUES!

by Carla Wascalus, Membership



It is that time of the year. Our Chapter dues run from January 1 to December 31. If you joined for the first time in September thru December, your 2017 dues are paid. Also, some of you have already paid in advance and some of you paid twice last year so your 2017 dues are paid. If you have questions, contact Peggy Powell 703-622-5401 pegpow1@aol.com.

You may send in your dues for 2017 at any time. They are \$7.00 per person. Make check out to AARP Chapter 5239, mail to AARP Chapter 5239, PO Box 945, Locust Grove, VA 22508, or you may pay at the March 20 meeting.



It is time to start thinking about Federal and State taxes for Tax Year 2016. The AARP Foundation, through Tax-Aide, will be providing free tax service to our low and moderate-income taxpayers, especially those 60 and older, in the greater Locust Grove area.

Starting on Friday, February 3rd, the service will continue every Friday and Saturday until April 15th. Hours of operation will be 10 a.m. to 2 p.m. on Fridays and 9 a.m. to 2 p.m. on Saturdays. Tax preparation will be held in the lower level of the LOW Clubhouse.

To make appointments please call Carla at 540-972-3436 between 9 a.m. and 8 p.m. for an appointment. If no answer, leave your name and phone number. Please repeat your phone number twice - slowly and clearly.

WOODS CARES VOLUNTEERS NEEDED

by Carla Wascalus



Our chapter provides a service called Woods Cares to any person in the lake. Our biggest service is driving people to medical appointments and shopping. We also do light home repairs if we have a volunteer with that skill. Occasionally we are asked to sit with someone while a family member runs errands. We are in need of more drivers, sitters, and repair people. This is a free service provided by our chapter members. If you are interested in volunteering or want more information, contact Ed Bunting 724-523-5255. The more people on the list the least amount of calls you will get.

SILENT AUCTION: A SLOW START



by Karen Kovarik, Chairman

Our February auction just barely beat the 50/50 raffle, but we didn't reach \$100 when combined. A disappointing start to the new year. The auction relies on contributions, and we urge you to inventory your cupboard, closets and chests to find treasures that have outlived their use to you. Donate your unwanted treasures to AARP's Silent Auction. All proceeds are used to benefit local charities. Please phone me (972-7866) to arrange pick up or delivery. You may also bring items to the meeting.

LOW Lionesses Indoor Spring Flea Market and Craft Sale

By Gail Stoner



This event will take place on Saturday, April 1st from 8:30 a.m. - 1:00 p.m. at the Locust Grove Middle School at 6368 Flat Run Road. There will be over 40 vendors including flea market items, jewelry, pottery, braided rugs, LuLaRoe clothing, hand crafted wooden signs, home decor and more!! The Lionesses have a wonderful bake sale and a food concession stand with hot dogs and drinks. All Lioness profits go to the Benevolence Fund which supports local and national charities including scholarships for qualified local students, Orange County Food Pantry, Childhelp and eyeglass recycling through the Lions Club. Mark your calendars for a fun day of browsing the vendor stands and searching for treasures!

DAR SERVICES TO VETERANS

By Marie Johnson, Susannah Chandler Chapter DAR

The Susannah Chandler Chapter of the DAR here at Lake of the Woods is engaged in providing services to Veterans. We collect items needed by the Veterans Clinic in Staunton, VA. Support is provided to active duty men and women at military medical facilities in the United States and overseas by DAR members. In areas where there are no local VA facilities, shelters or state facilities, DAR volunteers can serve both active duty and retired military personnel at base hospitals and clinics.



Our Chapter here at the Lake has an ongoing project, along with other DAR Chapters, to provide items for the Staunton Veterans Clinic. We often get requests for specific items. Among these currently are: Black Diabetic Socks, Depends for men (size M and L), Men's warm-ups including hoodies,

Canned Food, Vegetables and Meat (Hormel 'Compleats' are sold at Wal-Mart and are ready in 60 seconds and are high protein meals)' Ensure' Large (non-styrofoam) Coffee cups (12 oz. or larger).

I will have a box ready for the March meeting to collect any items you may wish to provide. Many thanks!

