



www.blacksburgaarp.org

newsletter

November – December 2021

Look for a Zoom link sent by email a day before the meeting. The meeting will open at 11:30 for greetings and conversation. The program will begin at noon.

Nov 16: Chapter Meeting

Behind Every Stone: Stories from Local Black Cemeteries in the NRV

April Martin

April Martin is a local historian with degrees from Virginia Tech. She is currently assisting several museums, including Wilderness Road Regional Museum in Newbern, Ratcliffe Museum in Pulaski, and the interpretive 1930s Homestead at Radford University's Selu Conservancy.

For many years April has been volunteering to help reclaim neglected and abandoned family cemeteries throughout the New River Valley and learning and sharing the history found behind every stone that tell the amazing and shared heritage of our valley and community.



April Martin

Dec 14: Chapter Celebration, Awards

Warm Hearth Village

Our chapter will gather in person for the first time in nearly two years when we meet for the annual holiday luncheon at the Village Center.

See details of the menu and agenda and a reservation form on page 5 of this newsletter.

Warm Hearth has opened its Village Center this fall for events such as LLI classes. Masks will be required when guests are not eating or drinking. The tables will be arranged for social distancing. All of the Village Center staff have been vaccinated.

Come celebrate the chapter, the holidays, and the chance to be together again.

President's Column

Leslie Pendleton

As I write this column, I am contemplating my 64th birthday which occurs in two days. Actually, for the last few weeks, the lines "Will you still need me, will you still feed me, when I'm sixty-four?" from the Beatles 1967 album *Sgt Pepper's Lonely Hearts Club Band* have been churning over and over in my head.

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Community Events

Nov 12–14, YMCA Crafts Fair, Book Sale (vtymca.org/y-craft-fair/)

LLI registration for spring 2022, Feb 7; classes begin Feb 21 (p. 3)

Renew Membership

AARP Blacksburg membership is annual, based on the calendar year. Dues for 2022 are now due. You may complete and mail the membership form on the back page or renew online at blacksburgaarp.org/online-payments. These dues are for the local chapter. Join AARP national at www.aarp.org.

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Chapter Calendar

1st Tuesdays (Nov 2, Dec 7):

Board meeting, 10:00 a.m.

3rd Tuesdays (Nov 16): **Chapter meeting**, 11:30 a.m. (December 14, 2021, 2nd Tuesday)

4th Tuesdays (Nov 16, Dec 28):

Coffee chats, 8:30 a.m.

If you would like to receive Zoom invitations for the coffee chats, please email Leslie Pendleton, lkpendleton@gmail.com.

Hikes at Falls Ridge Preserve near Blacksburg

A visit to nearby Falls Ridge Preserve in Montgomery County yielded an unexpected find. The 655-acre preserve has the advantage of being close to town (just 5 miles from downtown) but remote enough to make you feel you are off the beaten path. To us the most surprising part about this park was getting there. The preserve is accessed via Ellett Rd (Virginia 603, which runs from Blacksburg to Ironto) with a right turn on Falls Ridge Road. It was the bridge on Falls Ridge Road that fooled us. I drove past it twice before I decided that it was a real street, consisting of a one lane bridge that looked like someone's driveway. Its red paint can help to identify it. Once across the bridge and railroad tracks, signs to the preserve lead to an unpaved road with a number of potholes, making me glad I had swapped my sedan for my husband's SUV. It would not be a good choice for a rainy or muddy day.

The moderate-sized parking lot can accommodate about a dozen cars. Far fewer were visiting in mid-March, but it was nearly full in September. No parking is allowed on the access road. The park kiosk features a map of the two trails with clear signs to the trailhead. There are two interconnected trails, the 0.8-mile Silver (Bradley) Trail and 2.9-mile Red (Chamberlain) Trail. The Silver Trail leads to the interesting waterfalls and consists of a number of steps up and down to complete the loop. The Red Trail accesses the adjacent ridge with a prolonged uphill climb and downhill on the return. The hikes are both moderately strenuous due to elevation change and footing.

Much of Falls Ridge Preserve is a karst landscape, with travertine (a type of limestone) features, which is characterized by dissolved bedrock and sinkholes. In addition to the travertine waterfalls, there are caves in the preserve. Also located in the preserve are the



Falls Ridge in Winter

remains of a lime kiln from an early 20th century enterprise. We would like to return to this preserve in the spring or summer when the flowers and leaves are out. It's a hidden gem but not an easy stroll.

In summary, the waterfalls on the Silver Trail are a major attraction at this site but the Red Trail provides a chance for more exercise if that is a goal of the outing. It's also worth mentioning that dogs are not allowed in the preserve.

