

Membership Meeting –TUESDAY, November 21, 2006

What the Blacksburg Community Center Offers Senior Members

Blacksburg Senior Center

11:30 a.m. - Bag lunch, music and fellowship

Program from 12 noon to 1:00 p.m.

Jack Leahy and *Joy Herbert* will tell us what the Blacksburg Community Center and Senior Center offers senior members. Plus! Plus! Plus! In addition to the main program, not one but a special treat and two mini-programs: At 11:30 a.m. the *Blacksburg High School Madrigal Singers* will present a short concert, serenading us while we eat. Rounding out the program will be the current status of the community *YMCA at Virginia Tech* by *Gail Billingsley*, and the status of the *Montgomery County Christmas Store* by *Elva Miller*. In the spirit of the season, members are asked to bring non-perishable food items to this meeting as a donation to the *Food Pantry*. Other people in our area need your help. Come early to hear the high school singers and bring non-perishable food for the *Food Pantry*.

At 1 p.m., following our regular meeting, *Brian Allen* will present an update on the *Medicare Prescription Drug Benefit*, and answer any questions you may have about this important health plan.

CARL'S CORNER

Carl McDaniels, President

GOOD NEWS for our chapter as we close out 2006. AARP Virginia has selected AARP Blacksburg as the outstanding large chapter of the year 2006!!! The chapter will receive the award at an AARP Virginia meeting in Charlottesville, Virginia Thursday, November 16. This is a CHAPTER award, not for one event, publication or individual. It is for ALL of us working together for the common good of our members and seniors in Blacksburg. Congratulations to ALL the members of our Chapter!

Those who represent all the members on the Board and as Committee Chairs surely are those who have contributed the most to this award over the period August 2005-August 2006. They have been steady in their attendance at all meetings and steadfastly carried out all of their assigned duties. Special thanks to them for their loyalty and many contributions over the months.

In my view, there have been some individuals who have made an extraordinary effort beyond all normal expectations. A few of those are: 1. *Jim Gaines*, Chair of the History Committee, who spent much of this time researching our 30 year History and writing the great book which chronicles our past three decades, along with a fine editorial committee of *Carol Crawford* and *Connie Anderson*. 2. *Connie Anderson* our Chapter Webmaster has done a super job creating and maintaining our web site. We have had over 3,000 hits since it got started in early 2005. It is just superb. 3. *Ben and Carol Crawford* for the stellar work on our great monthly newsletter. They spend hours each month writing, collecting and editing this fine publication, 4. *Jim Wightman*, Membership Chair, who has kept our membership thriving over this period and added 10 life/family membership to go along with our 350+

membership. 5. The Health and Wellness Teams who have organized and put on these fantastic Fairs the past two years. These have been wonderful events for the entire New River Valley area with over 400 people attending each year. And, finally 6. All those members who have taken part in our wide range of community service activities in 2005 and 2006.

Since this will be my last newsletter commentary, let me say what an honor it has been to serve as Chapter #2613 President these past two years. It has been a privilege to serve such a great membership as ours. I am grateful for all the dedicated, able, and hard-working members who truly make this the best AARP Chapter in Virginia. This makes our 30th year Celebration come to a wonderful close. Good luck to the incoming officers and board for 2007. *Carl McDaniels, President 2005-2006*

MEMBERSHIP NOTES

Our membership stands at **372** which includes 10 - Complimentary; 8 - Lifetime; 7 - Life; and, 2 - Honorary members. This is good news and bad news. The bad news is that 41 members have not yet paid their 2006 dues. A few of these members were contacted by board members last month and encouraged to renew their membership. The Board strongly suggested that we put in place a definite **Pay or Purge** plan effective January 1, 2007. The plan calls for two consecutive notices of delinquent dues in March [a yellow dot on the mailing label on the Newsletter] and April [a red dot on the mailing label on the Newsletter] and then removal of the name from our Membership list effective May 1, 2007. The good news is that it is not too soon to renew your 2007 membership in your local chapter. A convenient renewal form is found on the last page of this Newsletter. A post card welcoming new members to our chapter is now ready for use. 500 extra copies of this Newsletter with a cover letter were printed for distribution to Virginia Tech retirees who are not members of our local chapter. We hope that a number of these retirees, who may be members of national AARP, will also choose to become members of our local chapter. Any questions about membership can be directed to *Jim Wightman* at 552-2007 or jpdad@bev.net. Remember that **Membership** is one of the 3 Ms of any volunteer organization.

