

AARP CHAPTER 1917

November 2011

CALENDAR OF EVENTS

OFFICERS

President

Nancy Howard
410-524-1881

Vice President

VACANT

Recording Secretary

Sue Harting
410-250-3497

Corresponding Secretary

Gertrude Apple
410-250-3384

Treasurer

William Shoop
410-723-6409

DIRECTORS

Norma Bull

410-213-1616

Garry Fox

443-664-2396

Frank Hoover

410-289-4995

Ray Jackson

410-251-5800

Chris Norris

302-436-1784

Alcea Sprung

410-352-5748

COMMITTEE CHAIRS

Membership

Louise Fox
443-664-2396

Tours

Alcea Sprung
410-352-5748

November 10, 2011 – 9:30 AM – *Membership Meeting* - Speaker will be Lisa Challenger, Director of Tourism, Worcester County. Also, the election is this day; come and vote! Slate on next page.

December 13, 2011 – 10:00 AM – *AARP Holiday Luncheon* – See details last page. Tickets on sale at the meetings! See Alcea!

January 12, 2012 – 9:30 AM – *Membership Meeting* - Speaker is Joe Stetka, who is a Baltimore Orioles Associate Scout. Mr. Stetka will speak on Orioles scouting and recruitment efforts.

Membership Meetings are held in the Community Center at Northside Park, 125th Street, Ocean City, on the second Thursday each month. Coffee & Conversation at 9:30 a.m. (BYOC). No meetings in July & August. If Worcester County schools are closed due to inclement weather, then there is no meeting. **Possible venue change to Elks Lodge; stay tuned!**

Remember: Please bring non-perishable food items (canned food, etc.) to each meeting for collection and delivery to local charities who will distribute them.

Remember: Please bring new personal hygiene items (soap, toothpaste, etc.) to each meeting for collection and delivery to Diakonia in West Ocean City.

Board Meetings are held at the Senior Center next to the Convention Center in Ocean City on the first Thursday each month at 9:30 a.m.

Be Someone's Hero. Give Blood.



Join the Blood Bank !

If you are not currently a member of the Blood Bank of Delmarva, you should consider the benefits of joining the group membership. Find out why you should join the "Group Membership" by picking up an application at our AARP monthly meeting at a table in the rear of the meeting hall. If you want to know more about it and cannot be at our meeting to pick up an application, please call Alcea Sprung at 410-352-5748 or e-mail your request to asprung@comcast.net.

2012 Slate for Officer and Board Member Positions – Chapter 1917

During our membership meeting on October 13, the following slate of nominees was ratified and nominations were closed. Abbreviated biographies were sent to you via email last month. The election is at the November meeting (this Thursday). Please come and vote!

President:	Chris Norris
Vice-President:	Sue Harting
Recording Secretary:	Andrea Albrecht
Treasurer:	Bill Shoop
1 Year Board Position:	Sandy Kvech Bob McCluskey
3 Year Board Position:	Ray Jackson Alcea Sprung

Travel Committee News ...

As reported previously, our chapter Travel Committee has been reorganized. The committee continues to interview travel agents and companies, and is still asking for suggestions from chapter members about both ideas for trips as well as preferences for short/day trips versus longer trips like cruises. Some of the trip ideas received thus far are:

NYC to visit 9/11 memorial – 1 day **DC** – National Gallery of Art/Smithsonian – 1 day
Skyline Drive/ Blue Ridge fall leaves – overnight **Old OC** - Group walking tour
New England fall leaves – multiple nights **Longwood** Gardens in Pa
Delmarva Discovery & Pocomoke River Cruise/Dinner - 1 day, perhaps a car pool
Philadelphia Flower show – 1 day **Suicide Bridge** - Lunch & cruise - perhaps a car pool
Bordeleau Winery near Salisbury or other winery – afternoon trip
Atlantic City Casino trip **Dogfish Head Brewery** Tour – Afternoon trip
OC Airport - Have OC Airport Mgr. come to speak, then a trip to the airport, car pool.
Quantico, Va - Day trip to Marine Corps Museum
Cape May – day trip **DC** - Cherry Blossom cruise aboard Spirit of Washington – 1 day
Philly, DC, Wilmington - Check out special exhibits at Museum of Art, other museums

