

Meet Our New President: Paul Smeal!



President Paul Smeal

We are very fortunate to have a proven leader to serve as our chapter president for 2009. Paul L. Smeal has a vast amount of experience in countless activities over his distinguished career in his professional work and community service.

Paul is a native of Pennsylvania; he received his B.S. degree from Penn State and his M.S. and Ph.D. from the University of Maryland. He and his wife Gladys have three children. Paul served in the U.S. Army and retired as professor emeritus of horticulture from Tech after an active professional life where he received numerous national, regional, and state awards serving in many organizations including a term as President of the American Society for Horticultural Science.

Other community activities include many years of service with the Scouts of America, where he received the coveted Silver Beaver Award. He also found time to be

President of the Blacksburg Lions Club and has been active in the PTA and the Luther Memorial Lutheran Church; he has served as a board member for Blacksburg AARP.

Many members know Paul as our physical fitness role model and for his work as member and currently chair of the Parks and Recreation Advisory Board for the Town of Blacksburg. He has always been a leading advocate for senior fitness programs including swimming, walking, and fun activities and has been a strong supporter of the Senior Olympic. He was also instrumental in helping the Senior Center obtain an outstanding new Fitness Center.

One thing to note about Paul is that he is not afraid to tackle the smallest of essential tasks. He and his wife Gladys folded and labeled "The Good Times News" sent to 1,300 households quarterly for five years. When you want to get something done and done right, Paul has always been there, whether as president of a national organization or helping to pick up trash on the Huckleberry Trail.

— Dan Fleming

Membership renewals [\$12.50] for 2009 are now due. A separate and convenient renewal form is in this Newsletter. There is also a tear-off form on the last page of this Newsletter.

Meet Our New Board Members

Don Creamer was raised on a cotton farm in East Texas. In 1954 he escaped to the US Army and served in the Army Security Agency until 1957 when he entered East Texas State University where he completed at B.A. in American History and an M.Ed. in Counseling & Guidance. He completed a doctorate in Higher Education at Indiana University in 1965. He spent 45 years in various positions in higher education ending his career as Professor of Higher Educations at Virginia Tech. Don is married to Elizabeth who still works as Professor of Educational Research at Virginia Tech. They have four children and five grandchildren. Don lives in Blacksburg and enjoys woodworking, cooking, hiking, reading and generally serving as a househusband.

Sue Farrar grew up and worked in Norfolk most of her life. She graduated from The University of Mary Washington with a degree in Spanish and Education. She taught school for several years before starting a family. Later she became involved with Child Abuse Prevention Services & worked for 10 years as Executive Director of Child Prevention Services in a Norfolk agency. More recently she lived & worked in Phoenix, AZ where she provided training for elementary school teachers in a Bully Prevention Program. Currently she lives in Christiansburg where she is a VISTA (Volunteers in Service to America) volunteer with New River Community Action developing a volunteer driver

see New Board, page 2

2009 Officers and Board Members

Officers

President: Paul Smeal psmeal@vt.edu
1st Vice President: Jim Wightman wightman@vt.edu
Secretary: Virgil Cook vcook@vt.edu
Treasurer: Brian Allen mballen@prodigy.net

Board of Directors

Class of 2009
Dan Fleming dbflem@vt.edu
Nancy Eiss nsjeiss@verizon.net
Class of 2010
Harriett Cooper chayabrona@verizon.net
Ken Dawson kedawson@verizon.net
Joe Fontenot cajunjoe@vt.edu
Class of 2011
Don Creamer dgc2@vt.edu
John Hillison hillison@vt.edu
Sue Farrar suefarrar@verizon.net