Jim Wightman

PROGRAM NOTES

Come early **November 21--** at 11:30 a.m., the

Blacksburg High School Madrigal Singers will present a short concert while we eat. Then hear *Jack Leahy* and *Joy Herbert* speak about the Blacksburg Community Center and Senior Center offerings to senior members. Two short presentations, *Gail Billingsley* for the YMCA and *Elva Miller* for the Christmas Store, will round out the program. In the spirit of the season, MEMBERS ARE ASKED TO BRING NON-PERISHABLE FOOD ITEMS TO THIS MEETING AS A DONATION TO THE FOOD PANTRY.

At 1:00 p.m., following our November 21 meeting, *Brian Allen* will present an update on Medicare Prescription Drug Benefit, and answer questions you may have.

December 4 - 10:00 a.m., AARP hosts the Blacksburg Senior Center monthly breakfast. This is a popular event, with lots of good food and fellowship. The menu is prepared and cooked by the *AARP Breakfast Volunteers* while drinks and place settings are supplied by the Senior Center. Members can add to the menu (and to our waistlines) by bringing in special holiday sweets. An additional holiday treat: Members of the *Blacksburg Recorder Players* will entertain us with Christmas carols and other holiday music.

December 5 - Don't miss our annual HOLIDAY LUNCHEON at the Holiday Inn on Prices Fork Road from 11:30 a.m. to 3:00 p.m. Come and sing along with the music played by the *Blacksburg Community Band*. Tickets are \$14.00 per person. Bring **your checks or cash to our Nov. 21 meeting, or mail your check by Dec. 1 to: Cerrie Coil, 1404 Hillcrest Dr., Blacksburg, VA 24060.**

We are also making a grand start for the New Year: 2007!

January 16 - To banish the winter blahs we have scheduled a delightful program for our first membership meeting. *Mood Swing*, a group of local musicians, will entertain us with music from the 30's and 40's, the music that many of us listened to as we grew up.

February 20 - *Dr. Larry Alexander*, publisher of the "Home Sweet Home" newsletter will talk to us about helping "seniors live longer and more enjoyably in their homes."

Look for more information about these two programs in subsequent newsletters.

Harriett Cooper

AARP BLACKSBURG CHAPTER #2613 – Thirty Year History: a brief summary of the what, who, why and how:

It all started with one person, Chapter Historian, *Jim Gaines*. *Jim* spent 1000-plus hours in 2005 and 2006, writing by hand the chapter history. This was gleaned from Chapter minutes, newsletters, scrapbooks, and other archival material. After completing the many handwritten pages in April 2006, *Jim* turned these over to *Carol Crawford*, chapter newsletter co-editor, who typed the data as a document on her home computer using Microsoft Word. *Carol* edited and typed the entire manuscript--some 90 single-spaced pages, at least twice. Also in April, *Warm Hearth Village's Marketing Department* offered to help pay for the costs of publication and their offer was approved by the chapter.

In May 2006, the manuscript was sent digitally to the chapter webmaster, *Connie Anderson*. *Connie* inserted photos, a preface and acknowledgements by Chapter President *Carl McDaniels*, a synopsis by *Jim (Gaines)*, and appendices, and then formatted and "spruced " up the appearance. After final edit and approval by the chapter president, the Chapter History document was sent electronically to, as well as saved to a CD and delivered to, the *Warm Hearth* representative.

A local printer did the printing, folding and stapling (2 staples) on paper size 16.5 x 11 inches folded to 8.5 x 11. "

On the History cover is a photo of the Blacksburg Community Center, which includes The Senior Center where the chapter meets. Our Town of Blacksburg, Parks and Recreation Department has supported our AARP Chapter in many ways, even before the Center was built. After the printing was completed, a copy of the 30-Year History Booklet was mailed by the chapter to approximately 300 chapter members in June, 2006.

This history booklet was published at no cost to the chapter budget, but paid for by the *Warm Hearth Village Marketing Department*. During the past 30 years, *Warm Hearth Village* and AARP Blacksburg Chapter #2613 have, in a sense, grown up together. The two organizations enjoy a close and mutually beneficial relationship. In addition to the cost of \$1,544 for 400 bound copies (\$3.86 per copy), there were many, many volunteer hours put into the project. In retrospect, the AARP Blacksburg Chapter could have sold ads and earned considerable dollars for our treasury. However, making money on the project was never a consideration. The publication can be read in pdf format as a link on the Chapter Website <http://civic.bev.net/aarp/>

BLACKSBURG AARP CARES

The *Caring Committee* will send members *get well, sympathy or thinking of you* cards. Contact *Kathy Jeffers* (951-3946) and let her know the type of card to send. Please make sure you include their name and address so the card can be sent in a timely manner.

