



BLACKSBURG NEWS

Volume 23, Issue 8

Chapter #2613

October 2006

Web <http://civic.bev.net/aarp/> Correspondences: P. O. Box 10082, Blacksburg, VA 24062

Newsletter Editors: Ben and Carol Crawford; ben.crawford@vt.edu

Membership Meeting

Protecting Seniors From Identity Theft

Blacksburg Senior Center

11:30 a.m. - Bag lunch and fellowship

Program from 12:00 noon to 1:00 p.m.

Protecting Seniors from Identity Theft, a talk presented by *Cynthia Horkey*, a PhD student of Professor *Irene Leach* at VT, in Consumer Studies. A limited number of copies are available to the early birds of the AARP booklet: *ID THEFT: What's it all about?*

Additionally, a **Mini Program** by *Teena Vernon*, CASA Volunteer Coordinator, who will present a short talk about Court Appointed Special Advocates (CASA).

VIRGINIA CONFERENCE on MOBILITY NEEDS

October 30-31

Conference Hotel Sheraton-Richmond West Hotel, 6624 West Broad Street, Richmond, VA

Conference begins Monday at noon, October 30, (Registration opens 10:00 a.m.) and ends about 4:30 p.m., Tuesday, October 31. The \$75 registration fee per attendee covers all meals, refreshments, and workshop materials. **Note: Blacksburg AARP will reimburse full registration for up to two (2) Chapter members.** Contact *Carl McDaniels* or your newsletter editors--first come first serve basis. For more information and to register on line, www.aarp.org/va

Speakers include Governor Timothy Kaine, Deputy Secretary of Transportation, Ralph Davis; Commissioner of the Department for the Aging, Julie Christopher; and AARP Director of Livable Communities, Elinor Ginzler.

Affordable, easy-to-use, and flexible transportation options are essential for maintaining independence, choice, and control in our communities. Economic vitality depends in large part on transportation connecting individuals to jobs, goods, and services. With the aging of the Baby Boom Generation, we all need to understand how older people connect with their communities, what the transportation challenges are for many as they age, and how to expand and improve the mobility that transportation options can provide.

Community activists, elected officials, aging professionals and all who are interested in improving transportation for seniors are encouraged to attend.

CARL'S CORNER

Carl McDaniels, President

THANK YOU, THANK YOU, THANK YOU!!!!

That's right many thanks to all the AARP Blacksburg Chapter members who made the September 19, 2006 Health and Wellness Fair such a smashing success for an estimated 450 people who attended. First, special thanks to the Planning Committee who provided months of leadership and dedication to bring all the hundreds of varied tasks to a high level of accomplishment --Jo Ann Underwood, Angela Little, and Harriet Damant. Second, to the host of Board Members, Committee Members and others who pitched in to get quality information on our web site, a great printed program, seminars, films, exhibits, hospitality, lunches, door prizes, drawings, and public relations.

Third, to all the folks in the NRV who attended the Fair and shared their presence with others to make such a great mix of AARP'ers. We learn so much from each other in a group like this at the Fair. It was great to have a bus from Warm Hearth, a van from Giles County, and so many cars from all over the NRV, the parking lot stayed full all morning. My personal thanks to everyone who made this such a super successful event!

Now, it is on to our next BIG event of 2006—Our Book Fair in support of the Montgomery County Christmas Store's books for children effort. This will be at the Barnes & Noble store in Christiansburg, Saturday November 4, 2006. Hope to see each one of you from 9:00 a.m. to 11:00 p.m. closing--buying books, CDs, etc. with a percent of every sale (with voucher) going to such a good cause in our community. See details on page 3 of this newsletter.

MEMBERSHIP NOTES

Our membership stands at 375 which includes 10 - Complimentary; 8 - Lifetime; 7 - Life; and 2 - Honorary members. However, 15% or 56 members have not yet

paid their 2006 dues. These members will be contacted by board members over the next several weeks by telephone. By recent board action, **Lifetime chapter membership for \$100 now includes both members of the household** (board action October 3, 2006). We are pleased to recognize *Anne and Larry Alexander* as our newest Lifetime members. Some 500 mailing labels for Virginia Tech retirees, who are not members of our local chapter, were prepared last May by Amy Mayers and Patrick McGonigle, Virginia Tech student volunteers. Our plan is to send a letter inviting these retirees to join our local chapter. A copy of the most recent Newsletter will be included in this special mailing. A special word of thanks to Connie Anderson who generously donated a portable display table to the chapter and which will be used in our membership recruiting efforts. About 50 membership flyers were distributed at the recent Health and Wellness Fair.



