

PERSPECTIVES

December 2016

AARP Locust Grove Chapter 5239

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

PRESIDENT'S LETTER



by **Carolyn Durphy**

"It's beginning to look a lot like Christmas". We have just gotten through Thanksgiving with family and great food and now on to Christmas, Hanukkah, and Kwanzaa. More great food and memories and the time of year we share with others. Lots of shopping on-line and in store – baking of lots of cookies and maybe try out some new treats. Also, lots of parties and gatherings with friends and family. The LOW association starts out the month with their party on the 4th and our AARP pot luck luncheon is on the 19th. Another thing that is enjoyable is all the bazaars, parades, concerts, etc. I just love all the seasonal music!

Be sure to check the announcement in this publication in regards to what to bring for our luncheon. We always have such a wonderful array of food and the fellowship with all our friends is the best! There will be a 50/50 drawing but no silent auction.

There will be a short business meeting before we begin our dinner. After dinner, we will have the swearing in of our new officers by Pat Jones Scott, an AARP Executive Committee Member and the disbursing of checks to our charity recipients.

At this time, I would like to wish you all a very happy holiday season and a Happy New Year to come.

"Ending Thought" - May the coming year bring you peace, good health, and a chance to enjoy life in general. Time goes by so fast so let's enjoy every day."

DECEMBER 19 MEETING

AARP Celebrates 2016 at a December Potluck

by Charlotte Baker, *Publicity*,



Don't miss the **December 19 meeting!** It's a fun potluck that everyone in AARP Chapter 5239 looks forward to! We will celebrate a year of interesting speakers, trips, a successful BBQ fundraiser, and hear which service groups will receive our end-of-year donations. **AND!** We'll of course have the traditional potluck luncheon, featuring everyone's favorite dishes.

Unless you're planning to bring your family's secret casserole, please bring a dessert if your last name begins with A to I, and a main dish, side or salad if your last name begins with J to Z. Festivities will begin at 11:30 AM at the Community Center. Please bring your food and help with set-up after 11:00. Questions? Call Ann Wood at 972-3326.

DECEMBER BIRTHDAYS

(Sagittarius and Capricorn)



Happy Birthday! Dick Berra, Norman Bielmeier, Karen Cakouros, Donna Crawley, Melinda Crocker, Marion Doherty, Tomothy, Edwards, Robert Haring, Jackie Hill, David Kovarik, Hank Lewis, James Protiva, Ed Rowan, Gail Sauro, Chuck Spruce, Joseph Wascalus, G. Daland Webb, Elaine Witcher, Mary Wolf

SUNSHINE REPORT

by Joan Albertella and Carolyn Durphy



Get wells cards were sent to Phyllis Pulice and Lewis Meador. A thinking of you card was sent to Sharon Webb. 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.

MEDICAL NEWS

10 Super Foods for Better Health

by Sandi Frame

Last month I listed several of the highest calorie, fat and sodium foods from fast food vendors. This month let's look at some super foods readily available at most grocery stores: maybe not as much fun or as easy as eating out but definitely healthier for all of us.

1. Sweet potatoes. A nutritional superstar – one of the best vegetables you can eat. They are loaded with carotenoids (antioxidant, and the body can convert these into vitamin A), and a good source of potassium and fiber. Toss with a bit of olive oil and roast until tender and

lightly browned. Sprinkle with a spice or two, such as cinnamon or chili. Did you have some at Thanksgiving?

2. Mangoes. About a cup of mango provides 100% of a day's Vitamin C, about 1/3 of a day's vitamin A, a decent dose of blood pressure lowering potassium and 3 grams of fiber. It is one of the fruits least likely to have pesticide residues.
3. Plain Greek yogurt. Fat free (0%) unsweetened Greek yogurt has a pleasant tartness that is a perfect foil for the natural sweetness of berries, bananas, or your favorite whole grain cereal. It is strained, so even the 0% versions are thick and creamy. The lost liquid means that the yogurt that is left has twice the protein of ordinary yogurt however, less calcium, about 17 grams in a 6 ounce container.
4. Broccoli. It has lots of vitamin C, carotenoids, vitamin E, and folate. Steam until it's a bright green and just tender. Add a sprinkle of parmesan cheese and a spritz of fresh lemon juice.
5. Wild Salmon. Fatty fish like salmon, which are rich in omega-3 fats, may help reduce the risk of heart attacks and strokes. Wild-caught salmon is more sustainable than farmed salmon.
6. Crispbreads. Whole-grain rye crackers, like Vasa, Finn Crisp, and Ryvita - have ingredients that are as simple as it gets; whole-grain, flour (typically rye), water, salt, and sometimes yeast. Try them topped with tuna, chicken, or shrimp salad, hummus, or tomato with chopped basil.
7. Garbanzo Beans. All beans are healthy beans. They are rich in protein, fiber, copper, folate, iron, magnesium, potassium and zinc. Garbanzos stand out because they are so versatile. Look for no-salt-added varieties in cartons. Add a handful to your tossed salads or

stir them in your vegetable stews, curries, and soups.