2009 Blacksburg AARP Committee Chairs and Appointees

AARP of Virginia Liason: Ben Crawford ben.crawford@vt.edu
Associate Treasurer: June Schmidt schmidtj@vt.edu
Caring: Harriett Cooper chayabrona@verizon.net
Chaplain: Ken Dawson kedawson@verizon.net
Chapter Awards: Joe Fontenot cajunjoe@vt.edu
AARP Driver Safety Course: Curt Finch crfinch@vt.edu
Financial Planning: John Hillison hillison@vt.edu
Health Care: Larry Alexander aalexand@radford.edu
History: Doris Abraham dsta118e@verizon.net
Hospitality: Curtis Roane 552-2260
Legislative: Dan Fleming dbflem@vt.edu
Membership: Jim Wightman wightman@vt.edu
News Editor: Edd Sewell eddsewell@gmail.com
Newsletter Editor: Mary C. Holliman mchollim@vt.edu
Nominating: Class of 2009
Program: Carl McDaniels cmcd@vt.edu
Public Relations: Norman and Nancy Eiss nsjeiss@verizon.net
VT Retirees Association Liason: Margaret Kates connie@vt.edu
Webmaster/List Owner: Connie Anderson connie@vt.edu

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive, at 11:30 a.m. There will be no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive, at 9:30 a.m.

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

Membership Meeting Dates 2009

Regular AARP meetings are the third Tuesday each month with bag lunch at 11:30 a.m., business meeting at 12:15 p.m. and program at 12:30 p.m. Meetings in 2009 are on the following Tuesdays:

January 20
February 17
March 17
April 21
May 19
June 16 PICNIC at Nellie's Cave Shelter
September 15
October 20
November 17
December 1 HOLIDAY LUNCHEON,
11 a.m. to 2 p.m.

This year we ask that you bring a non-perishable food item for the Blacksburg Interfaith Food Pantry.

New Board from page 1

program for low income families needing access to health care for their families. Sue is also a Board Member of the Montgomery Museum.

John Hillison was raised on a dairy farm in Northern Illinois and attended a one-room grade school. He has degrees from the University of Illinois and Ohio State University. He spent his career in education as a high school agricultural education teacher and a teacher educator at Western Kentucky University and Virginia Tech. After 30 years of teaching at Virginia Tech he retired in 2006. His hobbies include volunteering in the Agricultural Education Department at Blacksburg High School, walking, and following Virginia Tech athletics. His immediate family consists of his wife Sharon, sons Jeff and Jay, daughter-in-law Michelle, and granddaughter Hayley.

*"The best thing about the future
is that it comes only one day at a
time."*

A Lincoln

AARP Virginia Priority Issues for 2009 General Assembly

AARP Virginia annually identifies key public policy issues important to Virginians 50+ and their families. Members of the AARP statewide Volunteer Advocacy Network working with the staff of the AARP Virginia state office and broad-based coalitions represent these interests before the Virginia General Assembly and state agencies. The key issues identified for 2009 are shown below:

- Protect frail and elderly Virginians from financial exploitation
- Reform car title lending
- Support health care initiatives to address the nursing shortage in Virginia
- Reform long term care to enable more older persons and persons with disabilities to receive home and community based services rather than nursing home care
- Fund the caregiver grant program to help vulnerable persons to remain in their homes rather than go to nursing homes
- Work with the DMV to change the code of Virginia to allow ON-LINE classes to be eligible for discounts when taken by older drivers
- Establish a voluntary payroll savings deduction plan for employees of small business.

— Dan Fleming

“The problem with the future is that it keeps turning into the present.”

B. Watterson

2009 General Assembly Legislative Preview

Delegate Jim Shuler

The 2009 General Assembly session will likely be the most challenging session in the sixteen years that I have served as your representative at the State Capitol. The national economic recession is severe, is expected to last for another two years, and is being felt by families, businesses, and both local and state governments. This economic downturn will force us to reduce the biennial state budget between \$3-4 billion dollars, affecting all state-supported agencies.

Governor Kaine’s recently released proposed budget is data-driven, making realistic decisions in the worst national economy since WWII and positioning the state to withstand these hard times with actions based on good policy and performance measures. Core services — education, public safety and health care — have been spared the harshest cuts.

