



# BLACKSBURG NEWS

Volume 19, Issue 3

Chapter # 2613

March 2002

**Have you paid your 2002 dues???**

**2002 BLACKSBURG AARP CHAPTER DUES**

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

***Please renew your membership.***

## PRESIDENT'S MESSAGE

R. B. "Ben" Crawford

I believe it was **Ralph Waldo Emerson** who said:

"It is one of the most beautiful compensations of this life, that no man can seriously help another without helping himself."

In this spirit of helping one another, your Board has approved the Chapter Budget. Included in the budget is a small (\$50) donation to the AARP Andrus Foundation--a non profit Foundation dedicated to helping millions of people grappling with issues of aging. Possibly useful information about the AARP Andrus Foundation is on page 99 of your March/April issue of *Modern Maturity*.

The Board, with 18 attending the March meeting, enthusiastically endorses and supports the **New River Valley Senior Olympic-Games** April 26--May 1. These Olympic-Games are for persons 50 years of age and over. "Fitness feels good," and we earnestly request that you consider participating in at least one of the thirty events. To name a few of the events: Walk, Run, Swim, Golf, Tennis, Shuffleboard, Billiards, Horseshoes, Riflery, Basketball, Croquet, Cards (Bridge, Canasta, Rook), Badminton, etc.

**Register for the NRV Senior Olympics by APRIL 4** for a nominal fee of \$2 for each event except Golf \$10 and Bowling \$5. Forms will be available at our meeting this month. All Seniors (50 and over) participating receive a T-shirt, courtesy of Montgomery Regional Hospital. The fee includes cost of medals, refreshments, equipment and use of facilities.

Question: How is a budget like a cross between a bear and a sheep?

Answer: There is not enough wool on the sheep to cover the bare end.

Well, the bare end of our Chapter Budget is \$500 recommended for philanthropic activities -- for community service -- to help others. That is an amount not covered by our annual membership dues. The **Ways and Means Committee**, chaired by **Jim Moore**, is addressing this, and it will be a major item on our April Board meeting agenda. Your ideas for a Chapter activity that will raise \$500 or more are requested at the membership meeting this month, and you are invited to attend the next Board meeting at the Senior Center, Tuesday, April 2, 9:30 a.m.

Since the first of this year, **AARP has opened 29 new state offices** and has an office in every state plus Puerto Rico, the Virgin Islands and Washington, DC. The Virginia

AARP office is moving to Richmond in mid-March and will be located near the capitol. The Virginia 2002 STATE PLAN includes funding for:

- Eight Medicare Public Education Forums including one in Roanoke. Efforts continue to obtain prescription drug assistance for Seniors
- Three Social Security Advocacy programs including one in Floyd. This is an educational effort to insure continuance of Social Security for future generations
- Four Grandparenting Forums-nearest one in Danville. Support for Grandparents raising Grandchildren
- Four Home Modification Demonstration Projects with one in Pulaski. Help for Seniors to remain independent in their own homes
- A number of Independent Living Gift Basket Programs including one for the **Blacksburg Chapter** in April and late May. Useful gifts of various devices to make homes safer for Seniors who live alone
- Six Consumer Universities with nearest one in Wytheville. Additionally, each Chapter is encouraged to apply for assistance for any particular activity that we choose to "champion" in our community.

Please note the above activities in the 2002 Virginia Plan will be supported by state AARP funds. Below are some dates of interest for your information and planning:

- The annual AARP National Event is set in San Diego, CA this coming September 12 - 14. The theme is Life @ 50+: A Celebration of You. Call 1 800 261-7271 or log on [www.aarp.org/events](http://www.aarp.org/events) for more information.
- April 7 Daylight Saving Time starts: Remember, Spring forward Fall backward
- March 19 is a historic day. It was on that day in 1920 the U. S. Senate rejected a treaty keeping us out of the League of

Nations. Some historians argue that had the U. S. joined the League, there might have been sufficient international agreement to prevent WW II. That's a moot question, but it is interesting because, as in 1920, Congress is still debating our involvement with other nations. On a lighter note, Spring is just two days away from March 19, and according to tradition, the day when the swallows return to the mission of San Juan Capistrano in California.

