



BLACKSBURG NEWS

Volume 20, Issue 2

Chapter # 2613

February 2003

After all this dreary winter weather it is time for some great laughs and a little history.

The Secrets of Sinking Creek and Stroubles Creek

Doug Martin

February 18 Membership Meeting

Bring all your friends

It is time to pay your 2003 dues.

BLACKSBURG AARP CHAPTER DUES

\$6.00 individual or \$10.00 for husband and wife

Please renew your membership.

PRESIDENT'S MESSAGE

Brian R. Allen

I am sure you are surprised to see my name up here instead of Pat Palmer. It is with regret that I have to inform you that Pat had to resign as president due to health conditions. He has given us an outstanding start to the year. Our best wishes go out to him.

I presided over our board meeting earlier this month, and learned a lot. That the president cannot make a motion and should not raise his hand to vote, were just two of the lessons. I will do better next time! I also learned that our AARP chapter has a large group of dedicated people working hard for its' members. There are over twenty people in different positions, all pulling together wonderfully well. They are to be applauded.

We do have some excellent programs for you this year, starting with our guest speaker at our February meeting, Doug Martin. Most

people know Doug, Personnel Director at Tech, but if you have not heard him speak you are in for a real treat. He is hilarious! Anyone that belongs to the Tech retiree association can attest to that. Doug will be talking about the history of Strouble's Mill and Tinker Creek, and I understand there were some moonshiners around in those days. Be sure to invite a friend or two and be prepared to laugh, and laugh. **This will definitely be a feel good meeting!** In March there will be a 55 drive alive course and at our regular meeting Dr. Karen Roberto will discuss gerontology. In April we are having a volunteer recognition celebration as well as a special 'issues' meeting that will be held at Custom Catering. AARP national will be buying lunch for everyone, so don't miss that! May will see the Senior Olympics, so start warming up your muscles, and we hope to have the legislative report at our regular

meeting. Then in June we will have our annual picnic.

We have a very unique group of people and an opportunity to really be a great service to our community. I gleaned the following from our invitation brochure and think it bears repeating:

"By joining and *working together*, we make more effective use of our time, talent, experience and expertise to help make the New River Valley a better place to live and work.

By joining, we *make new friends*. We meet to discuss common concerns, share information and enjoy each other's company through sporting events, travel, fairs, picnics and meaningful service projects.

By joining, we *Make a Difference* in the lives of others and in our community. *A positive difference!*"

We are just one of over 90+ AARP chapters in Virginia and we can do a lot of good and make a difference in people's lives in our community!

Please do not hesitate to contact me with any suggestions or concerns. I can be reached at mballen@prodigy.net, by telephone at 1-800-866-0996, or my mailing address is P.O. Box 10652, Blacksburg, Va, 24062-0652. I would love to hear from you!

In anticipation of our next program with Doug Martin, let me close with a note about laughter.

Laughter: Children laugh about 40 times a day; adults laugh only about 15. Could it be that we might be healthier if we laughed more? Lee Burk of the Center for Neuroimmunology at Loma Linda School of Medicine believes so. He says that laughter helps keep life in balance. Laughter produces infection-fighting cells. Laughter also

suppresses the release of a "stress" hormone that weakens the immune system. Laughter acts as a natural pain killer and muscle relaxant. Laughter increases circulatory capacity and strengthens organs, thereby boosting energy levels.

I did not know all this, did you? Now you **have** to come to hear Doug, if for nothing other than your good health! See you there. All the best, Brian

MEMBERSHIP UPDATE

If you have friends who should be members, please bring them to the February meeting and encourage them to join. ***Dues for 2003 can be paid at the meeting or sent to Ray Murley.*** (Make checks payable to Blacksburg AARP.)

Ray Murley

P. O. Box 10652

Blacksburg, VA 24062-0652

If you have changed your address, be sure to notify Ray or Joyce; also, if you have an e-mail address please give it to one of them.

Have I paid my dues? Check the mail label on your Newsletter. If "2003" appears on the label, you have paid for the current year. When you pay your 2003 dues, the label will read "2003." There has been a question as to the meaning of the "N" at the end of the year on some of your mail labels. "N" denotes that you are a new member.