The upcoming winter session of the General Assembly will face the daunting task of going through the governor’s proposed budget line by line, prioritizing services, eliminating inefficiencies, and postponing some non-vital state governmental functions leading up to a final budget. Hopefully, this process can be accomplished by adjournment, scheduled for February 28, 2009. Needless to say, new requests that require revenues will not be considered

During the session, I will be sponsoring various local government requests including a charter change to allow the Town of Blacksburg to move council elections to November. I will also sponsor two other election law changes, to allow full-time in-state students to register and vote within the jurisdiction of the college that they attend and to remove the restriction on voters’ display of advocacy apparel for the candidate of their choice at a polling place.

On the budget side, I will continue to fight for core service funding for education, public safety, and health care, working to minimize any adverse decisions.

During the session, please feel free to contact me my capitol address: Delegate Jim Shuler, General Assembly Building, P.O. Box 406, Richmond 23218. Phone: (804)698-1012. Email: delshuler@house.state.va.us

AARP Chapter Members Are Encouraged to Subscribe to the BEV-Seniors List

Please note that many of our AARP Chapter members are already subscribed to the BEV-Seniors List, an electronic mailing list for seniors citizens sponsored by the Blacksburg Senior Center. The purpose of the List is to provide a weekly calendar for Senior Programs at the Blacksburg Senior Center and special, appropriate announcements and reminders for our senior group. Your Blacksburg AARP Chapter would like to invite all members to subscribe to the BEV-Seniors List so that reminders and updates of our AARP Chapter meetings and events could be announced to our List subscribers via email.

Please consider subscribing to the BEV-Seniors List (if not already a subscriber) by sending an email to Connie Anderson, BEV-Seniors List Owner, at connie@vt.edu, and she will add you to our senior email list.

AARP Chapter 2613
Board of Directors
Minutes
January 6, 2009

Call to Order—President Paul Smeal called the meeting to order at 10:00.

Officers Present: President Paul Smeal, First Vice President Jim Wightman, Secretary Virgil Cook, Treasurer Brian Allen

Board Members: Harriett Cooper, Don Creamer, Ken Dawson, Nancy Eiss, Sue Farrar, Dan Fleming, Joe Fontenot, John Hillison

Non-board-member committee chairs and appointees: Doris Abraham, R. B. "Ben" Crawford, Curtis Finch, Margaret Kates, Carl McDaniels, Edd Sewell, June Schmidt

Introductions—At the president's request, attendees introduced themselves.

Adoption of Agenda—June Schmidt indicated that the Volunteer Recognition celebration needs to be discussed.

Minutes for November 4—Jim Wightman moved that the minutes be approved. The motion passed.

Treasurer's Report—Brian Allen submitted a written, financial statement, which is summarized below.

Balance on October 1, 2008, \$4,889.15. Total credits were \$688.60, consisting mainly of member payments for Christmas lunches. Total expenses, \$213.92. The ending balance on November 30 was \$5,539.54. The total expenses for December were \$2,879.13. The bulk of the expenses included payment to the Holiday Inn for the Christmas lunch and donations to The Montgomery County Christmas Store, Literacy Volunteers of the NRV, The Blacksburg Interfaith Food Pantry, The American Red Cross, The Free Clinic of the NRV, and the Women's Resource Center. The balance at the end of December was \$2,979.91.

We had 71 attendees at the lunch, but we paid for 70.

Audit—John Hillison reported that the treasurer's books were in order. The auditors recommended using a reimbursement form to simplify record keeping.

Financial Planning—John Hillison reported that the committee recommended selling the 50/50 tickets at the door as workers collect money for meals. This practice should result in selling more tickets. John Hillison moved approval of the report. The motion passed.

President's Comments—Paul Smeal reported that he has reviewed e-mails and other material to give him a firmer grasp of ongoing chapter business. He suggested that the chapter theme be service, health, and fitness.

Jo Ann Underwood has resigned as second vice president and health chair. Paul recommended that we not fill the vice-president vacancy because we are already at the agreed 12 members.