Membership Chair Jim Wightman (r) signs up new member at Health and Wellness Fair. The AARP display table (background) was donated to the Chapter by Connie Anderson

NEWSLETTER FOR SENIORS

Blacksburg AARP Chapter Lifetime member Larry Alexander will bring copies of his newsletter, *Home Sweet Home* to our meeting this month. The mission of this FREE newsletter is to "...help Seniors live longer and more enjoyably in their own home."



Wotchiwe Kalande of Malawi, a science teacher and PhD candidate in teacher Education at Virginia Tech, was very impressed with the scope of the AARP Health and Wellness Fair. She personally has dreams of helping her rural area build a community center for such events. She was inspired and enthusiastic about the energy and all the information such an event was able to disperse. President Carl (c) and Elva Miller (r)

SEMINARS ON WTOB (Channel 2 TV)

The educational seminars were taped at the Health and Wellness Fair. Producer Chip Herman sent us the following:

“I was able to trim all the programs down to right under a half hour, so we can schedule them to air.... have them scheduled to air Thursday’s at 9 a.m. and Sunday’s at 6 p.m. throughout the month of October starting on the 4th.

I’ll put the “How to be Independent” and “When is it Time to Hang up the Keys” back to back and the “Healthy Eating For Seniors” and the “Wise Use of Prescription Drugs” back to back and alternate the days they air every week...”

You can also watch WTOB on line at www.blacksburg.gov/wtob

AARP ELECTION RULES & POLICIES

It is AARP policy to engage in only nonpartisan election activities. Nonpartisan activities mean that **AARP does not endorse candidates** for public office nor contribute money to candidates or political parties. Political activities for or against a candidate are NOT allowed. **AARP does take positions**

on public policy issues and supports specific pieces of state and federal legislation that enact those issues into law. AARP is strictly nonpartisan and works with all elected officials. The AARP Board of Directors establishes AARP’s position based on its review of recommendations from the volunteer *National Policy Council*.

SUPPORT OUR COMMUNITY PARTNER, The Montgomery County Christmas Store

In an effort to raise funds for the Montgomery County Christmas Store, our Community Partner, the Blacksburg AARP Chapter is working together with *Barnes & Noble* to host a Book Fair at their Christiansburg store in Spradlin Farms Shopping Center.

The **Book Fair** will be held from **9 a.m to 11 p.m. on Saturday, November 4, 2006**, when *Barnes & Noble* will donate to the Christmas Store, a percentage of every sale made with an accompanying Book Fair Voucher. The **vouchers will be available at the AARP Chapter Meeting on October 17th, and at the Book Fair** on November 4th at Barnes & Noble.

Please help support The Montgomery County Christmas Store by shopping at the November 4th Barnes & Noble Book Fair with a Book Fair voucher.

THE WOMEN’S RESOURCE CENTER of THE NEW RIVER VALLEY, another community partner, presents a program on Domestic Abuse Among Older Adults: Building a Community Safety Net

Date: November 8, 2006

Time: **9:00 a.m. – 3:00 p.m.**

Registration begins at 8:30 a.m.

Location: West Campus Center, Radford University (Old St. Albans)

Pre-registration is required by: **November 1.**

To register, mail \$30 registration fee to:

Women’s Resource Center Attn: Mary Beth Pulsifer, P.O. Box 477, Radford, VA 24143

Make payable to *Women’s Resource Center*.

If there are any questions, contact Mary Beth Pulsifer—Phone 540-639-9592

Email communityoutreach@wrcnrv.org

CARING COMMITTEE REMINDER

If you would like to send members *get well, sympathy* or *thinking of you* cards, please contact Caring committee Chair Kathy Jeffers at 951-3946. Let Kathy know the type of card to send and give her the member's name and address. Blacksburg AARP cares!

FALL PROGRAMS and Special Dates

Get out your calendars and mark the following dates so you won't miss these great Fall programs and special dates.