Those of you who are 90 years old and older do not pay dues. Your label should read "Life Member." The current membership list has the following members that are 90 years of age or older:

Fay Hoy

Esther McKenna

Nelle Trent

James McCann

Beverly Printz

Lottie Trimm

If you know of corrections to this list, please tell Ray, Joyce, or Don Elson so that our membership records are correct.

AARP MEMBERSHIP LIST UPDATES

If there are corrections to the Membership List as published in the May Newsletter (blue paper), please notify Ray or Don Elson.

VOLUNTEER RECOGNITION CELEBRATION SCHEDULED

The date and time for the upcoming Volunteer Recognition Celebration are April 5 from 10:00 a.m. to 11:30 a.m. The Celebration will take place at the Blacksburg Community Center. The purpose of it is to recognize outstanding volunteers throughout the New River Valley.

The Blacksburg AARP Chapter, the Voluntary Action Center of the New River Valley, the YMCA, and the Red Cross, are coordinating the event. Monetary and volunteer support will be provided by each of these organizations. The Montgomery Regional Hospital has already agreed to provide monetary support. In addition, the planning committee is contacting other community organizations to ask for support.

Organizations throughout the New River Valley have been mailed information about the event and encouraged to nominate outstanding volunteers for recognition. A highlight of event will be the awarding of the Jim and Lenna Moore Citizenship and Community Service Award. Both Jim and Lenna were exemplary in their service to the community and to our AARP Chapter.

Joyce Martin, June Schmidt, and Mary Ellen Moore from our Chapter are serving on the committee to plan and conduct the event.

Please contact Joyce (552-0013) if you are interested in joining the Volunteer Recognition Celebration Committee. We need your help!

Further, if you are active in other organizations with a focus on volunteerism, encourage them to nominate a volunteer for recognition at the Celebration. You can obtain nomination forms from Joyce (552-0013). Nominations are due by February 28.

FUTURE MEMBERSHIP PROGRAMS

February 18: **Doug Martin** will entertain us with a presentation on the The Secrets of Sinking Creek and Stroubles Creek. Dr. Martin is a native of Newport. He is married with two children. He is an Air Force veteran and a member of Ruritan and Newport-Mt Olivet United Methodist Church. He has coached the 6-9 years-old kids baseball for over 30 years. His hobbies include local history, jogging, flowers, and bad puns. He holds three degrees from Virginia Tech and has employed there for 33 years.

As always we will savor a delicious meal from our own brown bags at 11:30 a.m. Doug will begin his consistently humorous and educational presentation. See you at 11:30 a.m.

Future meetings:

March 18: **Dr. Karen A Roberto**, Director of the Center for Gerontology, Virginia Tech. She has received several grants for the Andrus Foundation to study osteoporosis.

April 15: **Issues Forum**. This educational forum will be held at Custom Catering.

May 20: **Legislative Report, Del. Jim Shuler**

June 17: **Annual Picnic**

2003 BUDGET

The Financial Planning Committee, Dale Oliver, Ray Murley, and Jim Moore, presented the budget for 2003 to the Board. The budget was approved.

Income

Dues (55 couples @ \$10 and 120 singles @ \$6)	\$1,270
Interest	30
Special projects/contributions	500
Total	\$1,800

Expenses

Gifts/donations	\$ 575
Printing & mailing newsletter	925
Bulk mailing permit	150
Administrative costs	100
Miscellaneous	50
Total	\$1,800

Certificate of Deposit (01/01/03) \$630

INCLEMENT WEATHER POLICY

The Board of Directors, at its January 1998 meeting, adopted the following policy relative to Board and/or chapter meetings during inclement weather:

AARP Board and/or chapter meetings will be canceled if Montgomery County Schools are closed due to inclement weather on days AARP Board and/or chapter meetings are scheduled."

TAX-AIDE FOR SENIORS

Frank Lau

Our Tax-Aide group will be back again to help our members, as well as others in the Blacksburg community. Our times will be from February 12th to April 2nd, from 11:30 - 2:30 p.m. In order to give everyone appropriate time, we ask that you make appointments through Joy Herbert at the Center (961-1134). You should collect, NOW, all your deduction papers. When 1099's come in, add them to

the pile, as with any mortgage 1096's. And don't forget Social Security statements. We prepare your Tax returns by computer, but do not do electronic returns.