- March 19 is also the date of the **AARP Blacksburg Chapter** regular meeting. I look forward to seeing you then at **11:30 a.m.** for our brown bag lunch at the **Senior Center**. Invite a friend. Better yet, **bring a friend** and invite him or her to join our Chapter..

## FUTURE MEMBERSHIP PROGRAMS

The March meeting will be held at the Blacksburg Community Center on **March 19**. Be sure to make a special effort to attend and remember to bring a friend and your lunch. **We begin eating lunch at 11:30 a.m. with the program following at noon.** The program will include two presentations. The first will be presented by Isabel Berney from the Funeral Consumers Alliance on **End of Life Issues**. The second presentation will be **Organ Donation** by Steve Hubbard.

April 16 -- **General Assembly Outcomes**,  
Delegate Jim Shuler,

May 21 – **Improving Memory**, Ann Glass

June 18 – **Annual Picnic**

## GOOD TIMES NEWS

Joy Herbert, Senior Programs Supervisor

"The Good Times News" spring edition is out. Registration for all spring trips, classes and programs begins Wednesday, March 27 at 9:30 a.m. If you have questions about programs, feel free to contact Joy Herbert, senior programs supervisor at 961-1134 or [jherbert@blacksburg.gov](mailto:jherbert@blacksburg.gov).

## MEMBERSHIP UPDATE

Pat Palmer is our Membership Chair. If you have friends who should be members, please bring them to the next meeting and encourage them to join. Dues can be paid at the meeting or sent to Pat. His address follows:

**Pat Palmer**  
**2003 Scott Drive**  
**Blacksburg, VA 24060**

Have I paid my dues for 2002? Check the mail label on your Newsletter. If "2002" appears on the label, you have paid.

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:

Edna Amos	Alice Dewitt
Fay Hoy	James McCann
Edward Mundie	Beverly Printz
Nelle Trent	Lottie Trimm

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

## 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). Gene, Jim, and myself ask you to 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 shall prepare your Tax returns by computer, but do not do electronic returns.

## TOURS AND TRIPS FOR SENIORS

Paul Smeal

The tours and trips are sponsored by the Montgomery County Parks and Recreation. Register early as many of the trips become full before the registration deadline date.

**Fenwick Mines Nature Hike.** Tuesday, April 23. A leisurely hike in the National Forest and explore Fenwick Mines, an area of historic and scientific interest. This site housed a mining boom in Craig County during the early 1900's and is now preserved as a wetlands area with scented gardens and trails. Fee: \$10, includes transportation and lunch. Leave 10:00 a.m. return 4:30 p.m., Gables Shopping Center. Deadline for registration is April 16.

**Mabry Mill.** Friday, May 10. Enjoy springtime in the Blue Ridge Mountains with a leisurely ride through Floyd County to take in the historic covered bridges. Lunch on you own at Mabry Mill Restaurant. A brief stop at the Bread Basket featuring homemade breads and desserts. Fee: \$5. Leave 9:00 a.m., return 3:30 p.m. Gables Shopping Center. Deadline for registration is May 3.

**Burlington, North Carolina.** Tuesday, May 21. Burlington Outlet Center. Meals enroute. Fee: \$8, transportation only. Leave 7:30 a.m. return 8:30 p.m. Gables Shopping Center. Deadline for registration is May 14.

**Buffalo Mountain Nature Hike.** Wednesday, May 29. David Richert, of the Virginia Department of Conservation and Recreation will accompany us on a hike in the Buffalo Mountain Nature Preserve. Lunch on your own at the Blue Ridge Cafe. Fee: \$8, Leave 10:00 a.m., return 4:30 p.m. Gables Shopping Center. Deadline for registration is May 22.

**Virginia Museum of Natural History.** Friday, May 31. Tour the Virginia Museum of Natural History and join interpretative program on the Native Americans of Virginia. Lunch at Ryans Steakhouse. Fee: \$10 includes transportation, admission and craft fees. Leave 9:30 a.m., return 5:00 p.m. Gables shopping Center. Deadline for registration is May 24.