He also suggested that we ask members to bring nonperishable food items to the monthly meetings for the local food banks.

The president then called for a motion to accept his suggestion to leave the second vice president vacancy unfilled. Ken Dawson moved acceptance of the recommendation. The motion passed.

Committee Reports

Membership--Jim Wightman said that we need to sort out the membership of the committee because of Angela Little's resignation. The committee needs three members to be responsible for badges, membership lists, and recruitment. So far we have had very few membership renewals for 2009. We need to stress the importance of renewals in the newsletter. Members who are uncertain about whether they have paid their 2009 dues can look at the mailing label on the newsletter. If the date on the label is 2008, then you have not paid.

Public Relations--Nancy Eiss distributed a list of contacts for publicizing meetings and other chapter activities. Warm Hearth has been especially helpful. Nancy needs information by the 20th of the month.

Legislation--Dan Fleming reported that most of this year's proposed legislation does not involve money.

AARP is supporting legislation to require financial institutions to report instances of exploitation. Payday-lending establishments have found ways around the mandated interest caps. The loopholes

should be closed. We are also supporting legislation to address the nursing shortage, to curb abuses in car-title lending, to establish programs to help seniors stay in their homes longer, and to make online, driver-education courses available.

There will likely be cuts in Medicaid. Virginia is already 48th in the nation in per capita spending on Medicaid.

Programs--Carl McDaniels presented a written report, which is highlighted below.

The January and February programs are confirmed. Others are still tentative. On January 20, Joy Herbert, Blacksburg Senior Supervisor, will discuss her department's plans for 2009. We hope to have a tour of the new fitness center following the meeting. A representative from the Blacksburg Interfaith Food Pantry will present the Tabletop talk. There will also be a memorial to members who passed away in 2008 and early 2009.

The May 19 meeting will feature reports on legislation by area representatives to the General Assembly.

Newsletter--Edd Sewell reported that he must resolve some technical issues because of changes in software.

Caring--Harriett Cooper passed around a sympathy card for the family of Ray Murley for members to sign.

Driver's ED—Curtis Finch reported that for the first time, instructors were all chapter members. Each instructor taught three eight-hour courses. We had 99 participants in 2008.

The instructors are considering four courses for this year. They often have trouble filling classes. The maximum is 20. The fee is \$12 for AARP members and \$14 for nonmembers. The dates for spring courses are February 19-20 and April 7-8.

Health. Larry Alexander has agreed to chair the committee.

AARP Liaison--Ben Crawford outlined Operation Energy Save, an AARP program to promote saving energy in the home. He asked for endorsement from the board and a notice or article in the newsletter. Ken Dawson moved that the board endorse the program. The motion passed.

see Minutes, page 5

There will be a screening program for cholesterol, blood pressure and other health problems with Walgreen in the fall. The board should suggest a place for the screening van to set up, a place that will likely draw the largest number of people.

New Business

Tax Help—President Paul pointed out that Frank Lau is no longer providing tax help through AARP. Pat Ballard is in charge in Christiansburg. Jim Hardell and Charlie Coale are now working with the Christiansburg group. Frank Lau is now working with the YMCA.

Carl McDaniels suggested including the tax-help information in the newsletter and on the Website.

Discussion then turned to whether to set up a listserv for chapter members. The list would be used mainly to disseminate important information to members (i.e., upcoming programs, other events of interest to members, and the newsletter). It was suggested that members who wish to subscribe to the listserv include their e-mail on the membership form. Dan Fleming moved that we set up a listserv for the chapter and that we give Connie Anderson first refusal on overseeing the list. The motion passed.

Volunteer Recognition—June Schmidt reported that we have been holding the awards celebration in April. Since the YMCA is now working with the German Club on its awards program, will they still want to continue helping us? June will need help because she will be out of the country for most of February. Paul suggested that she work with Joe Fontenot, who is responsible for awards. Margaret Kates also agreed to help.