MICAH MIISTRY

by Norma Ervin

Our guest speaker at the February meeting was Meghann Cotter from the Micah Ministry in downtown Fredericksburg. If you missed hearing her, it was an interesting presentation on how the Homeless People are being assisted in our area. The homeless have lost a supportive relationship and this ministry strives to provide one. Various circumstances have caused this relationship to break.

The staff at Micah do not provide just a warm meal, shower, cleans clothes or a place to sleep on freezing nights. They help to provide mental health outreach, disability application assistance, health care, post-hospital respite care, supportive employment and permanent housing placement. Homeless Veterans are at almost 0 % in the Fredericksburg area. Micah Ministry has the staff to help these men and women receive the assistance they deserve.

- We will be collecting items at our next meeting if you wish to donate and following is a list of items:
- New underwear [men & women] size medium and large and new white socks
- Warm shirts, pants, jackets---can be used
- White long sleeved shirts and black pants- --can be used
- Work boots and non-skid shoes---can be used
- Hygiene items such as soap bars, travel shampoo, tooth paste and brushes
- Bug spray and first aid kits

If you have furniture you wish to donate for housing the homeless, please call Connie

Jones, Housing Locator, 540-604-9943.
Financial Contributions can be mailed to:
Micah Ministry, P.O. Box 3277,
Fredericksburg, VA 22402



AARP SMART DRIVER

By Su Bielmeier, Volunteer Instructor

The class will be on Friday, April 28 at Sweetbriar Community Center. Registration details will be in April Perspectives.



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 April 29, 2017

The LOW AARP Chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Wednesday, June 15, 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 trip is open to the entire LOW community. \$75 per person covers the bus ride and a game ticket. You may include as many other people in your order as you wish as long as space is available. Your

reservations cannot be made until we have received payment [check(s)]. Seats will not be held without payment.

Our seats will be near where the bus will unload. They are on the lower/field level down the first base line facing the outfield. An elevator is available for folks who choose not to climb the long staircase up to the stadium.

Your checks should be made out to "AARP Chapter 5239". Mail or give them to John Trach (104 Constitution Dr.) or Dave Kraus (127 Indian Hills Rd.). Questions? – John (972-4883); Dave (krausman369@gmail.com; 571-334-4913). Play ball!

Taste of Solomon's Island, MD

There is still space to join us for a tasteful afternoon Saturday, March 25, 2017, 8:30 – 5:30. Cost **\$49**, includes driver tip. Stroll the River walk along the Patuxent River with access to the shop and restaurants (\$4.00 per taste sample), also home to the Calvert Marine Museum. **Full payment is due to confirm reservation**, refundable up to 14 days prior; Make checks payable to Ship to Shore tours; for more information contact Barbara Ehlen at 972-4651 or wisecruiser@hotmail.com.

Upcoming Living History Cruise

May 6, 2017, sailing from Baltimore on the S.S. John W. Brown, a WWII Liberty ship. Trip includes bus, 6-hour cruise, tour of ship,



vintage WWII aircraft flyover, action-packed re-enactment, entertainment from this era, and a sea ration lunch. 5:30 am – 6:30 pm. Cost \$205 per person; **Deposit \$50 due by April 3**. Name on reservation must match photo government ID Carry-on bags will be inspected. There are 38 steps to board the ship. Make checks payable to Ship to Shore tours; for more information contact Barbara Ehlen at 972-4651 or

wisecruiser@hotmail.com.

Refund/cancellation policy within 30 days.

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.

For all trips check the Chapter web-site (aarp5239.org) for further information.

FUTURE TRIPS

May 6 – National Cathedral
August 13 – St. Micheal's Appreciation Day
October 28– Tall Ships in Maryland Cruise

Contact Barbara Ehlen at 972-4651 or wisecruiser@hotmail.com. For more information

Sight and Sound Production of Jonah



The Amishland trip to see Jonah is essentially filled, and final payments are in the process of being paid to the tour company. Final details are being worked out, and the itinerary is being worked on. There is still room for one or two more people, if you hurry. Please call Pierre at 972-0519 or email him at pierre114@verizon.net if interested.

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.



