



March 20 Chapter Meeting

The Role of the FBI in Cyber Threats

An active FBI agent will inform us what the FBI will and will not do in investigating cyber related crimes. The presentation will include advice to individuals about how protect themselves from cyber threats.



Upcoming Chapter Meetings

April 17: What's Happening at AARP? Jim Dau, AARP Virginia State Director

May 15: Combining Socialization and Fitness Technologies to Increase Exercise and Improve Well-Being, France Belanger and James Tabitha, Pamplin College of Business

June 19: picnic

September 19: Health & Wellness Fair

AARP Safe Driving Course

April 12-13, 9 am-1 pm

Blacksburg Community Center

Call Joy Herbert at 540-443-1142 to enroll.

\$15 for AARP members; \$20 for non-members

The course focuses on issues specific to seniors.



Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am.

There are no meetings in July or August.

Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 am.

President's Column by Wendy Baldwin

Arts across the Generations

April 15 is coming! Not taxes, I am sure you have already filed those and spent your refund. Instead, April 15 is also the deadline for submitting to AARP your "Arts Across the Generations" submission. There is a monetary prize for the best expression of the joy of life from an intergenerational pair of artists. As you may recall from my first column, one of the staples of AARP is the view that retirement means you have more time to do things you've enjoyed over your life or take up new activities, such as expressing yourself through art. Our first venture will be accepting submissions through April 15 and the winners will be included in the June 1 Blacksburg Art walk. Blacksburg gets high marks as a retirement location because it offers many opportunities to enjoy such activities. The arts are certainly one such arena.



The New York Times (A lifetime of making art, but new to selling it online. 2/11/18) had an excellent article about older artists who found a new outlet for their work by selling their work online. This was breathing new life into the careers of artists. Older artists are supplementing their ties with galleries to links to sites like www.ugallery.com. The technological aspects were sometimes daunting, but the fact of new sales and exposure via the web seemed worth it.

Upon retirement people can decide they want to spend more time doing what they've always enjoyed. Now knitting or woodworking might take up larger parts of the day than they did when they were employed. For others, retirement is a time to go back to some endeavor—like playing the piano—that fell by the wayside as life became filled with work and family demands. Retirement can be a time to start something totally new. This describes how I now spend time.

Before I retired I was at a Mt. Tabor Ruritan club fish fry—which I strongly recommend—

Upcoming Events

April 7: The "Big Event," Virginia Tech (p. 5)

April 7: Word and Music Performance, Sharen McCrumb and Jack Hinselwood (p. 5)

April 12-13: AARP Safe Driving Course (p. 1)

April 15: Arts Across Generations submissions due

AARP invites submissions for "Arts Across Generations"

Arts Across Generations (AAG), an AARP Blacksburg initiative, will take place June 1, 2018 in conjunction with Blacksburg's Art Walk. The theme for this inaugural program is *The Joy of Life*. The program's aim is to solicit, jury, display, and celebrate artworks created by multi-generational artists (e.g., a high school student and a grandparent).

At least one artist must be a resident of the New River Valley. Submissions are due April 15 and will be juried prior to the June 1 Art Walk. All art will be showcased at various community venues (e.g., Lyric Theater, restaurants, art galleries, shops). Original artwork will be returned to artists in July 2018.

Please direct comments, questions, feedback to Peter Magolda (magoldpm@me.com) or Wendy Baldwin (wendyburg@gmail.com).

This issue of the newsletter was edited by Carolyn Rude and Sandra Griffith.

Remembrance of friends who died in 2017

Like many or most of you, I love to read...and even though I have a Kindle, I prefer real printed books...the kind you can hold on to, stick a bookmark in and come back to, save on a bookshelf and read a second time if it's a favorite. I like to go to the library....sometimes with a book in mind, and sometimes just to wander the shelves until I spot a favorite author. It's like meeting up with a friend.

Some famous, and some not-so-famous quotes, describe my feelings...and perhaps yours toward books.

"You can't buy happiness but you can buy books...and that's kind of the same thing"

Ernest Hemingway said, "There is no friend as loyal as a book."

Another, "A book is a dream that you hold in your hands".

Mark Twain adds, "Good friends, good books, and a sleepy conscience. This is the ideal life."

Today we remember nine of our good friends. And like good books, we will keep them in a special place in a library of sorts...in our hearts.