8. Watermelons. Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has 1/3 of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 90 fat-free, salt-free calories. .
9. Butternut Squash. Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to put into the oven, a stir-fry or soup. It's an easy way to get lots of vitamin A and C and fiber.
10. Leafy Greens. Don't miss out on the powerhouse greens like kale, collards, spinach, collard greens, and Swiss chard. These stand-out leafy greens are loaded with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, and fiber. Sauté in a bit of olive with minced garlic and season with ground black pepper and red wine vinegar. They go in many soups as well.

If you want to read more you can go to www.NutritionAction.com.

Source: Nutrition Action by the nonprofit Center for Science in the Public Interest.

Legislative News

by Tony Quattromani

The election is over and we have a President elect – Donald Trump.

Quite a surprise especially for the media and the pollsters!

The right to protest is being executed by some - mostly peaceful. As we wait for the inauguration on January 20, 2017, let us all be thankful that we live in a country where one could protest, without threats or oppression from the government.

Now it is time to express our joy or to suppress our disappointment – the election is over. Let's all work together to continue to make this country great.

A Happy Holiday season to all.

DUES! DUES! DUES!

by Carla Wascalus, membership



It is getting to be 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 November 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 pegpowl@aol.com.

You may start to 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. If you want to pay at the Holiday Party, please put your check in an envelope, if cash, definitely put in an envelope with your name(s). It will go faster and make the treasurer's life easier if you do so. She may not have her books or change with her. Thank you.



Income Tax Preparers Still Needed

by Carla Wascalus

Computer savvy people are **still** needed to help prepare income taxes during the period of February 4 thru April 15. This free service is provided on Friday and Saturday mornings from 9 a.m. to 2 p.m. Training will be provided. Several of the current preparers are retiring and help is urgently needed. If interested or for more information contact Lew Sherman 972-5339, or Jim Buongiovanni as 972 2575.

LOW VISION EYE SIGHT SUPPORT GROUP

by Gail Sauro

There is a new support group forming for residents with **low vision** eye sight. This new



support group is sponsored by the Lions Club. The first meeting is January 3, 2017 from 10:00-12:00 at the LOWA Community Center. For questions contact Gail Sauro at 972-1629 or gail.sauro@yahoo.com.

SILENT AUCTION: ON VACATION

by Karen Kovarik, Chairman



UNTIL JANUARY.

Save your goodies until January.



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.

Taste of Solomon's Island, MD

Join us for tasteful afternoon Saturday, March 25, 2017, 8:30 – 5:30. Cost \$49, includes driver tip. Stroll the River walk along Patuxent River with access to the shop and restaurants (taste sample are \$4.00 per sample); and 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 wiscruiser@hotmail.com.



Upcoming Living History Cruise date

to be determined 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 for the era, 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 wiscruiser@hotmail.com.

Refund/cancellation policy within 30 days: no refund

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

Sight and Sounds Production of Jonah



Pierre is organizing a trip to the PA Amishlands to see **Sight and Sounds production of Jonah**. The dates are **April 24, 25, 26**. This is the 2nd week after Easter, which falls on April 16 for most of us. The

trip will include 2 nights lodging, 2 breakfasts, 2 dinners, stops at an Amish Farm and bake shop, Kitchen Kettle Village, & Bird in Hand Farmers Market. Price includes transportation from LOW, driver's gratuity, luggage handling, and all taxes and meal gratuities. The cost **\$389** per person double occupancy, and **\$478** for single. One new addition this year: we will have dinner in an Amish farmhouse. The Amish will prepare and serve the meal. This will allow you to see how they live, and to ask them any questions about their lifestyle. Reservations are being accepted with a **\$25** per person REFUNDABLE deposit. Please call or email Pierre at 972-0519 or pierre114@verizon.net. The trip is almost full, so don't delay.

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.



Thanksgiving is over but Christmas is here and we want to make the holidays great for all, so your extra donations are really appreciated. As usual we never have



enough food. We always need donations of cereal because we cannot purchase cereal from the Fredericksburg Area Food Bank, as they do not stock it. Peanut butter and jelly are also very much in demand. So watch for sales on cereal all types are needed, as are all nonperishable items.

