



Perspectives - November 2025

President's Letter - Garry Archer

First, I to thank Virginia for her hard work and great organizational skills. We were able to pull off a great fundraiser at Clearwater Grill that garnered over \$350. Great job Virginia!

Speaking of great - don't forget we are taking pre-orders for pies so if you can please be sure to get your orders to Virginia. More info on this is within this newsletter.

Reminder – We will be asking for some hearty souls to assist with setting the tables for our Christmas luncheon. Signups will be at the sign-in table at our November meeting.

As I am almost to the end of my term I would like to thank all those who made the meetings easy - Joan and Bill who got the speakers, Dave and Marianne who came early and left late doing the coffee/tea set up, Anne and Rani who kept the snack table going, Sandy for maintaining the website, Berry for helping with the cooking at our June picnic, Carolyn and Pam for maintaining and writing the monthly newsletter, and Pierre and Barb who have worked hard and long to arrange trips which have been our primary fund raisers. Virginia has done a great job coming up with new ideas for fundraisers and Lisa has raised her hand on more than one occasion to represent AARP at various events and Pam D for her tireless efforts with the local food pantry. Kathy for tirelessly maintaining our accounts, and Pam D for her tireless efforts with the local food pantry

Like they say, it takes a village and you can certainly see that's why our meetings have been most enjoyable.

So while I wish you all a great Thanksgiving with family and friends, I hope to see you all at our meeting on 11/17.

Live Entertainment by Ask Mallori - Virginia Wright

The AARP Chapter 5239 of LOW will hold its meeting on Monday, November 17, 2025 at the Clubhouse of Lake of the Woods. There will be time for networking and greeting other members and welcoming visitors starting at 9:30 AM. We have elected to have some entertainment since we have had a series of hard topics in the past months. The entertainment will start promptly at 10:00 AM.

Mallori Wilkinson is a talented vocalist, actress, mom, music instructor and public servant. Her neighbor, Bob Lyle is a lifelong songwriter, sideman who found a fantastic music partner living 5 blocks away.

Mallouri and Bob will entertain us with a musical assortment of the top tunes from 1970-1990's, many of which you will know and want to sing along with. You will already know them as they were part of several of the bands that LOW hosted this summer with the Music on the Points concerts, and they have been performing as the Ask Mallori entertainment on the Clubhouse Deck this summer.



Report Your Volunteer Hours - Dave Krause

Each year our chapter reports to Virginia AARP the number of hours members have donated in service to our organization. If you have not already entered your hours for 2025 in the book at one of our meetings, please do so at the November meeting or December holiday gathering or send your total to Dave Kraus, krausman369@gmail.com.

You can report only those hours spent on activities sponsored or supported by our chapter. That includes time spent performing your duties as a chapter officer or committee member. Do include hours spent on behalf of other organizations. Dave will continue to accept 2025 hours into January.

October's Medicare Presentation – Virginia Wright & Sandy Davis

At our October meeting many members had requested to receive a copy of the speaker slideshow presentation on Medicare by Encompass Community Support. The 2025 Medicare Presentation slideshow has been posted to our chapter website in the "Downloads" section under Information.



November Birthdays - Pam Archer

Blessed November Birthday Wishes to Laurie Brown, Lorrie Buchanan, Cathy Byrne, Berry Dunbar, Lyn Fogarty, Dolores Johansmeyer, Robert Oldach, and Ann Walker.



Sunshine - Carolyn Durphy

Get Well cards were sent to Skip Poole, Barbara Cusack, Pierre Payette and a Sympathy card to the family of Violet Liberti. Pierre and Irene Payette, Carolyn Durphy, and a couple of their close neighbors attended the interment for Vi on Tuesday at Laural Funeral Home.

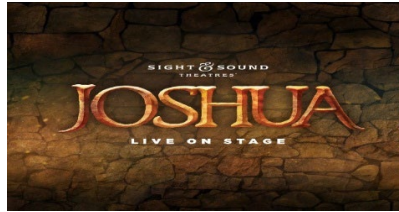


FALL FUNDRAISERS - Virginia Wright

Thank you to all who went to eat on October 20th from 11AM to 10PM at Clearwater Fire Grill and Catering whereby the donated 15% of all food sales to our benevolent funds to be given to local charities. We are pleased to say that the community and neighbors took us up and we have received \$351.35. You went to Clearwater, you enjoyed a good meal, and you will help others during these hard economic times as we distribute these funds in coming months.

Second fundraiser is coming in November: We will be taking prepaid orders from now until Nov 13th and distributing here in LOW on November 24th to members in the lake area a selection of fruit pies, biscuits and donuts made by Knakels Bakery in Culpeper in time for your Thanksgiving holiday gatherings. Knakels does the baking, AARP members make the drive to Culpeper and you enjoy good baked goods for the holiday.