Robert Sybolt departed this life on January 18 in the care of Heritage Hall in Blacksburg. Born in Cranesville, West Virginia, he was a veteran of the US Army with over 20 years of service. Robert was active in the VFW and spent many of his last years enjoying the activities and camaraderie of the Virginia Tech Adult Daycare. Robert was 89. In remembrance, we start our library with a good book about soldiering, *Black Hawk Down*.

Michael Hyer died unexpectedly on February 15. At the University of Michigan, he completed his Ph.D. in Aerospace Engineering and met and married the love of his life, Pat. In 1978, he started his long career at Virginia Tech as a professor of Engineering Science and Mechanics, retiring in 2010. Mike had many passions, and first among them was high performance cars, especially his 1963 Cobra. He ordered a Tesla 3 on the first day possible. In retirement, he developed an interest in jazz and live music and devoted significant time to the newly established Lifelong Learning Institute at Virginia Tech. Mike was 74. In remembrance, we'll add a book about hot rods to our library.

Robert Abraham died on May 28 at his home in Christiansburg. He was a resident of Southwest Virginia for more than 60 years, a graduate of Virginia Tech, and worked for the United States Forest Service prior to founding Christiansburg Printing, which was family owned for 50 years. Bob was a 25-year member and past president of the Christiansburg Kiwanis Club. He loved nature and in retirement, Bob enthusiastically resumed his boyhood passion of birding and became quite talented at bird photography. Bob was 89. In remembrance, we add *Birds of the Mid-Atlantic*.

Kenneth Wolfe died on July 8 at his home in Warm Hearth Village. Ken joined the US Navy while still in high school after persuading his parents to lie about his age. He was a World War II veteran, after which he finished high school and continued his formal education. He was vice president of three NY Stock Exchange companies and served as an arbitrator and as a mediator with the American Arbitration Association Labor Panel. An avid golfer, hunter, and fisherman, Ken passed away at 90. His addition to our library will be a good WWII story, *Unbroken*.

Eleanor Lau died September 3. She was a longtime member and deacon at Blacksburg Presbyterian Church. Eleanor retired from Radford University as a professor in the School of Education and was an active member of the DAR. She was 83. We will add a book on the American Revolution to our library.

Bruce Anderson passed away on October 29. After earning his PhD in Biochemistry at the Johns Hopkins University in 1958, Bruce began his academic career at the University of Louisville School of Medicine and retired from the Department of Biochemistry at Virginia Tech in 1999. In the course of his career, Bruce published over 150 research articles in major biochemistry journals, many co-authored with his wife Connie. Throughout his life, he loved music and played the guitar. He and Connie were avid supporters of the Virginia Tech football team. Bruce was 88. In his honor, we add *Tales from the Virginia Tech Sidelines* to our library.

Donna Lou Stalcup passed away on November 26. She was active in PEO for several decades, was an Elder in the Presbyterian Church in four different cities, and served on the Board of Directors of the Friends of the Roanoke Symphony Orchestra. After earning her doctoral degree in Student Personnel Services in Higher Education at Auburn University, Donna taught English and music in grades seven through twelve and English and drama at the college level. She coached the high school debate team which won the Nebraska state championship in their competition class. Donna was 86. In her memory, we add a book about jazz to our library.

Rhoda Myers died on December 7. She attended Virginia Tech, where she earned her Master's degree in Accounting and worked in the university's Controller's Office and the Edward Via Virginia College of Osteopathic Medicine until her retirement in 2014. Rhoda was an active member of Luther Memorial Lutheran Church and involved in administration of the To Our House, a shelter program for homeless men in Montgomery County as well as the Valley Interfaith Child Care Center, a not-for-profit providing child care for lower income families. Rhoda was 77. To remember Rhoda, we'll add a book by the Dalai Lama, *How to be Compassionate* to our library.

Judy Dowdy passed away on December 18. She retired from the Town of Blacksburg in 2003 and is survived by her husband Duke, son and daughter-in-law, Lance and Alison, and three grandchildren. Judy spent her early years in Tennessee and New York and was a member of Blacksburg Christian Church.

She was 76 when she died. In remembrance, we add to our library *A Special Place for 200 Years, A History of Blacksburg*.

Thomas Jefferson had a famous quote about books that perhaps you've heard, "I cannot live without books." In a lesser known quote on the benefits of reading, he said "...read good books because they will encourage as well as direct your feelings."