Bahamas - Cruise out of Baltimore

Europe - River Cruises



Above: The speaker for our October Chapter meeting was Brian Garrett, Executive Director of the Delmarva Discovery Center. The center is dedicated to educating the public about the natural and cultural heritage of the Delmarva area and the Pocomoke River. Pictured above are Chapter Pres. Nancy Howard, Mr. Garrett, and Jennifer Rafter, who supports the aquarium at the center.

Did you know

You can make a difference and help save the Earth when you shed these earthly bonds and save your heirs some money at the same time! How ?

Go out green. Biodegradable coffins and other eco-friendly burial measures can cost half to two-thirds less than traditional burials. Get information and provider listings at greenburialcouncil.org.

OC Road Rally a Success!

Owners of cars with OC vintage license plates were invited to drive on the board walk on Saturday, October 22nd for the first annual occurrence of this new OC tradition.



Yes, that is our very own outgoing Chapter Pres Nancy Howard who owns plate number 5 and was the last car to drive down the boardwalk. Nancy worked with the OC Downtown Association to bring about both the vintage OC license plates and this rally/parade.



10 Superfoods that keep you healthy !



Avocados, Beets, Berries, Cabbage, Fish, Lentils, Nuts, Quinoa, Spinach, and Tomatoes.

When Food Network chef Dave Lieberman and *New York Times* science writer Anahad O'Connor surveyed the growing pantheon of so-called superfoods, they found many that were health-promoting powerhouses — but also many that were expensive, tricky to cook with and not particularly tasty. So the two set out to create their own list of foods that have scientifically supported health benefits and also are "affordable, appealing and versatile in the kitchen." O'Connor narrowed the list to 20, and Lieberman reduced that by half. The result was their co-authored cookbook, *The 10 Things You Need to Eat, and More than 100 Easy and Delicious Ways to Prepare Them*. For AARP.org, Lieberman discussed the merits of these superfoods and offered recipes for using them.

The full article, with all the info, is at the National AARP web site.

See: <http://www.aarp.org/food/healthy-eating/info-10-2011/10-superfoods-to-eat-healthy.html> .

Newsletter Feedback: Please send constructive feedback or suggestions to Garry Fox at syssf@yahoo.com or call him at 443-664-2396.



AARP 1917 Holiday Luncheon 2011

Our AARP Holiday Luncheon will be held at the Clarion Hotel on Tuesday, December 13, 2011. Cash bar will be available. The Meeting will start at 10:00 AM:

- Chapter meeting
- Induction of officers and board members.
- Entertainment will start at 11:00 AM
 - The Ocean City Elementary School Choral Group
 - Seaside Dancers
 - Stephen Decatur Performers
- Welcome and Blessing before lunch is served.
- Luncheon will be served at 12:15 PM. The menu will include:
 - ✚ Cranberry Juice and Special Crackers
 - ✚ Fruit Cup – Strawberries, Grapes, Cantaloupe, Pineapple
 - ✚ Grilled Breast of Chicken with Cognac Orange Sauce – Sage Dressing
 - ✚ Buttered Whipped Potatoes
 - ✚ Chefs Choice of Vegetables
 - ✚ Rolls and Butter
 - ✚ Beverages: Coffee, Decaf, Tea, and Iced Tea
 - ✚ Pineapple Upside Down Cake



Cash Bar will be available.

Tables of 10 or 12 can be arranged.

Tickets: \$20.00 per person can be obtained at the AARP meeting or by sending a self addressed stamped envelope along with the check made out to **AARP Chapter 1917**. Mail to:

Alcea Sprung
12300 Point View Road
Bishopville, MD 21813
Telephone: 410-352-5748