Cash donations or checks written to the Wilderness Food Pantry are also welcome
Thank you for your support



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.

Happy Holidays!



Happy New Year

TREASURERS'S REPORT FOR NOVEMBER

Income	2016 Budget	Current Month	Jan - Oct	YTD
Chapter Dues	\$2,400.00	\$7.00	\$2,100.00	\$2,107.00
Coffee	\$270.00	\$30.00	\$212.25	\$242.25
Election Day BBQ	\$5,660.00	\$1,053.00	\$4,928.00	\$5,981.00
Name Badges	\$40.00		\$42.00	\$42.00
Auction	\$880.00	\$63.00	\$642.00	\$705.00
50/50 Raffle	\$600.00	\$49.00	\$492.00	\$541.00
Other/Miscellaneous	\$400.00		\$50.00	\$50.00
Total Income	\$10,250.00	\$1,202.00	\$8,466.25	\$9,668.25

Expenses

Administrative Costs	\$200.00		(124.50)	(\$124.50)
Election Day BBQ	\$2,600.00	(377.68)	(2,197.37)	(\$2,575.05)
Gifts/Donations	\$6,300.00		(200.00)	(\$200.00)
Insurance	\$120.00		(102.00)	(\$102.00)
Meeting Expenses	\$190.00	(5.29)	(27.14)	(\$32.43)
Name Badges	\$60.00		(28.31)	(\$28.31)
News Letter/ Web Site	\$200.00		(124.26)	(\$124.26)
Social Events	\$340.00		(391.11)	(\$391.11)
Sunshine	\$50.00	(2.45)	(12.69)	(\$15.14)
Other/Miscellaneous	\$190.00		(30.00)	(\$30.00)
Total Expenses	\$10,250.00	(\$385.42)	(\$3,237.38)	(\$3,622.80)

	Total Received	Total Disbursed	Balance
Tours and Trips			
Amishland Trip	\$16,611.30	(\$14,888.00)	\$1,723.30
Amishland 2017 Trip	\$100.00	(\$200.00)	(\$100.00)
Fall Follilage Cruise 2016	\$1,100.00		\$1,100.00
Chattanooga Trip(cancelled)	\$200.00	(\$200.00)	\$0.00
Nationals Ballgame	\$3,955.00	(\$3,250.00)	\$705.00
Nationals Ballgame 9/14	\$3,885.00	(\$3,250.00)	\$635.00
Potomac Eagle Trip	\$6,220.00	(\$5,613.30)	\$606.70
Total Tours & Trips	\$32,071.30	(\$27,401.30)	\$4,670.00

Accounts for Month

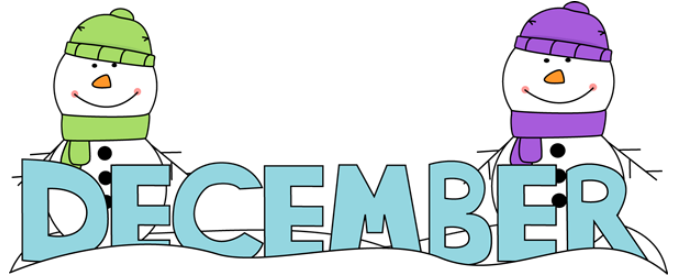
Checkbook Balance 10/31/2016	\$11,188.69	Chk bk Bal 12/31/2015	\$2,089.82
Total Income	\$1,202.00	2016 incoming	\$9,668.25
Total Expenses	(\$385.42)	2016 outgoing	(\$3,622.80)
Total Tours & Trips Received	\$1,200.00	Trip balance	\$4,670.00
Total Tours & Trips Disbursed		ADD 2015 trip disb	\$400.00
Checkbook Balance	\$13,205.27	Chk bk bal 11/30/2016	<u>\$13,205.27</u>
Interest Bearing Account	\$1,095.74		
Petty Cash	\$114.00		
Total Accounts	<u>\$14,415.01</u>		

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

www.AARP5239.org
aarpchapter5239@yahoo.com

This Month's Meeting December 19, 2016
Community Center, 11:30 a.m.

January 16, 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	Lucy Churchill	110 Cumberland Circle	540-972-7452	glchur@comcast.net
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	Pam Nalls	328 Yorktown	540-972-5253	pnalls@verizon.net
Director	Sharon Webb	100 Confederate Circle	540-972-1666	sharon.webb@comcast.net
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	Char1104@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