Today we remember nine good friends who, like good books, encouraged and directed us.



President's Column (continued)

where there is always live music. The day I was there the PanJammers, a steel drum band, were performing. I had never actually seen the steel drum played, much less heard the effect of 30 drums at once. I was impressed with the music, a mix of island music, jazz, and classic rock. I was also taken with how much fun the players seemed to be having and the wide range of ages represented in the band. That was it, I knew then I needed to play steel drum. I couldn't do it while I was working and commuting between DC and Blacksburg, but the minute I retired and moved permanently to Blacksburg, I knocked at the door of the PanJammers and began to learn the instrument and the music. I cannot swear that playing the drum delays aging, but I can assure you that creating the music and listening to the music is totally uplifting. The members of the band are among the best I've ever met.

Since I was new to steel drumming it seemed like a good idea to improve my skills, so I signed up to go to "music camp" the summer of 2016. Held in Morgantown, West Virginia, camp is a rigorous week of playing 6 hours a day! If you are thinking how improbable it is that Blacksburg has a steel drum orchestra, why would Morgantown have a steel drum music camp? Morgantown is home to the heart and soul of modern steel drumming—Ellie Mannette.

Ellie Mannette was a young teen in Trinidad when he got in a spot of trouble, appropriating used, empty steel drums, but everyone appreciated his talent. The instruments are made by cutting down an oil drum and beating into it the indentations that allow different notes to be played. A steel drum band includes multiple types of drums. Some are a single, fairly small drum (a lead drum), or two such drums if the player is playing tenor drums. Double seconds are two drums, but larger and playing lower notes. Then come the guitars, which are three larger drums, and finally the imposing bass drums which is a set of five drums, the size of an oil drum. Many of these were invented by Ellie Nanette and gradually became accepted as legitimate tools of the profession.

When I ordered my own drum—which is custom-made—I made a joke about whether they offered a "geezer discount" given my age. The young man from Ellie Mannette's workshop laughed

and said, "No, Ellie plays and works every day and he'll be 90 in a few months!" Also, my drum would not be sent to me until Ellie played it and found it up to his standards. I think Ellie Manette is an ideal poster child for the value of continuing to do things that motivate your life regardless of age.

During the summer workshop, I bought drumsticks that he autographed for me, and we heard bands that ranged from the amazing school band from the Norfolk area, many of whom had been playing for years, as well a band made up of elementary school teachers, and our own bands which included young teenagers accompanied by a parent up to those of us who were retired. Some of the players in the PanJammers joined the predecessor band along with their school-age children. Children grow up and move away, but the love of Pan music remained, as did the players!

How are we continuing to honor the idea of lifelong immersion in the arts? Our first Arts Across the Generations is our current call for intergenerational art projects. This first call is for pictures that are painted (or sketched) and is open to virtually any pairing that crosses the generations in celebrating the "Joy of Life." We have no idea what kind of art we will receive. Will it be faces expressing joy? Or will it be pictures that inspire the viewer, such as the joy of a baby exploring its new world. It is hard to look at kittens playing and not be impressed with the joy they can wring out of a cat toy (okay, a cat toy is anything they can steal off your bureau, but you get the point). Plants that push up through the snow, apparently months before others, certainly seem to be the plant-world expression of joy.

We do not know how many pairs will rise to the occasion and submit artwork by April 15. The submissions will be judged and the winners and runners up will be displayed as part of the June 1 Art Walk in Blacksburg. There is also a \$150 prize for first place. We expect that there will be students who have talented parents or grandparents and who want to paint to pictures showing how each interprets some aspect of the joy of life. The June 1 Art Walk is also the date of the first concert on the lawn so we expect families to come downtown and enjoy many expressions of art.

Pastor John Wertz, St. Michael Lutheran Church

by Wendy Baldwin

Most of us have heard of Micah's Backpack or Micah's Soup for Seniors. Both projects are part of a large program called Micah's Caring Initiative, one of the local partners for whom AARP Blacksburg provides some support. If you have met Pastor John, who oversees these projects, you are unlikely to forget him, and you might find yourself volunteering to help! How did Micah's Caring Initiative start?