President Paul reported that Karen Gilbert asked whether the board would like to suggest projects for students to help with on the annual work day. Doris Abraham pointed out that last year the day conflicted with the volunteer-recognition celebration.

Adjournment—The meeting was adjourned at 11:45.

Respectfully submitted

Virgil A. Cook, Secretary

AARP Tax-Aide Available

The AARP Tax-Aide Site will operate from February 2 through April 15 at the Christiansburg Recreation Center. The hours are:

- Monday - 9:00 am - noon
- Tuesday - 5:30 pm - 8:30 pm
- Thursday - 1:00 pm - 4:00 pm
- Saturday - 9:00 am - noon

Individuals need to bring:

- Copy of last year's income tax return
- Any document received that says "tax document"
- Any form of income - W2, SSA-1099, 1099-INT, 1099-DIV, 1099-B, 1099R, etc.
- All documentation for itemizing deductions
- Statement of stimulus received last year (if not full amount last year, you may qualify for the balance this year)
- Property tax information (*new this year* - everyone gets credit for property tax)
- Identification - social security card or official identification for yourself and dependents

To schedule an appointment call 382-2349

MARK YOUR CALENDER FOR FEBRUARY 17

Come hear Mayor Ron Rordam speak at the February 17 Chapter meeting. His topic will be "The Future of Blacksburg as it Relates to Seniors"

AARP National Day of Service

The National Day of Service for AARP is Thursday, May 14, 2009. The 40 million members of AARP throughout the nation are asked to participate in their communities on this day by bringing to life the AARP motto of "To serve Not To Be Served", and our chapter theme this year of "Service, Health and Fitness".

DIVIDED WE FAIL Campaign

Visits by AARP members throughout the nation were made to members of congress on Tuesday, January 13. Carl McDaniels and Ben Crawford coordinated a visit to Congressman Rick Boucher's Pulaski office and left the following message on behalf of our Blacksburg AARP Chapter and AARP Virginia:

To Rick Boucher: On behalf of over 1 million AARP Virginia members, congratulations on your election victory and your opportunity to represent the citizens of Virginia in the United States House of Representatives. Thank you for being one of the 360 members of Congress and 1.6 million people who have pledged to help bring health care and economic crises to an end. Looking ahead to the 111th Congress, AARP priorities include a range of issues important to our members, including:

Health care reform, Medicare, Medicaid, health IT, wellness, and affordable prescription drugs; and financial security, including Social Security, pensions, financial literacy, and personal savings.

We believe these and other important issues need to be addressed in a bi-partisan manner in order to arrive at fair and lasting solutions to issues that confront the growing number of Americans age 50 and over.

"I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

Mahatma Gandhi

Abuse of Older Adults in the NRV Being Addressed

Last month's article focused on the grant that the New River Valley Agency on Aging received to help strengthen elder abuse prevention efforts. Because abuse in the older adult population is even more "hidden" than in the population at large, all efforts to better understand and address it are of great importance. Upon hearing of the grant that the Women's Resource Center of the New River Valley and the Center for Gerontology at Virginia Tech received to study intimate partner violence of older women, I asked Mary Beth Pulsifer, Community Outreach Coordinator, with the Women's Resource Center to submit information on the grant to include in this month's article. The following information on the grant was submitted by Ms. Pulsifer.

The Women's Resource Center of the New River Valley, our local agency serving victims of domestic and sexual violence, and the Center for Gerontology at Virginia Tech have received funding from the National Institutes of Health to engage in a 2-year study on Intimate Partner Violence of older women in the New River Valley. Intimate partner violence includes physical and emotional abuse occurring in the context of a marriage or intimate relationship. In addition to physical abuse, it can include behavior such as controlling access to transportation or medication, limiting contact with supportive friends and family, denying access to church or spiritual support, abusing treasured pets, or stealing money, titles, or possessions.