AARP FILM ON WTOB

The AARP produced film *Your Medicines and You--A Conversation with Dr Bill Thomas* is being shown on Blacksburg Cable Channel 2--WTOB. The professionally produced and popular film was shown at the September 19 Health and Wellness Fair. It will be shown throughout November, 2006 at **6 p.m. on Sundays and 9 a.m. Thursdays**. The film should be of interest to all AARPer's. So take a look at your convenience on Thursday or Sunday.

AARP BLACKSBURG AND BARNES & NOBLE BOOKFAIR – A BIG SUCCESS

The Chapter and *Barnes & Noble Bookfair* held Saturday November 4, 2006 for the benefit of purchasing books, music, etc., for the Montgomery County Christmas Store turned out to be a very successful joint venture. There were 72 Chapter Coupons used to purchase \$4,197 in books and cd's. *Barnes & Noble* is sending a check for 20% of the new sales to AARP Blacksburg in the amount of \$839. The Chapter will add \$161 to that amount for a total contribution to the MC Christmas Store of \$1,000 to purchase children's books for the December, 2006 event. This is the first year of this event as a fund raising activity for community service purposes. It was carried out under the leadership of *Margaret Kates*, Chair of the Ways and Means Committee.

LOCAL MOVIE GALLERY FEATURING "AARP MOVIES FOR GROWN UPS"

The Blacksburg *Movie Gallery* at 708 North Main (at Prices Fork Road) is featuring many of the *AARP The Magazine* reviewed "Movies for Grown Ups." Store Manager *Diane Oaks* has set up a special display with a wide variety of titles on the AARP reviewed list in 2005 and 2006. Drop by the store and take a look at the selections for AARPer's. **Coupons for one free rental with a new membership at Movie Gallery will be available to "early birds" at the November 21 Chapter meeting.** See photo below: employee *Megan Gregores* (left) and *Movie Gallery* Store Manager *Diane Oaks* at display.



NOMINATING COMMITTEE

The Nominating Committee (*Ben Crawford, Carl McDaniels, Brian Allen*) submits the following nominations for calendar year 2007:

- Chapter President Jim Gaines
 - 1st VP Jim Wightman
 - 2nd VP Angela Little
 - Secretary Virgil Cook
 - Treasurer Brian Allen
 - Assoc. Treasurer June Schmidt
- New Directors: Dan Fleming, Nancy Eiss and Jo Ann Underwood. Additional nominations can be made at the November 21 election.



Cynthia Horkey, Teena Vernon, Doris Abraham

PROTECTION FROM IDENTITY THEFT

If you were absent last month, you missed an important and interesting program. Pictured above is *Cynthia Horkey* (left) who gave an informative talk on Identity Theft. Centered is *Teena Vernon* of CASA (Court Appointed Special Advocates (CASA), who made a short presentation about CASA. On the right is our Chapter Board member *Doris Abraham*.

CHAPTER DONATIONS IN 2006

Free Clinic	\$ 200
Habitat for Humanity	100
RSVP MC and Radford	100
Blacksburg Food Pantry	200
MC Christmas Store	1000
AARP Foundation	100
B'burg Community Center	500
(4 tables)	
Women's Resource Center	100
Total	\$2,300

CONGRATULATIONS!

Of 75 AARP chapters in Virginia, we have been named the *Outstanding Chapter* in the Commonwealth of Virginia. This recognition is for service to our members, our community, our state and our nation in 2005.

KUDOS

Our sincere thanks are due to *Carl McDaniels* for his leadership in 2005 and 2006. Carl has compiled an outstanding record as President of our Chapter. He has demonstrated that "Working Together Works" and that, as an important part of AARP, we do indeed have THE POWER TO MAKE A DIFFERENCE.

CRACKED POTS

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments; but the poor cracked pot was ashamed of its own imperfection and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?" "That's because I have always known about your flaw, so I planted flower seeds on your side of the path; and every day while we walk back, you water them.

"For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting

and rewarding. You've just got to take each person for what they are and look for the good in them.

