



April 16 Chapter Meeting

Town Hall, with Jerry Niles and Leslie Pendleton

Jerry Niles and Leslie Pendleton will lead a discussion to hear members' ideas about what the Blacksburg chapter of AARP does well and what some possibilities are for reimagining its services.

Board members will facilitate conversation at tables of six. They will use a discussion guide and ratings pages for various projects and activities.

See more details in the president's column, and come to have conversations with members and to share your own ideas.

Mother's Day Food Drive May 21

Last year our Mother's Day Spring Food Drive was such a success we have decided to again support Mother's with babies and small children. Our local food banks tell me that these items are very rarely donated and desperately needed.

This Food Drive will take place during our May 21st Chapter Meeting. Please donate the following suggested items:

- Diapers—all sizes
- Pullups—all sizes
- Baby wipes
- Baby food (jars)
- Baby oatmeal
- Infant formula
- Toddler treats (Graduates)
- Individual servings of apple sauce
- Individual servings of cereal

Consider putting some of these items in your car now so that you don't forget on May 21.

Thank you for helping make our Spring Food Drive a success.

Sally Anna Stapleton

Remember to bring your plastic bags to the Community Center for recycling.

President's Column by Jerry Niles

Thinking About AARP Blacksburg

Several board meetings ago, Leslie Pendleton, a new Board member, wanted to know what the Chapter Care Committee did. It was explained that the committee sent messages of encouragement and condolences to members who had experienced illness or loss. Leslie, a licensed counselor and chair of the chapter's Health and Wellness fair, returned to the next meeting with the beginning of a plan to reimagine the Care Committee and to think of care more broadly with a special emphasis on responsiveness to the specific needs of members with respect to living well and aging successfully. In my view, Leslie's reimagining of the responsibility of the care committee has brought the chapter a fresh perspective on how we might think about what the chapter does for its members and the community through the lens of caring. Leslie's expanded perspective of care includes the provision of what is necessary for the well-being of someone (a member of the chapter) or something (the chapter).

As I have commented in an earlier column, what makes the Blacksburg AARP Chapter special to me is that it is a caring community that helps me live well. In general, the chapter attempts to support members in a variety of ways such as monthly meetings, social events, and service opportunities. Members in turn customize their participation to match their unique needs. Over the years the chapter has developed a culture of activities and opportunities for its members to assist in pursuing their personal goal related to their successful aging.

Many of us view the chapter positively and have some confidence that we are on the right track. Attendance at meetings is on the rise, and



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Upcoming Events

April 24, Community Foundation, "Give Big NRV"

May 21, AARP meeting, Mother's Day food drive

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Volunteer Recognition



June Schmidt has served for many years on the Finance and Audit committees of AARP Blacksburg. The officers and Board of Directors express their genuine gratitude for her service.

In 2000–2001, she served as president of the Blacksburg chapter. During her term, she started the Health and Wellness Fair that has become such a centerpiece of the work that this chapter does.

Thank you, June.

The Beatles' Sgt. Pepper's Lonely Hearts Band: Revisiting the album cover

by Sandra Griffith

A number of AARP members took the LLI class on the Beatles in the fall of 2018. Instructor Joe Scallorns presented a review of the album cover for Sgt. Pepper's Lonely Hearts Band. Members of our generation who were not in the class may also enjoy remembering this item of our history.

Did you know it's been over 50 years since the Beatles released their ground breaking album, *Sgt. Pepper's Lonely Hearts Club Band*? The iconic cover, referred to as "the Mona Lisa of album covers," and "a dazzling display of modern art that defines its era," was designed by husband and wife team Peter Blake and Jann Haworth. Not surprisingly, the album won the Grammy Award for Best Album Cover, Graphic Arts in 1967.

The album cover includes a star-studded crowd gathered around a grave. To accomplish the arduous task of bringing together all these people, the artists created life-sized, black-and-white photographs pasted onto hardboard and hand tinted. The group consisted of John, Paul, and George's cultural heroes (Ringo abstained but agreed with the others' choices), comprising famous figures from history and pop culture.