National data suggest that intimate partner violence is an important health issue for a significant number of aging women; however both researchers and service providers acknowledge that this abuse is underreported. This under-reporting may occur for many reasons including economic issues, dependency on the abusive partner, and beliefs that marriage is for life.

The research conducted by this partnership will aim to identify the current prevalence of intimate partner violence of older women in the New River Valley and to project future rates. We will explore how communities worldwide are addressing the problem and conduct focus groups and interviews locally to gain insight into the challenges and gaps in services faced by our community. Our ultimate goal will be to develop a model for our community which will guide us into the future.

The Women's Resource Center facilitates a Task Force on Domestic Violence among Older Adults, which will

be directly involved with this research project. The task force is a group of concerned professionals and community members whose mission is to increase awareness and improve community response to older adults experiencing domestic and/or sexual violence. Projects of the task force have included hosting professional conferences, developing trainings for professionals and awareness presentations for the public, and supporting development of community resources for older domestic and sexual violence victims. If you are interested in finding out more about this research project or the task force, contact Mary Beth Pulsifer, the Community Outreach Coordinator at the Women's Resource Center. The telephone number is 540-639-9592 and the e-mail address is communityoutreach@wrcnrva.org.

The abuse, neglect, and exploitation of older adults are often a difficult topic and issue for people to address. However, increased awareness of the problem and how to intervene will bring help to those who need it. The outcomes of the Intimate Partner Violence grant that the Women's Resource Center and the Center for Gerontology is working on and the Elder Justice Coalition grant project that the New River Valley Agency on Aging is administering are bound to make strides in addressing the issues and helping victims who reside in the New River Valley.

If abuse, neglect or exploitation of a disabled or older adult is suspected, it can be reported by calling the local Department of Social Services in the County in which the person resides to make an Adult Protective Service complaint. If the person reporting the suspected abuse wishes for their name to remain anonymous, they may do so.

The Elder Abuse Prevention Specialist at the New River Valley Agency on Aging, Janet Brennend, can be contacted for more information about detection, prevention and reporting of adult abuse, neglect, or exploitation. The telephone number is 540-980-7720 or 1-866-260-4417 in the Shawsville/Elliston calling area. Ms. Brennend's e-mail address is ombudsman@nrvaooa.org. For general information on the New River Valley Agency on Aging, visit the website address, www.nrvaooa.org.

— Tina King, Executive Director
New River Valley Agency on Aging

Operation Energy Save

Our chapter board unanimously supports and endorses this program.

The high cost of energy this winter will put many Virginians at risk. Citizens living on fixed incomes and older persons living alone are the most vulnerable. While there is no quick fix for rising energy prices, Virginians can take action today to help vulnerable friends and neighbors reduce their energy costs. Every dollar saved can make the difference between buying food and medicine or staying warm.

There are many low or no cost modifications a person can make to their home that can result in significant savings during the heating season. For many older or disabled persons, it will require the help of another trusted person to get the job done.

Operation Energy Save is a call to action to mobilize thousands of volunteers across Virginia who can give a few hours of their time to help a friend or neighbor make simple changes to their home that will result in meaningful savings to their energy bills this winter.

Here's how it works. You start by identifying 2 or 3 friends or neighbors who might not be able to complete the checklist on their own. Then you schedule a time to do a quick walk through and help make some of the adjustments that are listed on the checklist. It's that simple.

A Checklist and other helpful information, is on the AARP website: http://www.aarp.org/states/va/articles/project_energy_save.html

Proposed Budget for 2009

Income	
Dues (240 singles/couples @ \$12.50)	\$3,000
Interest (Chapter NBB Account)	10
Holiday Luncheon	1,100
Auction at Picnic	250
50/50 Drawing	100
Total	\$4,460

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JANUARY 2009 MEETING TO FEATURE LOCAL SENIOR PROGRAM LEADERS

The first chapter meeting of 2009 is Tuesday Jan 20. It will start with a "brown bag" lunch at 11:30AM when coffee will be available at no charge. The two presenters will be Joy Herbert, Senior Supervisor at the Blacksburg Community Center and Kimvia Adams-Bush Senior Supervisor with Montgomery County Parks & Recreation. They will review plans for the first half of 2009 and have handouts for their respective programs. There will be ample time for questions and answers as well before the meeting adjourns at 1PM.