So, to all of my crackpot friends, have a great day and remember to smell the flowers and to stay on your side of the path.

Source unknown. Thanks to *Bob Brown!*

WALK: Here's something to ponder as you peer out into (at least in OUR neck of the woods) a dreary rainy day:

The **average American** gains weight throughout life, but "only" at the rate of 1-2 pounds per year. Good news? Well, let's see: take the median, 1.5 pounds, and multiply it by, say 10 years. You're 15 pounds heavier. 20 years, you've gained 30. Dang it, the "chronological law of mathematics" doesn't favor us Americans. Or does it?

Let's try some more math: One pound represents 3,500 extra calories. You took them in, never got around to "spending them" so they just stayed in your little (excuse the pun) "piggy bank" and accumulated--over 6 months to a year, no less. But eventually you had quite a "savings"!

But if I have a whole year to spend just 3500 calories, I need only use up, well, to simplify the math lets say an extra 70 calories per week, and we get a *two week vacation*. A vacation from the *strenuous, lengthy* additional exercise it takes to burn *70 calories in a week*. About a **one mile** walk--per week.

No, I'd recommend a tad more, just to cover your "margin of error" (error in exercise OR eating). Maybe add 2 or even 3 miles of walking to your week. (Imagine *that* if you can!) No sweat! No expanding piggy bank. And you get a two week vacation!

Enjoy your day and your extra little miles! Blessings, *James N. Wright, MS, RCEP*, Instructor of Health and Physical Education, *Blue Ridge Community College*

ELECTION HUMOR

Little girl to her father: "Daddy, do all fairytales begin with "Once Upon a time?"

Father: "No dear. Some fairytales begin with "If elected, I promise."

BLACKSBURG AARP CHAPTER OFFICERS 2006

PRESIDENT: *Carl McDaniels* cmcd@vt.edu
1st VICE PRESIDENT: *Joyce Martin* jomart23@vt.edu
2nd VICE PRESIDENT: *Jim Gaines* gaines@vt.edu
SECRETARY: *Angela Little* anglittle@naxs.net
TREASURER: *Brian Allen* mballen@prodigy.net
ASSOCIATE TREASURER: *June Schmidt* schmidtj@vt.edu

Board, Committee Chairs and more on **Web** <http://civic.bev.net/aarp/>

Blacksburg AARP Chapter #2613 Minutes

Board of Directors Monthly Meeting

Blacksburg Community Center

Tuesday, November 7, 2006

Members Present:

R. B. "Ben" Crawford	Jim Wightman	Harriet Damant	Dale Oliver
Connie Anderson	Curtis Finch	Mary Ellen Moore	Jim Moore
Donald Elson	Nancy Eiss	Carl McDaniels	Frank Lau
Jim Gaines	Cerrie Coil	Harriett Cooper	Angela Little

1. President Carl McDaniels **called the meeting to order** at 9:40 a.m. He announced that the chapter has been awarded the AARP Virginia Large Chapter of the Year, 2006! The award ceremony will be held on November 16 in Charlottesville and he invited everyone to attend. He attributed the success of the chapter to our collective efforts and thanked Don Elson for submitting the application including our history, website and newsletter. He thanked Joyce Martin, Jim Moore, and Jim Gaines for serving on the Board this year. There will be no December board meeting or newsletter. Coupons were distributed for a free rental at the Movie Gallery.

2. Jim Moore requested that an **addition to the agenda** be made to item 15 for the Board to discuss who is eligible to vote at the Board meetings.

3. The Board approved the October 3, 2006 **minutes** as printed on the motion of Jim Gaines and the second of Don Elson.

4. Dale Oliver presented the **Treasurer's Report** in the absence of Brian Allen. He distributed a financial report to board members who accepted the written report. The current balance is \$4,288.03.

5. The Health and Wellness Fair seminars have been airing on Channel 2, WTOB. Ben Crawford stated that Chip Herman did an excellent job of editing the seminars. McDaniels presented a proposed list of community partners for end of the year distribution of funds as follows: Free Clinic - \$200; Habitat for Humanity - \$100; Blacksburg Food Pantry - \$200; The Christmas Store - \$1,000, AARP Foundation - \$100, Women's Resource Center - \$100, RSVP of Montgomery County and Radford - \$100 and \$500 to Blacksburg Community Center to purchase four tables at \$125 each. McDaniels reported that Barnes & Noble had received 72 coupons on Saturday at the Book Fair for net sales of \$4,197. They are giving the Chapter 20% of the day's sales which totals \$839. The check will be sent to us within 60 days. Jim Moore made a motion to distribute the funds as recommended and add \$161 from AARP funds to make an even \$1,000 contribution to the Christmas Store. Harriett Cooper seconded the motion and it passed unanimously. This money will need to be sent right away to The Christmas Store.