October 17: Virginia Tech graduate student Cynthia Horkey will talk on *Identity Theft*.

There also will be a short program on *Court Appointed Special Advocates (CASA)* by Teena Vernon.

October 25 and 27: Driver Safety Program

1 p.m. to 5 p.m. both Wednesday and Friday at Blacksburg Community Center. Must attend both sessions and be 55 or over to qualify for insurance discount. To register, please call Jim Gaines 552-6851.

First come, first served. Only 20 accepted.

October 30-31: Join AARP Virginia, the Governor, Commissioner of Aging, and the Secretary of Transportation in Richmond for the *AARP Mobility Conference—Exploring Mobility Options for Older Virginians* at the Sheraton-Richmond West Hotel (see page 1). Information and registration, www.aarp.org/va

November 4: Book Fair (see page 3)

November 7: Election Day---VOTE

November 21: Jack Leahy and Joy Herbert will make us aware of "*What the Blacksburg Community Center Has to Offer its Senior Members.*" Two short presentations: Gail Billingsley for the YMCA and Elva Miller of the Christmas Store, will round out the program.

December 5: Our annual *Holiday Luncheon* at the Holiday Inn on Prices Fork Rd. from 11:30 a.m. to 3:00 p.m. Come and sing

along with music by the *Blacksburg Community Band*. Tickets are **\$14 per person**. Please mail your checks by **December 1 to Cerrie Coil, 1404 Hillcrest Drive, Blacksburg, VA 24060**.

Special Note: Did you miss the Montgomery County League of Women Voters' program on "*The Air We Breathe?*" If so, see it on WTOB channel 2 as follows: Fridays, Oct. 13, 20 and 27 at 8:00 to 9:30 p.m. and Sundays, October 15 and October 22 at 2 to 3:30 p.m.

LETTER FROM HEALTH AND WELLNESS CHAIR

"I have done a number of Health Fairs but this one was so much easier because many of the members pitched in and helped. We had more than 60 exhibits and door prizes galore. All the grapes were consumed and all the lunches were sold. The special seminars were taped and will be shown again to the general public... (see page 3). There were many positive comments about the fair and it is because of all of you and your help. The Montgomery News Messenger did a good article about the Fair and we even got a positive letter to Currents about the Fair. So thank you one and all for the great help to make this affair successful. Jo Ann Underwood- Fair Chair"

1975 and 1976: Our Thirty Year History

Yes, 1975 was the year the Leisures, a small group of seniors, met to talk about a possible organization to enhance the social life and community activities for persons in this age group. Clarence Jencks was chairman. This group of *Leisures* was the origin of our Blacksburg AARP Chapter chartered in 1976 with some 70 members. We are grateful to *Warm Hearth Village* for their financial support of our thirty year history, a major undertaking by our chapter. As author Jim Gaines said in his introduction; "Are you acquainted with the phenomenon known as the *Spirit of America?* If your answer is no, just read 4 or 5 pages of this booklet. Copies of our Thirty Year Chapter History (90 plus pages) are available at no charge to members.

THE LIGHTER SIDE

So you thought police officers didn't have a sense of humor...The following were taken off of actual police car videos around the country:

- Relax, the handcuffs are tight because they're new. They'll stretch out after you wear them awhile.
- If you run, you'll only go to jail tired.
- Can you run faster than 1,200 feet per second? In case you didn't know, that is the average speed of a 9mm bullet fired from my gun.
- So, you don't know how fast you were going. I guess that means I can write anything I want on the ticket, huh?
- Yes, Sir, you can talk to the shift supervisor, but I don't think it will help. Oh, did I mention that I am the shift supervisor?
- Warning! You want a warning? O.K., I'm warning you not to do that again or I'll give you another ticket.
- The answer to this last question will determine whether you are drunk or not. Was Mickey Mouse a cat or a dog?
- Yeah, we have a quota. Two more tickets and my wife gets a toaster oven.
- Just how big were those two beers?
- No sir, we don't have quotas anymore. We used to have quotas, but now we're allowed to write as many tickets as we want.
- I'm glad to hear our new Chief of Police is a good personal friend of yours. At least you know someone who can post your bail.
- You didn't think we give pretty women tickets? You're right, we don't ...sign here.

