

PERSPECTIVES

October 2017

AARP Locust Grove Chapter 5239

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

PRESIDENT'S LETTER



by Carolyn Durphy

"The falling leaves drift by the window, the autumn leaves of red and gold." Friday, September 22nd was the official start of fall. I've still to get the leaves raked from last year! Of course, with the oaks they fall all year.

This month we will be hearing from the nominating committee with a slate for the 2018-2019 officers. If you would like to run or nominate someone, please contact Tony Aris, Nominating Committee chairman. Look for his article and slate in this publication.

Let's get our bags full for the food drive on Saturday, October 21. Help Norma beat the number of pounds that the Lioness collected. Just a friendly competition. Ha! Ha!

Then there is the Chicken BBQ. Have you bought your tickets yet? As you know Larry has gotten us different venues for selling tickets – are you able to spend a couple of hours helping to sell tickets? This is going on all month.

We have been able to get into the lower level of the clubhouse on Monday, November 6th so we can get a lot of the "set-up" work done and not have to come in so early on Tuesday morning. Be sure and look at the sign-up sheets at the meeting this month and fill in where you can. As always it is a busy day but an enjoyable one working with friends and seeing all our LOW friends come in for their meals.

I would also like to put a plug in for the F&R Masquerade Ball on Saturday, October

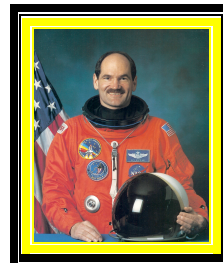
29th. The profits will benefit the LOW Fire and Rescue Squads. The "Big Band" from Fredericksburg will be there for great music and dancing. Plan to come in your fancy dress and wear a mask. It will be an enjoyable evening with a sit-down dinner. Tickets are \$55.00 a person and information can be found at www.lowfr29.com.

The LOW Players will be putting on "Back to Broadway" October 13, 14, 15, 20, 21, 22 including two matinees. Tickets are \$27.00 and are on the website at www.lowplayers.org.

This is sure a busy time of the year. Thanksgiving and Christmas holidays are coming up all too soon. Just try to keep in mind – one thing at a time and try not to get to overwhelmed!!

And my thought for the day - *"Getting lucky means walking into a room and remembering why I'm there."*

October 16 MEETING



Come, Fly with Guy!

(Gardner, that is!)

**by Madeline Salustri, Public Relations Chair
LOW AARP 5239**

Guy Gardner, resident of Lake of the Woods, will take AARP members and guests into Space at the October 16 LOW AARP chapter 5239 meeting. Gardner began his career as an Air Force fighter and test pilot. As a NASA Astronaut, he worked in many areas of space shuttle and space station development and support. His two flights in

space were as pilot of Space Shuttle missions STS-27, launching a DoD payload, and STS-35, carrying the ASTRO-1 astronomy laboratory.

Since leaving government service, Guy has served as a high school mathematics and physics teacher, a consultant in risk management and space flight development, a research manager and teacher at Purdue University and as the head of Riverside Military Academy, a boy's college prep school in Gainesville, GA. He recently retired as the President of the Williamson College of the Trades, junior college trade school in Media, PA. Williamson is known for instilling good character and work ethic along with trade skills in young men from lower income families.

Linda Gardner, also an active member of the LOW community, is Guy's wife of over 45 years, and has served as an elementary school teacher and art teacher. They have three adult children and three grandchildren.

Guy's volunteer activities include member of various advisory boards, speaker to school and civic groups, youth group leader, adult and youth Sunday school teacher, and Explorer Post leader.

Guy generously shares his remarkable videos of life in space at many civic, educational and social venues. Join AARP at 9:30 on Monday, October 16 in the Grand Room of the Clubhouse for fellowship and morning treats. You also will have the opportunity to become a member of the club, or if you are not yet fifty years old, an associate member. Guy's exciting trip begins at 10 am. For further information contact Carolyn Durphy at 540 972 3306.

NOMINATING COMMITTEE REPORT



The Nominating Committee is working hard in preparing a slate of officers and directors for the coming year of 2018. The officers still needed to fill the slate are Vice President,

Treasurer and one Director. All remaining officers are up for re-election. Just a note to clarify – An Officer's term is 1 year with a maximum of 2 years and the Director's term is 1 year with a maximum of 3 years and they are re-elected every year. If you would like to join our team, please call Tony Aris at 972-2016 or Ed Rowan at 972-9936.