Pastor John came to the Blacksburg in 2004 as pastor at St. Michael Lutheran Church, the heart of these programs. While 2008 saw the launch of Micah's Backpack, there was more need in the community. Awareness of that need led to the expansion to include Micah's Soup for Seniors—also part of Micah's Caring Initiative. Together they reach about 420 youth and seniors a month. It takes a lot of volunteers to pull that off, but 900 people volunteer in one way or another over the course of a typical year.

I asked him what you actually do when you volunteer. He said volunteers are needed to pack and deliver gifts of food. Perhaps the best time to volunteer is over the summer or during breaks when few VT students are around. This is a great activity to do with a friend or a group of friends who can socialize while offering a real benefit to the recipients of Micah's Soup for Seniors.

Pastor John is a great fundraiser, communicator and coordinator of these programs. He says, "Volunteering with Micah's Caring Initiative provides the opportunity to help those who are in need to receive assistance and to help the volunteers share their gifts. Both aspects of volunteering are extremely rewarding."

You can be a part of that process and help those in the community who are in need. If you want to be one of those volunteers for Micah's Soup for Seniors (www.micahs-soupforseniors.org), just show up on the 4th Tuesday of the month at 5 pm at St. Michael Lutheran Church, 2308 Merimac Road, Blacksburg.

www.st-michael-lutheran-church.org/worshiping-at-st-michaels/contact/



Pastor John Wertz

Legislative Report by Val Coluni

- **Utility Costs.** Good news on the way? Intense discussions are now going on in our General Assembly between our representatives and staffs from our state monopolies (Dominion Energy and Appalachian Power) The issues are: 1) were our citizens overcharged for the past few years? 2) How do you reasonably decide what constitutes reasonable profits for these monopolies in the future? One answer will determine whether we are going to get a refund for past overcharges and the other answer will be will whether our current rates be reduced for future billing periods. The negotiations are intense as there are different points of view on the answers to these questions. A side "friction" point is there are some different points of view between our General Assembly and our State Corporate Commission on their relationships and decision-making powers of each of them in regulating the utility industry. Most are predicting the outcomes will be favorable for "we" the consumer.
- **Gerrymandering.** Some state courts now are issuing their own voter district maps, a controversial move as some state politicians (including in Virginia) insist only they have the constitutional authority to draw maps. Some of these states have appealed to the U.S. Supreme Court for relief. Presently the U.S. Supreme Court has only ruled on one emergency appeal; the request from state politicians was denied by Justice Alito. There are presently six to seven cases in either the state or federal courts still pending on this issue. These matters will be taken up by the full U.S. Supreme Court in the fall.
- **Serious people and legislative problems in SW Virginia** (economics, population loss, education, and health - insurance and the opioid crisis). And let's remember these types of problems do not recognize artificial political boundaries. We can easily see how conditions in the coal industry have affected our neighbors in W. Virginia as well as here in Virginia. A recent story was told about a small family owned newspaper in West Virginia that has filed for bankruptcy. The newspaper is The Charleston Gazette-Mail, started in 1873, managed for generations by family members and known by many as an aggressive consumer crusader in environmental issues, strip-mining, safety, and mountain top removal. The potential new owners have operations from New York to Hawaii and will probably not be able to replace that special touch of the Gazette. Let's make sure we express to our representatives not only our concerns about our local issues but our concerns for our friends and neighbors nearby!

Mark Your Calendar

Join us for a free Health and Wellness Fair
Wednesday, September 19, 2018, Noon - 4:00 pm
Christiansburg Recreation Center
1600 North Franklin Street

*One-stop shopping for 100 health and wellness services.
All ages are invited.*

A Word and Music Performance by Sharyn McCrumb and Jack Hinshelwood

Presented in Partnership with the Lyric Theatre and LLI

Saturday, April 7 2:00 –4:00 pm

The Lyric Theatre, 135 College Avenue, Blacksburg

Cost: \$5 payable at the door; membership in LLI not required

Take the writing of Sharyn McCrumb and the music of Jack Hinshelwood and combine them for an entertaining program highlighting the Ballad Novels of Appalachian novelist Sharyn McCrumb.

This internationally acclaimed program brings together the ballads that are woven throughout Sharyn's novels with Jack performing the ballads as Sharyn reads and discusses her work.

This program has been presented at various venues in the United States, Canada, and across Europe.