When President Carl was a little boy, he wasn't getting good grades in school. One day he surprised the teacher by tapping her on the shoulder and saying; "I don't want to scare you, but my daddy says if I don't get better grades somebody is going to get a spanking."

Jacob, age 92, and Rebecca, age 89, living in Virginia, are all excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a drugstore. Jacob suggests they go in.

Jacob addresses the man behind the counter. "Are you the owner?"

The pharmacist answers, "Yes."

Jacob: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course we do."

Jacob: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism and scoliosis?"

Pharmacist: "Definitely."

Jacob: "How about Viagra?"

Pharmacist: "Of course."

Jacob: "Medicine for memory problems, arthritis, jaundice?"

Pharmacist: "Yes, a large variety. The works."

Jacob: "You sell wheelchairs and walkers?"

Pharmacist: "All speeds and sizes."

Jacob: We'd like to use this store as our Bridal Registry."

CANDIDATE FORUM for Montgomery County Commonwealth's Attorney: 7 - 8:30 p.m.,
Monday, October 16, 2006, County Government Center; 755 Roanoke Street, Christiansburg
Bradley W. 'Brad' Finch (R) Appointed Incumbent and Dennis E. Nagel (D)
Sponsor: The League of Women Voters of Montgomery County

BLACKSBURG AARP CHAPTER OFFICERS

PRESIDENT:	<i>Carl McDaniels</i>	cmcd@vt.edu
1st VICE PRESIDENT:	<i>Joyce Martin</i>	jomart23@vt.edu
2nd VICE PRESIDENT:	<i>Jim Gaines</i>	gaines@vt.edu
SECRETARY:	<i>Angela Little</i>	anglittl@naxs.net
TREASURER:	<i>Brian Allen</i>	mballen@prodigy.net
ASSOCIATE TREASURER:	<i>June Schmidt</i>	schmidtj@vt.edu

Board, Committee Chairs and more on **Web:** <http://civic.bev.net/aarp/>

Blacksburg AARP Chapter #2613
Board of Directors Monthly Meeting
Blacksburg Community Center
Tuesday, October 3, 2006

Members Present:

R. B. "Ben" Crawford	Jim Wightman	Harriet Damant	Dale Oliver
Connie Anderson	Margaret Kates	Mary Ellen Moore	Jim Moore
Jo Ann Underwood	Doris Abraham	June Schmidt	Tom Jeffers
Jim Gaines	Cerrie Coil	Joyce Martin	Darrel Clowes
Harriett Cooper	Angela Little	Brian Allen	

Guest: Dr. Larry Alexander

1. Vice-President Joyce Martin **called the meeting to order** at 9:30 a.m. She commended everyone for their help with the Health and Wellness Fair and reported that President Carl McDaniels sent a thank you to everyone who worked on the fair. Ben Crawford introduced guest, Dr. Larry Alexander, VT Associate Professor of Management, to give a brief description of his project and newsletter. Dr. Alexander is publishing a newsletter four times a year on how to keep people (seniors) in their own homes. He distributed two copies of his newsletter to members and answered questions later in the meeting.

2. Crawford requested that an **addition to the agenda** be made for the Board to discuss ways that AARP can assist Dr. Alexander in his effort to distribute a newsletter.

3. The Board unanimously approved the September 19, 2006 **minutes** as printed on the motion of Doris Abraham and the second of Mary Ellen Moore.

4. Treasurer, Brian Allen distributed a financial report and a summary of the Health Fair income and expenses. The current balance is \$4,649.18. The income from the Health Fair was \$1,832.70 with \$499.75 (thus far) in expenses making a profit of \$1,307.95. He recommended that the Board wait until next month to make a decision on how to spend the profits from the Health Fair. June Schmidt reported that she and Brian had gone to the bank and added her name to the signature cards. Harriett Cooper made a motion to accept the Treasurer's Report and Margaret Kates seconded the motion for Board approval. Approved.

5. Jo Ann Underwood reported that over 60 exhibitors participated in **the Health and Wellness Fair** and thanked each person who helped to make it a success. Observations for improvement were

discussed for the next fair as well as the things that worked well. She has sent thank you notes to the speakers and others who were involved. Brian Allen made a motion to hold the next Health Fair in 2008, with Harriet Damant making a second and the Board unanimously agreeing to the motion.