Some of the celebrities represented include Mae West, Lenny Bruce, Carl Jung, Edgar Allan Poe, Fred Astaire, Bob Dylan, Tony Curtis, William S. Burroughs, Marilyn Monroe, Lewis Carroll, Shirley Temple, Marlon Brando, Albert Einstein, and dozens of others. John wanted to include Hitler and Jesus, but they were ruled out because of the controversy their inclusion could cause. (Reportedly, the cut out figure of Hitler is indeed included on the cover but obscured by the Beatles themselves.) Another suggestion, Mahatma Gandhi, was omitted because record company executives were concerned that his presence on the cover could be considered sacrilegious in India and might jeopardize album sales there.

The Beatles appear twice on the cover. One version is a replica of the band courtesy of Madame Tussaud's, who loaned the four wax figures for the photo shoot. In their suits and mop-top haircuts, they look young, somber, and innocent. The real Beatles posed in front of over 50 characters, dressed in specially tailored day-glo military uniforms with long hair and mustaches. Their appearance reflected their move from pop music and mop-top hair to a higher artistic plateau and their increasingly psychedelic style. Their foray into the drug culture is evident with the grave in the foreground with THE BEATLES spelled out in flowers trimmed with marijuana plants.



Pull out your old copy of the album and see how many personalities you can identify! Or go to <https://www.thebeatles.com/album/sgt-peppers-lonely-hearts-club-band>.

Some of our chapter's own celebrities

photos by Peter Magolda



president's message, continued from p. 1

a steady stream of new members has joined over the past several years. However, to date, we have very little data from the members' perspectives to tell us how the chapter is doing relative to helping us, the members, pursue our goals and meet our wide range of needs as we try to age successfully. Given Leslie's challenge to the Board to think about care in the context of the chapter more broadly, it occurred to me that it may be time to pause and have a reflective conversation among ourselves about how the chapter is doing in meeting the needs and expectations of the membership. To that end, I have asked the Program Committee to allow us to use the April monthly meeting program time to take the opportunity to reflect on what the chapter is doing and how it is relevant or not to your goals for living well and aging successfully. We want to find out if we are the kind of caring community that we aspire to be. Thus, the program for April will be an organized discussion among members about what we do as a chapter.

My hope is that this informal conversational format, led by Leslie and me, will enable you to share your views on features of the chapter's portfolio of activities and events that are relevant and helpful to you. We are especially interested in hearing ideas that you have about your successful aging experiences and what the chapter does that is consistent with and supportive of your needs and goals. We also want to hear your thoughts about what things you would like to continue or discontinue, what kind of programs you would like to see in the future and how the Chapter can make your AARP experience even richer. We want you to share things the chapter should be doing that it has not thought of yet. We want to know what you think of the newsletter and how it may better serve you.

Following lunch, we will form small table discussion groups and begin our conversations about these issues. We will provide a discussion guide, and someone from the Board will be at each table to help provide facilitation. I am confident that the discussions will be informative and fun and lead to more good outcomes for the chapter. I also hope that these smaller group discussions will help us form new social connections with others in the chapter we have not had the opportunity to talk with at previous meetings. All ideas and comments are welcome, big ones, small ones, short term practical fixes and longer-term conceptual ventures. We are looking for a good mix of ideas and perspectives from long-time members as well as newer members. So, if you have two cents, please come to the April monthly meeting and throw it in the pot. We will collate as much of the data from the conversations as we can and provide a summary of major points in the May newsletter. Perhaps as an outcome of our conversations we can even come up with an answer we can use at the Steppin' Out booth this summer when people come up and comment, "Oh AARP, I belong to the National. I didn't know they had a local chapter. Why should I join that?"

Enjoying the spring daffodils? So did poet William Wordsworth in the early 19th Century. After the blooms pass, he continues to enjoy them in memory.