Supplies are low at the food pantry and demand is up which is typical of the winter months. Donations are down at the Fredericksburg Bank which impacts our pantry. Boxed dinners such as hamburger helper, canned meats, canned fruit, peanut butter and cereal are in short supply. Please be generous and thank you for your support to the Wilderness Food Pantry. Check donations should be made to the Wilderness Food Bank. Donations and money may be brought to the AARP monthly meetings. 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 February 20 Meeting by Lea LeBar

-  Since the meeting was held on Presidents' Day all past and current presidents of our Chapter were acknowledged by Tina Aris: Rosemary Walker, Richard Berra, Bill Walker, James Moore, James Denoy, Carla Wascalus, Dick Martin, Dick Bradie, Tony Aris and Carolyn Durphy. Each one present at the meeting was given a chocolate rose
-  Up Coming Program: Violet Liberti announced that Jim Funk, Forest Management Speaker at our January Meeting will present a Fire Wise Workshop at the Community Center, Thursday, April 20, 9:00 a.m. – 1:30 p.m.
-  LOW Players: Bob McFarland introduced Sherri Hayden, who is starring as Patsy Cline in the LOW's Players Production of "Always Patsy Cline" at the Community Center beginning March 10. Sherri sang two songs from the play at the meeting.
-  Veterans' Activities: Dick Bradie is working with the County Administration in Orange to have an event December 9, 2017 at the Orange County High School Auditorium honoring Orange County World War II Veterans. He would like to have all the names of World War II Veterans residing in Lake of the Woods. Since this event is just getting organized he thinks it will start at about 10:00 a.m. and would like to offer a free lunch to each veteran and provide entertainment by the Enduring Freedom Band. Money still needs to be raised for this.
-  Silent Auction: Karen Kovarik was disappointed in the Silent Auction as only 12 items sold.



Everyone's Irish
On March 17th.

MARCH
MADNESS

Treasurer's Report February 2017

Income	2017 Budget	Current month	January	YTD
Chapter Dues	\$2,150.00	\$378.00	\$411.00	\$789.00
Coffee	\$250.00	\$27.00	\$26.00	\$53.00
Election Day BBQ	\$5,500.00			
Name Badges	\$40.00	\$12.00		\$12.00
Auction	\$800.00	\$48.00		\$48.00
50/50 Raffle	\$625.00	\$43.00	\$47.00	\$90.00
Post Trip remaining balance*	\$2,000.00			\$0.00
Other/Miscellaneous	\$100.00	\$43.00		\$43.00
Total Income	\$11,465.00	\$551.00	\$484.00	\$1,035.00
Expenses				
Administrative Costs	\$200.00			
Election Day BBQ	\$2,600.00			
Gifts/Donations	\$8,000.00			
Insurance	\$120.00			
Meeting Expenses	\$100.00	(20.00)		(\$20.00)
Name Badges	\$30.00	(5.27)		(\$5.27)
News Letter/ Web Site	\$150.00			
Social Events	\$400.00	(46.29)		(\$46.29)
Sunshine	\$50.00			
Other/Miscellaneous	\$50.00			
Total Expenses	\$11,700.00	(\$71.56)	\$0.00	(\$71.56)

Tours and Trips	Total Received	Total Disbursed	Balance	bal 2016	Bal in 2017
Amishland 2017 Trip	\$3,334.00	(\$1,250.00)	\$2,084.00	\$100.00	\$2,184.00
Nationals Ball game 2017		(\$400.00)	(\$400.00)	\$200.00	(\$200.00)
					\$0.00
Total Tours & Trips	\$3,334.00	(\$1,650.00)	\$1,684.00	\$300.00	\$1,984.00

Accounts for Month

Checkbook Balance 01/31/2016	\$2,153.27	Ckbk Bal 12/31/2016	\$1,719.27
Total Income	\$551.00		
Total Expenses	(\$71.56)	2017 incoming	\$1,035.00
Total Tours & Trips Received	\$2,459.00	2017 outgoing	(\$71.56)
Total Tours & Trips Disbursed	(\$425.00)	Trip balance	\$1,984.00
Checkbook Balance	\$4,666.71		<u>\$4,666.71</u>
Interest Bearing Account	\$1,096.01		
Petty Cash	\$114.00		
Total Accounts	<u>\$5,876.72</u>		

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

www.AARP5239.org
aarpchapter5239@yahoo.com

This Month's Meeting: March 20, 2017
Great Hall Clubhouse, 9:30 a.m.

Next Month's Meeting: April 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	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	Charlotte Baker	104 Hickory Ct	540-972-6620	Charl104@yahoo.com
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