Falls Ridge Preserve website:

www.nature.org/en-us/get-involved/how-to-help/places-we-protect/falls-ridge-preserve/

A pictorial summary of the two hikes is available by trail contributor Zach Robbins at www.hikingupward.com/OVH/FallsRidgePreserve/

President's Column, continued

A high school friend (a musician) who recently turned 64 told me his 30-something son reminded him of the song. Fortunately, at this point, neither of us are “wasting away” nor “being fed” (as the song goes), but I imagine when Paul McCartney wrote the song at a



mere 14 years old, age 64 did seem ancient. There was a time in my young life when I thought 22 was so old that I'd never live to be 22. Age is so relative! I know you relate.

You are probably aware that the “seasons of life” concept relates the stages of life and their corresponding characteristics and tasks to the four seasons: Spring, Summer, Fall and Winter. In her essay *I Want to Age Like Sea Glass*, Bernadette Noll provides a good description. From ages 0-25 (Spring), we are “springing to life,” growing and thriving. From ages 25-50 (Summer), we are “Active and Immersed,” busy with lives in full swing. From ages 50-75 (Fall), we are “Reaping and Harvesting,” slowing down, taking stock, appreciating our accomplishments, and feeling gratitude for them. (Personally, I like to think I currently exist in an Indian summer stage, my favorite time of the year.) During Winter (ages 75-100), we gain “Clarity and Wisdom,” seeking rest, reflecting, turning inward and tuning into greater alignment with the eternal soul. This does sound about right, doesn't it?

Does your favorite season correspond to your current stage of life? Whether or not the current stage of your life matches your favorite season, Noll reminds us that there are positive aspects to each and every stage of life. Truth is McCartney's interpretation of age 64 (“mending sweaters by the fireside, going for Sunday morning rides, renting a cottage by the sea, doing the garden and digging the weeds, grandchildren on the knee”) does sound delightful. Really, who could ask for anything more?

LLI Will Offer Zoom and In-Person Classes Spring 2022

In the spring of 2022, LLI will continue to offer a mix of formats for its classes, with in-person classes at Warm Hearth, small seminar rooms in the Corporate Research Center, churches, and Blacksburg Community Center and some large classes, such as Great Decisions and the Sampler class, by Zoom. The decision depends on instructor preference, but Great Decisions and the Sampler benefit from the options that Zoom provides for panelists beyond the New River Valley.

Registration begins February 7; classes begin February 21. These dates are a few weeks later than in previous terms, but any post-holiday Covid surge and the worst of winter weather should be over by then.

Classes will be taught by some familiar instructors, including Jack Call and Kaye Graham, but LLI will welcome some new instructors, including Carolyn Comer, teaching “Demagoguery and Democracy,” Russell Gregory, teaching “The Delight of Chaos: Zen as Buddhism's Class Clown,” and Pat Artis, teaching “Futurism.” Other courses include Spanish conversation and “Genetically Engineered Animals: Bringing Good Things to Life.”

LLI members will continue to enjoy free Friday lectures and special events.

Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month via Zoom at noon. Members will receive the link by email a day before the meeting. Board meetings are the first Tuesday of each month at 10 am.

Chapter Officers 2021

President • Leslie Pendleton, lkpendleton@gmail.com
Vice President • Chuck Burress, cjburress@comcast.net
Secretary • Terry Wildman, wiley@vt.edu
Treasurer • Pat Ballard, pballard@vt.edu
Assistant Treasurer • Ruth Anne Niles, rniles2@icloud.com

Board of Directors

2021: Doug Feuerbach, Judith Jones, Lisa Moose, Leslie Pendleton

2022: Linda Correll, Chuck Burress, Kai Duncan

2023: Tom Hohenshill, Todd Solberg, Val Coluni

Newsletter editor: Carolyn Rude

AARP website: blacksburgaarp.org

"We are made for community"

Meet Super Volunteer, Elva Miller



Some weeks ago, when the League of Women Voters needed volunteers to host its information booth at the Blacksburg Farmers Market, Elva Miller raised her hand. Although, at 91, she is one of the oldest

members of any organization she belongs to, she is among the first to volunteer. On Saturdays, you might have seen her passing out information on early voting and voter registration. For the League, she also chairs the Events Committee and helped to plan the celebration of 100 years of the right of women to vote. She is also on the committee to register high school students and introduce them to citizenship.

Elva raises her hand for other organizations, too. For her PEO chapter, she chairs the committee that reviews applications for scholarships for women. Local high school seniors may apply for scholarships that can be used at any college. National scholarships of \$20,000 are available to PhD students. After a review of applications, the local chapter nominates candidates for these scholarships. The Virginia Tech students are competitive: eight of the ten that the local chapter has nominated have received these scholarships. Elva recently reviewed applications late into the night, but she takes a 40-minute power nap every day to give herself energy for these responsibilities.