Order forms will be available through any LOW AARP member or Events Tab at <http://www.aarp5239.org/downloads.html>. If you choose to mail the order per the order form, you will be responsible for the delayed mailing if it happens as we are experiencing delays with the US Postal Service from Lake of the Woods as it goes to the Richmond Hub. However, the Locust Grove post office has a special small slot in the wall for mail to be delivered locally. You can also contact the fundraiser coordinator, Virginia Wright, at 540-219-9531 with questions or more information.



TOURS AND TRAVEL – Pierre Payette

I have signed up for a trip to Sight and Sound to see Joshua. The dates are Wed Apr 29 - Fri May 1 (3 days 2 nights). Costs will be approximately \$599 - \$609 per person for double occupancy and \$799 - \$809 per person for single occupancy. Joshua was the successor to Moses.

Includes 2 nights lodging, 2 breakfasts, 2 dinners including a dinner at an Amish home, Preferred Seating at a performance of Joshua at the Sight and Sound Theater, guided tour of the Amish countryside with stops at a few Amish shops, film presentation of Jacob's Choice, Kitchen Kettle Village and more. Luggage handling, taxes and meal gratuities and motor coach transportation is also included.

Turn around time is short for this trip, so sign up now and don't be left out. Flyers will be made available soon. Absolute cutoff date is Sunday February 15, 2026

Call or email Pierre at pierre114@verizon.net – or phone 540 972 0519.

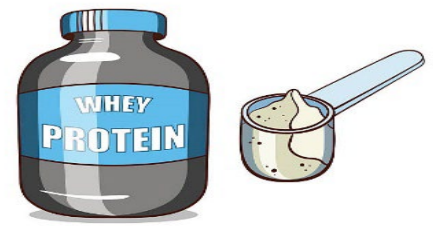


Dues Reminder - Kathy Saladino

Dues paid now count for 2026. You may mail them in if you do not come to the next meeting. We received a \$20 donation from someone who would not attend but wanted to contribute to the funds Clear Water fundraiser.

Scoop on Benefits of Protein Powders -Joan Albertella

Protein is an essential nutrient that can help anyone maintain the muscles needed for an active lifestyle. Almost half of people over age 70 don't get the amount recommended to help prevent age-related muscle loss. Someone who weighs about 160 pounds would need to consume roughly 87 grams of protein a day.



One option for getting more protein is protein powders. Be careful to get 100% protein product. Avoid products labeled as “mass gainers” or sports-performance blends which can contain added sugars that are not beneficial and can cause bloating, gas, and other digestive issues. It is critical to buy products that have been tested and carry a seal of approval from third-party testing organizations such as USP and Banned Substances Control Group (BSCG).

Some protein powders come in unsweetened flavor. You can:

- Mix a scoop into hot oatmeal with milk and berries.
- Build into a smoothie
- Add a small scoop to your favorite yogurt
- Switch out your favorite coffee creamer for protein powder mixed with milk.

Mayo Clinic Health Letter

Around the Lake – Carolyn Durphy & Sandy Davis

Lake of the Woods Church Christmas Bazaar – Sandy Davis

Lake of the Woods will be hosting their annual Christmas Bazaar featuring handmade gifts, Christmas wreaths, centerpieces and food. In addition to all the amazing crafts there will be a Bargain Barn and Village Shops which include The Bake Shop, The Book Nook, The Garden Shop and more. Breakfast and lunch items will be available for purchase each day. This event will begin on Saturday, November 8th (9 am to 4 pm) and commence on Sunday November 9th (9 am to 1pm). Lake of the Woods Church is located at 1 Church Lane, Locust Grove, VA 22508.

Students-Led Veterans Day Celebration

This Veterans Day, the LOW Players and Veterans & Homefront Voices will present a student-led Veterans Day Celebration. This year is the 80th anniversary of the end of WWII and that era will be in the spotlight of the stories students in Orange County High School and Locust Grove Elementary and Middle Schools will share.



One of the stories being told is that of a woman, now 86, who was 6 at the end of the war and living in Germany and how the American troops going through her town brought a huge sense of relief - and some food she begged for. The story will be told by a 4th grade girl who is 9.

Please contact Conrad if there is a WWII veteran in LOW you know of, as we especially want to interview that person.

Thank you.

Conrad Ogletree



Founder, Veterans & Homefront Voices and Vets Nite

Son of Navy Pilot Korea era / Grandson of Army Air Corps
Pilot WWII

(610) 574-9969

conrad@toplinerev.com

www.vhvconnections.org

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LOW Veterans Annual Dinner/Dance - Barbara Ehlen

The LOW Veterans Annual Dinner Dance will be Saturday, December 13th at the clubhouse from 5 to 10PM. There will be live music by CMJ sponsored by the Licata Group, your trusted real estate experts! This includes a ton of prizes and giveaways, silent auction and a 50/50. Choice of meal selection is beef, chicken, fish or vegetarian. Tickets are \$60 per person.

Please email Barbara Ehlen at wisecruser@hotmail.com for more information and the form to be filled out.