OCTOBER BIRTHDAYS (Libra and Scorpio)



Pam Archer, Charlotte Baker, Boyd Bowers, Joyce Bowers, Barbara Brady, Susan Burt, James Fargo, Lee Anne Hamilton, Suzanne Jenkins, Dave Kraus, Lea LeBar, Marti Martin, Grace McEuen, Nell Meador, Agatha Mucciacciaro, Joseph Pfeifer, Bobbie Prees, Delores Wiberg, Marlenah Spencer.

MEDICAL NEWS

By Sandi Frame

6 Steps to Better Brain Health

To continue from last month on improving brain health and reducing the risk of dementia or Alzheimer's disease here are the remaining steps.

Step 3. Butt Out: Smoking is another lifestyle vice that has been linked to dementia – but quit, and you could potentially lower your risk for cognitive decline to the same level as people who have never smoked. If you are finding it hard to kick the habit, ask your doctor about tobacco cessation methods such as nicotine substitutes and medication. Also call Quitline (800-784-8669) to talk to trained counselors who can help.

Step 4. Eat a Healthy Diet: Your cognitive health may suffer if you have cardiovascular risk factors like high blood pressure, cholesterol, and blood sugar. Meeting physical activity guidelines and following a

heart healthy eating plan like the Mediterranean, DASH (Dietary Approaches to Stop Hypertension) or MINT *Mediterranean-DASH Intervention for Neurodegenerative Delay) diet benefits cardiovascular health. These diets vary slightly, but all are high in fruits and vegetables, legumes, whole grains, fish and healthy fats, and low in refined grains and saturated fat.

Step 5. Protect Against Head Injuries: A history of traumatic brain (TBI) may increase the risk for AD, and also accelerate its age of onset by two or more years. It isn't clear what underpins the link but studies suggest that TBI may increase levels of beta-amyloid – an abnormal protein linked to AD – in the brain. Avoid head injuries by clearing your home of tripping hazards such as throw rugs, and wearing a properly fitting helmet while riding a bicycle or motorcycle.

Step 6. Foster Social Ties: People who keep up with an active social life tend to maintain a sharper memory and better cognition. It is possible that complex exchanges with others during social events keep brain cells working efficiently protecting the memory pathways in the brain. There are enough groups and clubs here in the lake to keep most of us busy. If you have health issues that impede your ability to socialize such as impaired hearing or vision, speak to your doctor about how these can be addressed.

Source: *Women's Health Reporter*, Volume 18, Number 7, July 2017

SUNSHINE REPORT

by Joan Albertella



A thinking of you card was sent to Carla Wascalus.

If you know of someone needing a card or note contact Joan at - jfa1041@comcast.net. Please include the address if you know it.

BROWNIES FOR THE ELECTION DAY BBQ



If you have not had a chance to sign-up to bake 24 2X2 inch individually (NO NUTS) wrapped brownies for the Chicken BBQ on Nov. 7 you may do so at the October 16 meeting or e-mail Carla at aarpchapter5239@yahoo.com. Include name and phone number. Thank you.

SILENT AUCTION: A NARROW VICTORY

by Karen Kovarik, Chairman

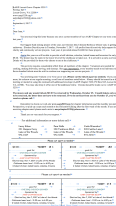
The Silent Auction sale helped raise \$73 narrowly beating the 50-50 which netted \$70. A good modest showing, but also a better reason to support the election day BBQ, our major fund raiser. As Halloween approaches it is time to dig through your ornament collection and donate those you have loved, but will be fresh to new homes. Of course, your donations are not limited to Halloween, think of the closet/cupboard space you will be gaining. Call to arrange a pick up or drop off (540-972-6866).



CHICKEN BBQ TICKETS.

By Carla Wascalus

You should have received your letter with



your four (4) tickets on the bottom of the letter. **Please send in your money or bring to the next meeting.** If you are not able to purchase all four any amount is great. If you can't sell or use the tickets, please return them. Thank you. Remember all the profits to charities or worthy causes.

THINK INSIDE THE BOX!

By Norma Ervin, Food Pantry Chair

ANNUAL FOOD COLLECTION OCTOBER 21 FROM 9-1

WALMART has been added as a collection point for the food collection for Wilderness Food Pantry. There will be a large marked box placed inside the front door of the store, all ready to collect your donations, so you can just drop them in on your way out!

And of course, our usual collection point in the parking lot across from the Guard House will be open for business.