6. Nancy Eiss, **Public Relations Committee** co-chair, sent a note in her absence, that the newspapers and TV station have been sent information on the upcoming meeting. It was noted that she and Norm did an excellent job in disseminating information for the fair.

7. Jim Wightman, **Membership Committee Chair**, thanked Joyce Martin and Carl McDaniels for taking responsibility for this committee during the summer. The membership stands at 375 which include 8 Lifetime members. Brian Allen made a motion for Lifetime membership to include both members of a household. Harriett Cooper seconded and it passed unanimously. 7 new members joined at the fair and about 50 membership flyers were distributed. He thanked Connie Anderson for giving the chapter a portable display board for member recruitment. Lists of members with delinquent dues were distributed to Board members to give reminder calls.

8. Program Committee Chair, Harriett Cooper, stated that the October 17 meeting will have a presentation on Identity Theft by Irene Leach, President of the Consumer Union. The November 21 meeting will host Jack Leahy and Joy Herbert from the Blacksburg Community Center to discuss what programs are available to seniors. Cerrie Coil reported that the holiday luncheon will be held on Tuesday, December 5 at the Holiday Inn with the cost at \$14 per person. She is now accepting reservations. Brian Allen motioned to increase the band contribution from \$75 to \$100 this year. Harriett Cooper seconded and the motion passed.

9. Crawford stated that the deadline for all **newsletter** articles is Thursday, October 5 and it is currently being sent to 340 households.

10. AARP Virginia Events: Election Day is November 7 and all members were encouraged to vote. Allen recommended that everyone needs to read the amendment changes thoroughly before voting.

11. Crawford reported that Jim Gaines is now accepting reservations for the **Driver Education Class** that will be held on October 25 and 27 at the Blacksburg Community Center at 1:00 p.m. The class is 2/3 full and registration will be held at 20 participants.

12. Crawford received a letter concerning interest in our **Chapter History**. Other chapters across the nation may be interested in doing a similar project and he suggested that Connie Anderson put the entire history on-line. She stated that she can put the 90 page document on a PDF file and have a link on the website.

13. Margaret Kates of the **Ways and Means Committee** reminded members about the Barnes and Noble Book Fair on November 4.

14. Crawford reported for the **Elections Committee**. They will recommend to the general membership on October 17 the following slate of officers:

President: Jim Gaines

1st Vice-President: Jim Wightman

2nd Vice-President: Angela Little

Secretary: Virgil Cook

Treasurer: Brian Allen

Associate Treasurer: June Schmidt

(new board members will be recommended at this month's Membership meeting)

Doris Abraham made the motion to accept the Elections Committee report, Tom Jeffers seconded, and the Board members passed the motion.

Tom Jeffers said that Kathy would like to encourage members to report when members are ill so that a card can be sent. Jim Moore requested that the Secretary check previous minutes to determine if Committee Chairs have voting power on the Board. The meeting was **adjourned** at 10:45 a.m. on the motion of Jim Moore.

Angela Little, Secretary

Carl McDaniels, President
AARP Chapter #2613
P. O. Box 10082
Blacksburg, VA 24062

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
BLACKSBURG, VA
PERMIT NO. 32

-----Cut-----

NEW MEMBER OR 2006 MEMBERSHIP RENEWAL APPLICATION

Membership in the Blacksburg AARP Chapter requires membership in National AARP. Contact **Jim Wightman** at 552-2007 or jpdad@bev.net if you need a national AARP application.

Name: _____ Spouse: _____

Address: _____ City & Zip _____

Phone: _____ - _____ - _____ E-Mail _____

Membership: _____ New member of Blacksburg AARP Chapter
 _____ Renewal of membership in Blacksburg AARP Chapter
 _____ Single membership dues **\$10 for 2006**
 _____ Joint couple dues **\$15.00 for 2006**
 _____ **Life Time \$100 per person**

Recruited by (if appropriate) _____

Complete, attach check made out to Blacksburg AARP, and bring to the next Membership Meeting on the third Tuesday of each month at the Blacksburg Center, or board meeting; or mail to: **AARP Chapter #2613, POB 10082, Blacksburg, VA 24062**. If you are already a member of the Blacksburg Chapter, please pass this form onto a friend who may be interested in membership. **Note:** new members pay ½ above for 2006 (\$5 and \$7.50).