Contact Kemvia Adams-Bush, 382-6975, or e-mail: [Kemviaab@naxs.net](mailto:Kemviaab@naxs.net).

Additional tours and trips are scheduled later in the Spring. These will be listed in the March Newsletter.

## **NEW RIVER VALLEY SENIOR OLYMPIC GAMES**

Paul Smeal

The Senior Olympic Games are open to all residents 50 years of age or older. Through a variety of athletic and social events, participants have the opportunity to display their athletic ability, exchange and share common ties and interests with other senior individuals. The emphasis is not so much competition as it is the fellowship and socialization characteristic of Senior Olympic Games. The events are held at various locations throughout the area and include, but

not limited to softball, hit & throw, tennis, basketball, discus, shot put and frisbee, riflery, shuffleboard, cards (duplicate bridge, canasta, rook) golf, swimming, bowling, croquet, horseshoes, badminton, billiards and table tennis. The games are **Friday to Wednesday, April 26 to May 1, 2002.** Registration is now open with the deadline of April 4. Applications and information can be picked at the Blacksburg Community Center, 725 Patrick Henry Drive. For additional information contact Joy Herbert, Senior Programs Supervisor, 961-1134 or [jherbert@blacksburg.gov](mailto:jherbert@blacksburg.gov) or Paul Smeal, 552-4985 or [psmeal@vt.edu](mailto:psmeal@vt.edu)

There were 199 participants last year, and with your participation, the 24<sup>th</sup> year of the Senior Olympic Games can be bigger and better. They are lots of fun.

## **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."

## **AARP WEBSITES**

AARP has its own website, called AARP Webplace, which features information about the Organization's activities and issues of interest to older persons. To access information on a host of topics please visit the site at <http://www.aarp.org>. Some of the information featured includes membership benefits, legislative issues, and health and wellness concerns.

## FREE CLINIC OF NEW RIVER VALLEY

The Free Clinic of New River Valley needs and welcomes volunteers to join in meeting the needs of residents without health insurance in the New River Valley. A full range of volunteer opportunities is offered including office and clerical, marketing, and all health care professions. For more information, contact Amy Vaughan at 381-0820.

### DID YOU READ THIS?

From the *AARP Bulletin*, March 2002, p. 4.

#### “Putting pressure on identity thieves”

Victims of identity theft now have an easier way to report the crime to businesses where bogus accounts may have been opened in their names.

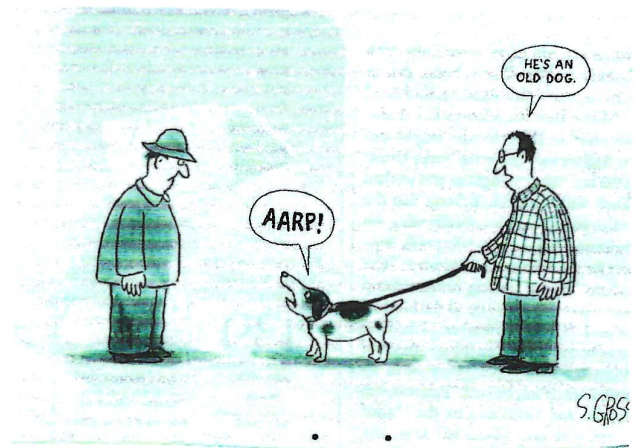
The Federal Trade Commission (FTC) has created a universal form to be used to alert retail stores, banks and other companies that the information used to open an account had been fraudulently obtained.

“A consumer just fills it out and faxes it to businesses where the new accounts were opened,” FTC spokeswoman Cathy MacFarlane told the *AARP Bulletin*.

Identity theft occurs when criminals steal personal information such as a credit card account number or a Social Security number, to open new accounts.

In an FTC survey, identity theft was the top consumer complaint in the nation last year, accounting for 42 percent of all complaints.

You can obtain a copy of the FTC universal form, called the ID Theft Affidavit, by calling toll free (877) 438-4338 or go to [www.consumer.gov/idtheft/affidavit.htm](http://www.consumer.gov/idtheft/affidavit.htm).



R. B. Crawford, President  
AARP Chapter #2613  
200 Cork Dr.  
Blacksburg, VA 24060

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Jim Moore