In addition, AARP members can bring the FILLED orange bags handed out at the September meeting to the October 16 meeting, bringing us to a total of THREE ways to bring your donations.

Also, don't forget that cash and checks are always very welcome. (Food Pantry staff uses the money collected to purchase items from the Fredericksburg Food Bank.)

Volunteers are still needed; please call me at 972 0652. Shifts are 9-11 and 11-1.

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 VITA tax site 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. Thank you for considering.



TOURS



TRIPS AND

REDUCTION IN PRICE from \$96 to \$76.

Tall Ships and Wooden Boat Festival Sunday October 29, 2017

\$76.00 leave 8:00 a.m. return 6:00 p.m. Please see the flyer under downloads for the Tall Ship Festival trip with the link if you choose to sail, giving information on the ships that are participating in the 2 1/2 sail. It's recommended to book at least 2 months in advance since it's based on availability and is a big event. There isn't a charge just to tour the ships. The link is also here <http://sultanaeducation.org/public-programs/sultana-public-sails/downrigging-weekend-2/participating-tall-ships/>.

Please make reservations early even if you are not sailing on the ships.

PIERRE IS PLANNING 2 TRIPS FOR 2018.

Trip 1: Amish country and surrounding Lancaster, PA. Dates are Monday, April 9 - Wednesday, April 11. (3 days, 2 nights).

The trip includes the following: 2 nights lodging at the Intercourse Village Inn and Suites. (Best Western PLUS); 2 breakfasts; 2 dinners (1 family style at Hersey Farm), and (1 at Shady Maple Smorgasbord).

Production of "JESUS" at Sight and Sounds Millennium Theater. Guided Tour of the Amish Countryside, with stops at an Amish bakery and quilt shop. Kitchen Kettle Village. Bird in Hand Farmers Market. Lil' Country Store and Miniature Horse Farm (new this year). "Chalk Talk" with Elva Hurst (new this year). All taxes and meal gratuities for included meals. Luggage Handling.

Details and prices are still being worked out. If interested, mark your calendars.

2. Opryland Country Christmas. 1st or 2nd week of December.

Please keep these trips in mind when you are planning your next year's travel. Details forthcoming.

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.

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. 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 September 18 Meeting:

By Lee LeBar, Secretary

Guest Speaker: Madeline Salustri was guest speaker whose topic was "Fun With Words." Madeline is a teacher, public speaker, librarian and author and was recently honored for the Outstanding Service Award. She also volunteers in several organizations. She began by stating that a group of scholars found that there are 6,703 languages in the world today. The most widely spoken language is Mandarin. There are 1,000 languages in the Americas alone. English is the second most global language used by people. There are many ways to communicate with language. Body language, sign language, palindromes, anagrams, crossword puzzles, slang, acronyms, words named after people, nautical terms, idioms, initials used in texting and even puns to name a few. People all over the world communicate with various forms of

language on a daily basis. As long as there are people, there will be language.

The full monthly treasurer's report will be found on the web site.

September 30, 2017 Treasurer's Report

Accounts for Month

Checkbook Balance 08/31/2017	\$10,296.78	Ckbk Bal 12/31/2016	\$1,719.27
Total Income	\$2,932.50	2017 incoming	\$9,357.00
Total Expenses	(\$395.22)	2017 outgoing	(\$1,617.21)
Total Tours & Trips Received	\$450.00	Trip received/disb	519.00
Total Tours & Trips Disbursed	(\$3,306.00)	Trip balance***	
Checkbook Balance	\$9,978.06		\$9,978.06
Interest Bearing Account	\$1,096.63	***completed -transferred to Incoming	
Petty Cash	\$114.00		
Total Accounts	\$11,188.69		

'LOW 50th Anniversary Throw'

By Carla Wascalus, Susanna Chandler Chapter, DAR Treasurer

The Susanna Chandler Chapter, DAR has created a Throw for the 50th Anniversary. All proceeds will go towards purchasing heavy duty sweat suits for veterans in Virginia. The Throw is \$50 with free shipping in LOW. Checks and/or Cash only.

Contact: Kerry, 540-972-3238 for information



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

www.AARP5239.org
aarpchapter5239@yahoo.com

This Month's Meeting: October 16, 2017
Great Hall Clubhouse, 9:30 a.m.

Next Month's Meeting: November 20, 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	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	Larry Eiben	221 Harpers Ferry	540-972-1847	larryeiben@gmail.com
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	Delores 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