I Wandered Lonely as a Cloud

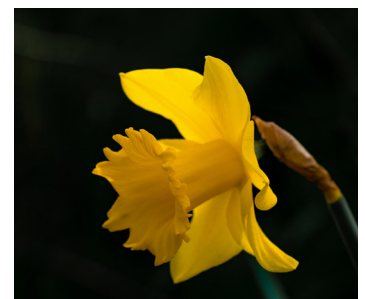
By William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.



Meet New Board Member: Doug Feuerbach

Doug was born in 1950 in Annapolis, MD. He always thanked his parents for making it easy for him to calculate his age. And yes, his father was career Navy and was stationed on Guam (with his mother), flying reconnaissance missions over enemy territory during WWII. His brother was born in 1954 on the same day. He always thanked his parents for making it easy for him to remember his brother's birthday. Doug grew up in Arlington, Virginia, beginning at age 4, except for two years in Brazil.

He attended the very patriotic sounding trio of primary and secondary schools: Jamestown Elementary, Williamsburg Jr. High, and Yorktown High School, where he lettered in Gymnastics. He helped Yorktown win the state meet that year competing in all-around and taking 4th place in the parallel bars.

In 1968, Doug left Arlington to attend Virginia Tech, get a quick 4-year degree in Chemistry, and leave. He has been in the New River Valley ever since. He looks back at his time in the chemistry department fondly, getting involved in undergraduate research and playing football on the low center part of the Davidson Hall roof (which is no longer there), and interning at Union Carbide in Charleston, WV, which whetted his appetite for an eventual career in manufacturing.

Before leaving Tech the first time, Doug worked for a couple of years in the Department of Horticulture, using his chemical background for a research project to extract and purify plant growth hormones from tomatoes grown in the Tech greenhouses. The lab he worked in had a walk-in freezer, and it was nice coming back from a summer lunchtime bike ride all hot and sweaty and walking into a room at -10 F for a quick cool down.

Doug's first job in industry was at the Radford Army Ammunition Plant as a Process Engineer working on various projects relating to wastewater treatment and monitoring. The highlight of his time at the Arsenal was observing up close a Korean War era Nike missile static fired, i.e., bolted down, to test its 25-year-old solid rocket motor. The energy from the rocket burn was the rough equivalent to what would be necessary to throw a pickup truck from Blacksburg to Roanoke. Doug thanked his co-workers for bolting down the missile so well.

From the arsenal, Doug went back to Virginia Tech for 5 years and became Assistant Director of what was then called the Office of Safety and Health Regulatory Programs, managing some of the university's environmental programs. This was his first significant exposure to the world of regulatory compliance, which was to carry him throughout the rest of

his career starting with his next move to Celanese in Giles County. He worked there for 20 years in various positions and eventually became the Environmental Team Leader over a small group of engineers managing the company's environmental compliance. Later, he was promoted to Group Environmental Coordinator providing technical regulatory leadership for the global Celanese Acetate sites. During his tenure at Celanese Doug volunteered to chair a committee that built and started up a \$1.2 million Employee Wellness Center, complete with a basketball court, workout equipment, and locker room facilities.



Doug Feuerbach chats with fellow board member, Lisa Moose

It was an very interesting project, and provided relief from the daily rigors of reading and complying with environmental regulations. What fun buying a basketball floor! He also became a corporate Environmental Lead auditor, and conducted over 20 audits in five countries over a 15-year period. Doug's final job was with the Dynax America Corporation in Roanoke, where he served as Assistant Environmental Manager and as a member of the plant man-

agement team. He continued his involvement with auditing while at Dynax, utilizing his training as a Lead Auditor for the ISO 14001 Environment Management System for which Dynax was certified.

Throughout his career Doug was active in the environmental community at the state and local levels, attending and presenting at various industrial and state environmental conferences. He was appointed to the Virginia State Advisory Board on Air Pollution by the Department of Environmental Quality and served as its Chairperson in 2007.

Doug was married for 47 years. He has two wonderful kids and five awesome grandkids. The oldest is graduating from Virginia Tech this year. Doug will miss the IT support and periodic requests to borrow a car. Doug enjoys the outdoor opportunities that surround the Blacksburg area near and far, going to music concerts, and cycling. He hopes to find fellow cyclists to ride with in the AARP.