AARP NEWS YOU CAN USE

AARP Connections (February 2003)

AARP COMMUNITY SERVICE INITIATIVE

The Community Service Initiative expands AARP's long-term commitment to community involvement through increased volunteer outreach to vulnerable members of society. This initiative seeks to build on the rich tradition to achieve significant social impact in the areas of home and community-based care, nursing home quality, benefits outreach for low-income individuals, and focus on youth. The National Day of Service is the second Thursday in May (May 8, 2003). Our chapter had great participation in the Day of Service last year.

AARP THE MAGAZINE

AARP Modern Maturity and *My Generation* will be consolidated into a single bimonthly magazine starting with the March/April 2003 issue. The new magazine will be called *AARP The Magazine*. There will be three versions of *AARP The Magazine* segmented by age group: 50-60, 60-70, and 70+. Look for this new magazine in your mailbox soon.

2011 in America: A New Vision

On November 19, 2002, AARP CEO Bill Novelli spoke to members of the Washington Press Club, laying out the Association's vision of life in the year 2011 – the year that the first wave of the baby boom generation turns 65.

Looking at retirement with a fresh set of eyes, boomers are willing to take up an array of new roles after age 65, including staying in the work force. It this is to be a viable alternative, Novelli said, individuals must be willing to learn new skills and adapt to the changing requirements of employers. At the same time, employers must develop innovative strategies

for attracting and holding older workers. The full text of Novelli's remarks is online at www.aarp.org/press.

FOR YOUR HEALTH

5 Best Energy Foods

Fitness (October 2001)

Looking for a snack that will keep you energized? Then stay away from coffee or something sugary. "Your body processes the caffeine and sugar too quickly," say Franca Alphin, R.D., a clinical associate at Duke University.

She recommends staying hydrated and having one of the following five foods available:

#1. Yogurt. Contains essential B vitamins which your body uses to convert other nutrients into energy. Choose low-fat plain. Add fresh berries if you wish.

#2. Bran Muffin. Complex carbohydrates provide long-lasting energy, plus bran contains magnesium to help convert carbs into energy.

#3. Hard-boiled Egg. Excellent source of protein and B vitamins.

#4. Peanut Butter. Packed with protein and magnesium. Choose the all-natural, or low sugar kind. Try with a celery stick or a banana.

#5. Trail Mix. Made with dried fruit, assorted seeds and nuts, loaded with iron, protein, complex carbohydrates. A good yogurt topping. Make your own by combining Cheerios, dried apricots, cherries, bananas, raisins, along with nuts and pumpkin seeds.

Daily Dozen

Robert Louis Stevenson (1850-1894)

The most interesting thing about any human being is the values by which he or she lives. Unfortunately, most of us never take the time

to sit down and really think through the moral precepts that consciously or unconsciously guide our lives.

The following "daily dozen" constitute the personal creed of writer Robert Louis Stevenson:

1. Make up your mind to be happy. Learn to find pleasure in simple things.
2. Make the best of your circumstances. No one has everything, and everyone has something of sorrow intermingled with the gladness of life. The trick is to make the laughter outweigh the tears.
3. Don't take yourself too seriously. Don't think that somehow you should be protected from misfortunes that befall others.
4. You can't please everybody. Don't let criticism worry you.
5. Don't let your neighbor set your standards. Be yourself.
6. Do the things you enjoy doing, but stay out of debt.
7. Don't borrow trouble. Imaginary things are harder to bear than the actual ones.
8. Since hate poisons the soul. Do not cherish enmities, grudges. Avoid people who make you unhappy.
9. Have many interests. If you can't travel, read about new places.
10. Don't hold postmortems. Don't spend your life brooding over sorrows and mistakes. Don't be one who never gets over things.
11. Do what you can for those less fortunate than yourself.
12. Keep busy at something. A very busy person never has time to be unhappy.