Novels that are featured include *If Ever I Return*, *Pretty Peggy-O*, *The Hangman's Beautiful Daughter*, *She Walks These Hills*, *The Rosewood Casket*, *The Ballad of Frankie Silver*, *The Songcatcher*, *Ghost Riders*, and *St. Dale*. Sharyn will also discuss and do a book-signing for her new novel, *The Unquiet Grave*.

The "Big Event": Virginia Tech

Saturday, April 7

Submit a job request here:

<https://registration.vtbigevent.org/jobrequest>



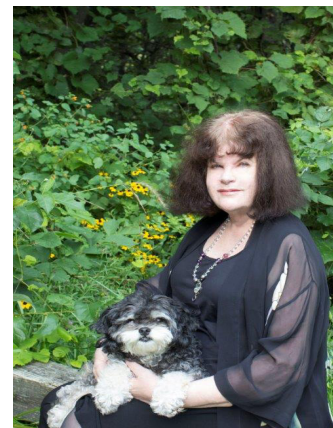
The Big Event at Virginia Tech is a student-run community service effort that has grown into the 2nd largest event of its kind in the nation. Every spring, thousands of students, faculty, and staff come together to complete hundreds of community service projects throughout Blacksburg, Christiansburg and the New River Valley.

Projects are completed regardless of need or socioeconomic status; instead, it is The Big Event's goal to simply say, "Thank you." Seeded in our university's motto of *Ut Prosim* (*That I may serve*) students and community members come together for a truly unparalleled experience. The Big Event: "One Big Day. One Big Thanks."

Homeowners might like help with painting, garden preparation, moving outdoor furniture, and the like.

PRESENTERS

Prolific novelist **Sharyn McCrumb** is a graduate of University of North Carolina at Chapel Hill, with an M.A. from Virginia Tech. She lives and works in the Virginia Blue Ridge. Her novels have been translated into eleven languages and she has lectured at Oxford University, the University of Bonn, and the Smithsonian Institution, and taught a writers' workshop in Paris. Sharyn is the recipient of more than a dozen state, regional, and national awards.



Jack Hinshelwood is Executive Director of the Crooked Road, Virginia's Music Heritage Trail, based in Abingdon, Virginia. Under Jack's leadership, the Crooked Road generates over \$9 million annually for Virginia's economy.



Jack is an accomplished musician who began playing Appalachian and Bluegrass music in 1972. In 1982, he won the guitar championship at the World's Fair in Knoxville. Since 1994, Jack has been playing guitar and fiddle with the Celtibillies, a four-member group that has released three recordings. The group performed at the 2003 Smithsonian Folklife Festival in Washington.

Spaces remain for the LLI special event, *Barn Quilt Talks*, April 17, *Warm Hearth Village Center*, 10–11 am. Artist Martha Dillard will provide history on the Barn Quilts for Books project in Craig County featured in *The Roanoke Times*. She'll show images of colorful barn quilts she has painted, and share stories of their design. Contact Leah Coffman, lcoff@vt.edu, if you would like to attend.

Chapter Officers 2018

President • Wendy Baldwin, wendybburg@gmail.com

Vice President • Jerry Niles, niles@vt.edu

Secretary • Pat Hyer, hyerp@vt.edu

Treasurer • Pat Ballard, pballard@vt.edu

Assistant Treasurer • Ruth Anne Niles, rniles2@icloud.com

Board of Directors

• 2018—Wendy Baldwin, Ryan Martin, Lisa Moose

• 2019—Tamara Hodsdon, Peter Magolda, Jim Montgomery, Wanda Smith

• 2020—Isabel Berney, Hal VanLandingham


Website: www.blacksburgaarp.org

Facebook: <https://www.facebook.com/AARPBlacksburg/>



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 Wendy Baldwin, President
 P.O. Box 10082
 Blacksburg, VA 24062

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Blacksburg Chapter  Member Application for 2018

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Annual (Calendar Year) Dues: **\$15.00** (includes spouse or partner)

New ___ Renewal ___ 90+ years old (free) ___

Please consider an additional donation to support our AARP chapter and its projects. \$10___ \$25___ \$50___ \$100___ Other \$___

Donations to the Blacksburg Chapter help us carry out our mission and community service activities while keeping member dues as low as possible. However, donations to the chapter are not tax deductible.

Please make your check payable to "Blacksburg AARP Chapter #2613."
 Mail the check and this form to: .

Ryan Martin • P.O. Box 10082 • Blacksburg, VA 24062