In closing, he would like to mention his mom, who along with his father, was very inspirational throughout his life and who truly aged successfully. Having immigrated from Scotland at an early age and having been a young wife of a Navel officer, she never got to go to college until his father retired from the Navy. Then, pursuing her lifelong passion for knowledge, she entered George Mason University at the age of 59 and received a PhD in Clinical Psychology at age 70. She then became a practicing psychotherapist and later a faculty member at GMU where she worked until she was 89. Thanks, Mom.

Legislative Report *by Val Coluni*



1. Legislation: Interstate 81. A serious hazard on our roadway—I-81. Why? It has been overloaded for years; it is 50% over the traffic capacity for its design; its traffic load has more than doubled in the past 20 years; the Virginia portion sees 2,000 accidents a year. Our General Assembly recognizes that it is a serious problem and requires immediate attention. Several proposals were discussed in their recent sessions (tolls, gas tax, diesel tax, rail options), but not one of them was considered to be the best solution to correct the problem. As a result, there will be more delays in coming up with a solution now. Again a committee will be formed to focus on fixing the problem and most importantly to include the necessary *funding* proposals to provide specifics which may have been missing before! Their report is to be provided to the General Assembly by Dec. 15. The price tag to adequately fix the problem is estimated to be \$2 billion to \$8 billion. Please do not wait until December to talk to your representatives. NOW is the time to do it.

The funding problem for roadways exists elsewhere and some states are pursuing aggressive tax proposals to shore up their transportation budgets to fix roads, bridges, and related assets. At least 12 states are considering big increases in state gas taxes ranging from 4 cents per gallon to 45 cents per gallon (AL, KY, LA). In the past in Virginia funding limitation has been used to delay the solution to some future year. We are running out of time to ignore the problem. Accidents happen because of unsafe acts and unsafe conditions.

At its reconvened session on April 3 to consider the governor's amendments and vetoes, the General Assembly voted to

April 24, 2019



GiveBigNRV encourages charitable giving in the New River Valley to dozens of nonprofit organizations serving our region. The giving website allows donors to give easily and securely online to their favorite nonprofit organization or to any of the endowed funds of the Community Foundation of the NRV.

AARP Blacksburg sponsors GiveBigNRV.

To give on giving day, go to cfnrvgivebig.org.

approve increases in gas and diesel taxes and tractor-trailer registration fees to fund improvements to I-81.

2. Nursing Homes. Endangered and/or injured residents. The current Federal Administration has lowered the fines when it has to punish facilities which have been found to have endangered and/or injured residents. This action was in response to industry requests. We now as care givers for many in nursing homes either directly and/or indirectly must now monitor if these penalties/fines are set at a level to achieve our desired outcomes: quality care of the residents! Like any business there is good performance and marginal performance. Let's make sure that the reduced fines/penalties are not motivating lower performance. Constant and vigilant inspection is a must.

3. Legislation: Gerrymandering. The U.S. Supreme Court is now hearing an appeal by the Virginia House Republicans regarding our current voting districts. The case partially involves racial gerrymandering and a lower court opinion that found 11 Virginia House Districts to be unconstitutional when they were set up many years ago (this issue has been ruled by some lower courts in the past). Why this particular case is so important is if the ruling comes out against our House it could peril their 51-49 advantage in the House. The court opinion may not come out until this May or June.



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.

Chapter Officers 2019

President • Jerry Niles, niles@vt.edu

Vice President • Don Creamer, dgc2@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

- 2019—Tamara Hodsdon, Jim Montgomery, Wanda Smith
- 2020—Isabel Berney, Jeananne Dixon Bame, Hugh VanLandingham
- 2021—Doug Feuerbach, Judith Jones, Lisa Moose, Leslie Pendleton


Newsletter editors: Carolyn Rude, Sandra Griffith

AARP Website www.blacksburgaarp.org



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Blacksburg Chapter  Member Application for 2019

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: .

AARP Blacksburg Chapter • P.O. Box 10082 • Blacksburg, VA 24062