



PERSPECTIVES – April 2026

www.aarp5239.org

President's Letter – Lisa Varouxis

“Blossom by blossom the spring begins.” – Algernon Charles Swinburne

Aside from the heavy pollen and the side effects many of us suffer due to it, I welcome spring with its beautiful flowers, warmer weather, and later sunsets.

I was pleased to see the number of people in attendance at our March meeting, and attribute that to our guest speakers - J. Bryan Nicol, Orange County Board of Supervisors Chair and Dave Davies – Rapidan Service Authority Board Member. Bryan provided us with information on matters of concern in and around Orange County while Dave presented information on how RSA came to be, who they are, and some of their future plans.

The Chapter is in need of volunteers to serve as Vice President (run the Board or Membership meeting if I cannot attend), Fundraising Chair (ideas, implementation of ideas to raise money for our benevolent fund), Program Co-Chair (work with Bill Ruark to schedule guest speakers for our meetings, Publicity Chair (increase our membership and promote the work we do for the community), a “backup” greeter (greet people as they arrive for the meeting) for when one is not available, and someone to take on the coffee duties for the monthly meetings.

Our next Chapter meeting be held at the Clubhouse on Monday, April 20, at 10 a.m. The doors will be open at 9:30 if you wish to socialize over coffee and member-provided goodies before the start of the meeting.

After the meeting, be sure to have lunch or dinner at ClearWater Fire-Grill. They will be donating 10% of their proceeds (coupon needed) to AARP for dine-in and carry-out orders from 11 a.m. until closing. Money received from this event will go into our benevolent fund. Thank you, Sandy Davis, for setting this up!



GERMANNA – WHAT’S IN A NAME? - Beth Drabant

Did you ever wonder how the stretch of Route 3 between Fredericksburg and Culpeper came to be known as Germanna Highway?

When you cross from Orange County into Culpeper County on Route 3, you are traversing a centuries-old crossing of the Rapidan River used by American Indians, English and German colonists, the Marquis de Lafayette, and Civil War armies.

Step back in time and discover this rich history right in our own backyard. Shannon Doherty, Education and Communications Manager at Historic Germanna, will bring the past to life as she shares the story of Fort Germanna—built in 1714 by German colonists, alongside Native peoples and enslaved individuals—and how the region evolved over the years.

Shannon has a degree in history from the State University of New York at Binghamton. Throughout her career, she has been immersed in the public history world, including the Journey Through Hallowed Ground, American Battlefield Trust, Fredericksburg and Spotsylvania National Military Park, Fort Pulaski National Monument, and Historic Germanna.



Tours & Travel - Pierre Payette

Connecticut River Valley featuring The Essex Steam Train & Riverboat. This is a 4 day, 3 night trip to Connecticut River Valley October 13 through 16, 2026. Includes 3 nights lodging, 3 breakfasts, 3 dinners, Essex Steam Train & Riverboat excursion, Olde Mistick Village, Mystic Seaport Living History Museum, Connecticut River Museum and Florence Griswold Museum.

Price includes Motor Coach transportation, hotel, luggage handling, specified meals including tax and gratuities. Bus leaves from and returns to LOW. For info, call Pierre at 540-972-0519 and leave a clear message, or email at pierre114@verizon.net

Flyer is also downloadable from **WWW.AARP 5239.org** under downloads. Cost is \$749 per person for double occupancy and \$1019 for single occupancy. A \$25 per person deposit will reserve your space. Checks should be made out to **AARP #5239** and mailed to **Pierre Payette 114 Parliament St Locust Grove, VA 22508**. Cut-off date is August 1, 2026 or when trip is full.



Brain Injure Awareness - Carolyn Durphy

What is a brain injury? A brain injury occurs when a blow, bump, or jolt to the head disrupts normal brain function. Concussions are a common type of traumatic brain injury and should always be taken seriously.

Signs of a concussion may include headache or pressure in the head, confusion or memory problems, dizziness or balance issues, nausea or vomiting, sensitivity to light or noise and unusual drowsiness. Being aware matters as brain injuries can affect memory and concentration, speech and communication, mobility and balance and mood and behavior.

If you suspect a concussion, seek medical care right away as early recognition and prevention can reduce long-term impacts and save lives.

This article was taken, in part, from the March Orange County Incite newsletter.

Chapter Fund Raiser – Sandy Davis

After the meeting, keep the conversation going over a great meal at Clearwater Grill. Whether you choose to dine in or carry out between 11 AM-10 PM on Monday April 20, the chapter will receive a portion of the day's proceeds to support local charities. You must present a coupon like the one below, for the chapter to receive a portion of the daily proceeds. If you would like to print multiple coupons for you and your friends you can print them from our chapter website <http://www.aarp5239.org> by clicking the Downloads tab and then “Clearwater Fire Grill Fundraiser” in the purple box under Trips and Events.

Fundraiser at Clearwater Fire-Grill & Catering
Monday, April 20, 2026
Anytime between 11:00 am to 10:00 pm
----- Dine In or Carry Out -----
When placing an order be sure to inform waiter of this coupon
10% of Food Purchased (excludes alcohol) will be donated
To: AARP 5239 Chapter
All donations will go to AARP 5239 Chapter annual charity donations.

April Birthdays - Kim Lyttle



Happy Birthday to all you Aires and Taurus kids!

Carol Bohrer, Michael Chinn, Kit Filbey, Deena Lanier, Joseph McEuen, Noah Rakes, Julie Soukenik, David Warmer, Dayle Young



Sunshine - Carolyn Durphy

There were no cards sent out in March. Please remember to send me an e-mail or call if you know of someone that is sick, needs a cheering up or if there has been a death in the family.

End of Newsletter Notes - Sandy & Carolyn

Name Tags. Carolyn will be sending in an order the end of May if you are interested in having one made. You can fill out a form found on our website. They are a green background and white lettering and the cost is \$9 each.

A **Happy Easter** Sunday to you all!!!

Come, enjoy and see the play “**Clue**” presented by the LOW Players April 24, 25, 26 and May 1, 2, & 3

Don't forget April 15th for your **tax returns!!** Thank all you people that worked with the AARP Tax Aid Friday and Saturdays.