Elva volunteers with the Friends of the Montgomery-Floyd Regional Library. If you participated in last summer's Garden Tour, you may have visited the garden where Elva hosted. She helps with membership drives and book sales.

At the Blacksburg Presbyterian Church, Elva sings in the choir, is active in Presbyterian Women, and serves as a Deacon. She participates in 7:30 am Bible

study. The church is active with the area's Syrian refugees, and Elva provides transportation for them.

Elva attends almost all AARP meetings, whether in person or on Zoom. She also belongs to the Virginia Tech Women's Club and to NAACP. She loves to spend a week at the Chautauqua Institution in New York each summer.

Elva graduated from Austin College in Texas and did graduate work for a year at the Presbyterian school of Christian Education in Richmond. She worked in Christian education at a few churches, but mostly she taught English in high schools and middle schools.



Elva moved to Blacksburg 35 years ago with her husband, Herbert, a Presbyterian minister. Her journey to Virginia began in Wyoming and continued in Montana and Texas. She was a volunteer in mission at the Menaul School in Albuquerque. Herbert's ministry took her to Florida as well as to Edinburgh and St. Andrews in Scotland.

Two of their three daughters attended Virginia Tech for graduate school (back in the '80s). One, Andrea, is a psychologist who practices in Atlanta, Georgia, where she lives with her husband, as they have launched Elva's first two grandchildren. The second daughter, Deborah, has a therapy practice in the New River Valley. Deb and her husband's daughter, Elva's youngest grandchild, is a freshman majoring in Architecture at Virginia Tech. Elva's other daughter, Susan, now retired, moved in with her recently. Herb died several years ago.

Elva looks forward to traveling again, with Vienna, Venice, and London on her horizon.

What a great model Elva is for living actively and meaningfully throughout one's life.

I asked Elva about her motivation for being so engaged in so many organizations. "We are made for community," she replied.

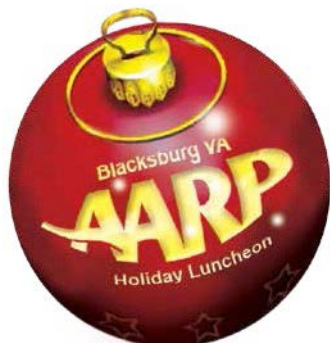
By Carolyn Rude

AARP Holiday Luncheon

Tuesday, December 14, 11:30 am

Warm Hearth Village. Village Center

Masks are required when not eating or drinking



Menu

- Plated Caesar salad
- Chicken breast entrée
- Vegetable pasta entrée
- Mashed potatoes with gravy
- Green beans
- Rolls and butter
- Red velvet cake
- Cherry and pecan pie
- Coffee, iced tea, and water

Location

Warm Hearth
The Village Center
2387 Warm Hearth Drive
Blacksburg, VA 24060

Date: Tuesday, December 14, 2021

Time: 11:30 am–1:30 pm

Program

Address by Genea Luck, AARP Virginia
Presentation of Chapter Service and Community Spirit Awards
Announcement of charitable donations
Chapter highlights and recognition of volunteers

Price: \$25 per person
Guests welcome!

Reservation deadline

Friday, December 5, 5 pm

Reserve by completing and mailing the form or submitting payment online at blacksburgaarp.org

Luncheon Reservation, Membership Dues

You can write one check

Total the Luncheon, 2022 dues, and optional donation and make your check out to **Blacksburg AARP Chapter # 2613.**

Send with these forms to

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

Or reserve and pay online: blacksburgaarp.org

Select **Events/Projects** and follow the prompts

Holiday Luncheon Reservation Form

Reservation deadline: December 5, 2021, 5 pm

Name _____ \$25.00
Spouse/Partner/Guest \$25.00 _____
Guest \$25.00 _____
Luncheon Total _____

Reservations cannot be accepted after December 5, 2021, 5 pm.
For questions, contact Terry Wildman, wiley@vt.edu

Membership Dues \$15/household

Name _____
Spouse/Partner _____
Address _____
City _____ State _____ ZIP _____
Phone: _____ Email _____
Email Spouse/Partner _____

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 low. However, donations to the chapter are not tax deductible.

Luncheon Total _____
Dues _____ 15 _____
Donation _____
Total _____



Blacksburg Chapter #2613
Leslie Pendleton, President
PO Box 10082
Blacksburg VA 24062

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Blacksburg Chapter Member Application for 2022

mail this form or join/renew online at blacksburgaarp.org/online-payments

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 • PO Box 10082 • Blacksburg, VA 24062