6. Nancy Eiss, **Public Relations Committee** co-chair, requested a picture of the award ceremony in Charlottesville to put into the local papers. She asked if the Christmas luncheon could be publicized

as open to the public. It was agreed that the luncheon is open to the public. When asked about continuing the Saturday morning radio shows, she recommended that we discontinue them after the first of the year.

7. Jim Wightman, Membership Committee Chair, reported that membership stands at 372 with 41 delinquent dues for 2006. He distributed lists to everyone to scan for those with special circumstances. The remaining names will be called. He made a motion to waive the 2006 dues for the delinquent folks and have them pay the 2007 dues. Those who have not paid their dues by May will be contacted. Jim Moore seconded the motion and added an amendment to the motion requiring a purging committee be appointed to help the membership chair. The motion passed. Membership lists should be given to Mary Ellen Moore, Cerrie Coil and Connie Anderson for name tags and Hospitality Committee.

8. Program Committee Chair, Harriett Cooper, informed members that food will be collected at the November meeting for the local food pantry. Food can be taken directly to the pantry for those unable to attend the meeting. The BHS Madrigal singers will perform at 11:45 and Elva Miller from The Christmas Store will give a brief presentation after the main program speakers, Jack Leahy and Joy Herbert of the Blacksburg Community Center. Cerrie Coil is accepting reservations for the holiday luncheon to be held on December 5 at the Holiday Inn with the cost of \$14 per person. The Chapter will host the December 4 Breakfast at the Community Center with Brian Allen providing the cooked items and everyone else bringing coffee desserts.

9. Crawford stated that the deadline for all **newsletter** articles is Friday, November 10. It was agreed that copies of Larry Alexander's newsletter, "Home Sweet Home," be included in the January newsletter. Crawford thanked everyone for their help this year in publishing the newsletter.

10. AARP Virginia Events: Today is Election Day and all members are encouraged to vote.

11. Curt Finch has volunteered to take leadership on the **Driver Education Classes.** Nine individuals have expressed interest in becoming instructors.

12. Crawford reported that three copies of the **Chapter History** have been sent to National AARP. McDaniels reported that Jack Leahy will allow us to leave our file cabinet in the Program Number 1 Room where the Board meets.

13. The **Ways and Means Committee** report on the Barnes & Noble Book Fair was previously discussed in item 5.

14. Crawford reported for the **Elections Committee.** Additional nominations will be taken from the floor at the general membership meeting on November 21 after presenting the slate of officers named in last month's meeting. Three new Board members for 2007 will be Nancy Eiss, Dan Fleming, and Jo Ann Underwood. Connie Anderson will put links on the website to the 30-year history. The membership form is now online.

15. Jim Moore asked what the ruling is on committee chairs in participating in and voting in Board meetings. Crawford stated that they are considered voting members of the group. Moore made a motion to formally affirm that the Board shall consist of Chapter officers and committee chairs of standing committees as stated in the by-laws as voting members. Jim Gaines seconded the motion and it was passed by acclamation.

The meeting was **adjourned** at 11:11 a.m.

Angela Little, Secretary

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

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NEW MEMBER OR 2007 MEMBERSHIP RENEWAL APPLICATION

Membership in the Blacksburg AARP Chapter requires membership in National AARP. Contact **Jim Wightman** at 552-2007 or jpdad@bev.net if you need a national AARP application.

Date: _____

Name: _____ Spouse: _____

Address: _____ City & Zip _____

Phone: _____ - _____ - _____ E-Mail _____

- Membership: _____ New member of Blacksburg AARP Chapter
 _____ Renewal of membership in Blacksburg AARP Chapter
 _____ Single membership dues **\$10 for 2007**
 _____ Joint couple dues **\$15 for 2007**
 _____ **Life Time \$100 per couple**

Recruited by (if appropriate) _____

Complete, attach check made out to Blacksburg AARP, and mail to: **AARP Chapter #2613, POB 10082, Blacksburg, VA 24062.** If you are already a member of the Blacksburg Chapter, please pass this form onto a friend who may be interested in membership.