The "Table Top Talk" will be by Vern Simpson representing the Blacksburg Inter Faith Food Pantry. He will have a display and a handout on the non-profit all volunteer group and their needs for the new year. ALL members and guests are urged to bring a bag or two of non perishable food items--cans of soup, fruit, vegetables, or boxes of cereal, or boxed meals.

After the meeting there will be a tour of the nearby recently opened 1,500 square foot fitness center. The facility has 24 new fitness machines and many other pieces of equipment.

2009 AARP Driver Safety Courses Coming to Blacksburg Community Center

It's a great time to take one of the driver safety courses being offered at Blacksburg Community Center, 725 Patrick Henry Drive. Enrollment is limited so sign up early.

The February course will be held at the Center on Thursday and Friday, February 19 and 20 from 1:00 to 5:00 p.m. To pre-register for this course, call Curt Finch at 552-8179.

The April course will be held at the Center on Tuesday and Wednesday April 7 and 8 from 1:00 to 5:00 p.m. To pre-register for this course call Cecil McBride at 552-4396.

Sponsored by the Blacksburg Community Center and the Blacksburg AARP Chapter, this 8 hour classroom course assists drivers age 50 and over in refining current driver skills and developing defensive driving techniques. The course does not include any formal examinations. Course graduates may be eligible for multiyear discounts to their auto insurance premiums. Enrollees must attend sessions on both days to receive completion certificates.

Course fee is \$12.00 for AARP members and \$14.00 for non-members, payable by cash or check to "AARP" on the first day of the course.

Proposed Budget (continued)

Expenses	
Printing (9) Newsletters Copying	\$1,650
Postage (9) Newsletters	350
Bulk Mailing Permit	175
Holiday Luncheon	1,100
Volunteer Recognition Celebration	150
Liability Insurance	100
Virginia Corporation Commission	25
Annual Awards Plaques	100
*Administrative Costs	155

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Proposed Budget (continued)

P.O. Box Rental	45
**Miscellaneous	200
<u>Community Organization Donations</u>	<u>410</u>
Total	\$4,460

* Administrative - Costs incurred by chapter officers and chairs. Examples include President, Membership Chair, Program Chair, Caring Chair cards and postage.

**Miscellaneous - Costs incurred relating to AARP Chapter Day of Service, Health Fair, and programs for special meetings. Examples include website and tickets for 50/50 drawing.

Paul Smeal, President
AARP Chapter #2613
P.O. Box 10082
Blacksburg, VA 24062

Nonprofit
Organization
U.S. Postage
Paid
Blacksburg, VA
Permit No. 32

Question -- Have I paid my dues for 2009?

Answer -- Look on your mail label for this Newsletter (directly above on this page). If it reads "AARP 2009" you have paid your dues for 2009, but if it reads "AARP" 2008, you now owe \$12.50 for your 2009 dues (the membership renewal form is just below this note).

Membership Renewal or New Member Application

If you are already a member of the Blacksburg Chapter,
please pass this form on to a friend who should be a member.

Membership in the Blacksburg AARP Chapter requires membership in National AARP.

Name: _____

Spouse: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ - _____ - _____

E-Mail Address: _____

Annual Membership (based on calendar year):

_____ New membership dues: \$12.50 [Spouse/Partner Free]

_____ Renewal membership dues: \$12.50 [Spouse/Partner Free]

Complete and attach check made out to Blacksburg AARP, and bring to the next Membership Meeting or mail to:

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

NOTE: You MUST be a member of National AARP before joining the local chapter. National dues should be paid directly to National AARP and NOT through the Blacksburg Chapter.

Those of you who are 90 years old and older do not pay dues. Your label should read "Life Member."