BOARD OF DIRECTORS MONTHLY MEETING

Blacksburg AARP Chapter #2613
February 4, 2003

Present: Dale Oliver, Dan Fleming, Jim Moore, Bob Blanton, Donald Elson, June Schmidt, Harriett Cooper, Joyce Martin, Ray Murley, Clara Jane Billig, Shirley Strother, Brian R. Allen, Ben Crawford, and Phyllis Talley

The February 4, 2003 board meeting was called to order by 1st Vice President, Brian Allen.

The agenda was approved with one item added for discussion.
Minutes of January 7, 2003 were approved as presented.

Treasurer's report: Ray Murley:

January 13, 2003	bank balance	\$1274.38
Income	dues	<u>\$283.00</u>
		\$1557.38
Expenses		<u>-- 499.77</u>
Bank Balance		\$1057.61

The Treasurer's Report was approved.

Information and items of interest/business:

Pat Palmer, due to his health, has resigned as President of Chapter #2613. It was moved and seconded that Brian R. Allen be elected President. The motion carried.

Membership:

Joyce Martin was appointed 1st Vice President, Membership Chairman. She will promote AARP and membership development.

Don Elson, AARP Blacksburg Newsletter, updates his mailing list from the membership list. Dues are payable to Ray Murley, treasurer, who keeps the Membership List based on paid dues. It was moved and seconded that the Membership Committee, 2003, be Joyce Martin, Don Elson, Ray Murley and Jim Moore. The motion passed.

Jim Moore moved that there be a committee to outline Procedures & Guidelines for AARP committees. The vote was favorable and the motion passed. Jim Moore, Ben Crawford, Don Elson will serve on the committee.

Harriett Cooper noted a request for AARP to participate in purchasing a used piano for the Radford Nursing & Rehabilitation Center. Action will be discussed under Financial Planning and Audit.

Request received for information re building a ramp at the home of a handicapped woman in Christiansburg. A Cub Scout troop is willing to work on the project but need advice in order to proceed. Jim Moore volunteered to coordinate the project, if they will be in touch with him.

Dan Fleming suggested the need to invite former members of Christiansburg AARP to program meetings, activities and membership in the Blacksburg Chapter. The Christiansburg chapter has

been disbanded. Dan Level, NRV AARP Community Organizer, picked up on the suggestion and will be in touch with Christiansburg.

Committee and community service reports:

February 18, Membership Program will feature Dr. Douglas Martin, *Secrets of Sinking Creek and Stroubles Creek*. Ben Crawford welcomes suggestions for future monthly program meetings.

Legislative: Dan Fleming quickly mentioned the 'good news' and 'bad news' of current legislative discussions in Richmond. Also, from the recent officer's training program in Christiansburg, he distributed a list of Suggested Programs and Activities that are available through the Virginia State AARP office. Many programs have state funds available to assist with the programs.

Financial planning and audit committee: It was moved and seconded that a line item: Special projects/Contributions be added to the treasurer's report. This keeps dues income separate from other sources of income. The motion was voted upon and passed.

After much discussion it was moved and seconded, "that Blacksburg AARP not make a financial donation to the purchase of a piano for the Radford Rehabilitation Center". The motion passed. Since many requests come to the attention of the Board of Directors, it is suggested that future requests be submitted to the Finance Committee for consideration.

Other business:

Jim Moore reported that organizations coordinating the *End of Life Seminar* have met to outline procedures and consider topics for discussion.

Frank Lau advised that Mt. Tabor Ruritan Club has cancelled plans to proceed with a yard sale.

June Schmidt reported that the *Volunteer Recognition Celebration* is scheduled April 10 at the Community Center. Joyce Martin volunteered to assist June. Nominees are needed for consideration.

Ben recognized the importance of the Calling Committee. The calls are appreciated. It would be great if they could make a follow-up call to those who do not come and assure them "that they are missed and it is hoped they can make the next meeting".

Ben Crawford reminded board members of the *AARP 55 Alive* program scheduled March 19, 21. Registration: Jim Moore, 552-4688 or Ben Crawford, 961-5733. Checks are payable to AARP.

Meeting adjourned: 11:05

Phyllis Talley, secretary

Next AARP Board Meeting, Tuesday, March 4, 2003 at 9:30 a.m.

Brian R. Allen, President
AARP Chapter #2613
P. O. Box 10652
Blacksburg, VA 24060

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