

**From:** AARP Blacksburg Chapter aarpblacksburg@mail.mailchimpapp.com  
**Subject:** February 2024 AARP Blacksburg Newsletter  
**Date:** January 26, 2024 at 4:42 PM  
**To:** dgc2@vt.edu



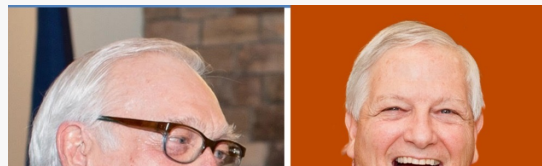
# AARP Blacksburg Newsletter



**February 2024**



**Pam Knox and Fred Piercy, Editors**





**Don Creamer and Jerry Niles  
AARP Blacksburg Co-Presidents**

## **Inaugural Co-Presidents' Message -- February, 2024**

As we begin our presidency, the AARP Blacksburg Chapter remains a vibrant voice for healthy and successful aging in the NRV. The segment of the population, 65-85+, is growing rapidly in the US and locally and is expected to reach at least 80 million by 2040. Ironically, looking at demographics of Montgomery County, we note that the population of 65+ has grown at the fastest rate of any other segment between 2012 and 2022. The overall population of the county grew at a rate of .04% while the 65+ cohort grew at a rate of almost 5%. This rate of growth has huge implications for policy makers, planners, service providers and businesses in our community. One would expect this growth to sustain itself given the realities of the aging population base, the fact that the area is now promoting itself as a destination for retirees and the new phenomenon of grandparents trailing their grandchildren to support young families moving into the area. Unfortunately, the trend in Virginia and nationally shows AARP chapters shrinking at an alarming rate. To stay relevant, it is helpful to consider what successful chapters are doing well. We will share a few principles that drive that success as we consider our vision for the Blacksburg Chapter and our mission to maintain and grow our already successful chapter in 2024 and beyond.

One of the pillars of a successful chapter is that **it establishes significant relationships with other community organizations.** While inter-organizational collaboration has always been a high priority of our chapter, we are excited about the seeds that have been planted by the Pathways to Successful Aging project that is exploring ways to improve communication among, and leverage the strengths of 15 community organizations that provide services and programs for our demographic. We believe that a healthy chapter should have **consequential projects and activities that encourage member involvement and benefit the community.** Three of the Chapter's most consequential activities include, first, the biennial Health and Wellness Fair. In 2022, under the leadership of Leslie Pendleton with the help of AARP Blacksburg and VCOM volunteers, among others, participants included 66 sponsors/exhibitors and approximately 120 visitors. Circle the date, September 18, on your calendar to discover the latest information about goods and services for supporting health and wellness in our community presented by the 80+ exhibitors. A second consequential, value-added activity of AARP Blacksburg is the Tax Aide program led by Pat Ballard that served 1178 clients during the past year. Third, the Chapter's ongoing efforts to increase its participation in food security projects is another example of the kind of vital work the Chapter values.

We believe a successful chapter must have regular **meaningful meetings that provide social connection, cognitive engagement and programs that inform, entertain and challenge.** The Chapter Program Committee, led by Wendy Baldwin and Pat Hipkins, are tireless in their strategic efforts to generate and deliver programs that make the monthly meeting "a happening" for the 25 or more members who attend. If you have not attended one before, give it a try, and come. Look at the list of upcoming programs in this Newsletter and join in.

We believe a successful chapter must **communicate regularly with its membership** by sharing timely and relevant information about Chapter and community activities, information that can enrich a member's life and provide news about people and important upcoming events in the community. This newsletter, published quarterly, is a great example of that kind of organic communication. The editors, Fred Piercy and Pam Knox have dedicated

themselves to helping the Chapter transition to an electronic format that is member friendly, informative and useful. The Mailchimp network, developed and coordinated by Don Creamer, is another timely way the Chapter communicates about issues and opportunities that may influence your life constructively.

The last part of the vision for a successful chapter is the need to **continually add new members**. New members bring fresh ideas and energy to carry on the good work of the chapter. They bring new vitality, social connections and friendships to the existing membership. Thirty new members joined last year through the efforts of the membership committee led by Wilma Dotson. The Chapter has felt their positive impact already. You can help as well by mentioning your connection to the Chapter to friends and acquaintances. Many people are familiar with the good work of the AARP at the national level through their advocacy, distribution of an incredible array of useful information related to aging and support of an extensive volunteer network. However, most people don't realize that there is a separate local chapter membership that can make their national membership even richer. Thus, if you have an opportunity to share an experience you had at a monthly meeting, or learned something useful from the chapter newsletter, pass it on to a friend and tell them where you got it. Word of mouth is the best recruitment tool we have.

Finally, we would be remiss if we ended our first column without extending our deep appreciation to Leslie Pendleton, our past president. Her three years of energetic and responsive leadership has left a lasting mark on the Chapter and the community.

## **In This Issue:**

- **Presidents' Message**
- **Chapter Officers and Committees**
- **Memorial Service**
- **Dec 2023 Holiday Luncheon**
- **Upcoming Chapter Speakers**
- **Nominations Sought for AARP Andrus Award**

- **Community Events**
- **Introducing your Board of Directors**
- **More Recipes!**
- **17th Century Nun's Prayer**
- **Membership Application and Dues**

## **Blacksburg Chapter #2613**

### **Chapter Officers 2024**

Co- President – Jerry Niles, [niles@vt.edu](mailto:niles@vt.edu) and Don Creamer, [dgc2@vt.edu](mailto:dgc2@vt.edu)

Past President – Leslie Pendleton, [lkipendleton@gmail.com](mailto:lkipendleton@gmail.com)

Secretary – John Burton, [jburton@vt.edu](mailto:jburton@vt.edu)

Treasurer – Pat Ballard, [pballard@vt.edu](mailto:pballard@vt.edu)

### **Additional Board Members:**

Wilma Dotson, [wdotson7@juno.com](mailto:wdotson7@juno.com)

Nola Elliott, [elliottn@vt.edu](mailto:elliottn@vt.edu)

Britton Gildersleeve, [britton.gildersleeve@gmail.com](mailto:britton.gildersleeve@gmail.com)

Joy Herbert, [jherbert@blacksburg.gov](mailto:jherbert@blacksburg.gov)

Pat Hipkins, [phipkins@vt.edu](mailto:phipkins@vt.edu)

Jackie Jones, [jhjones1226@gmail.com](mailto:jhjones1226@gmail.com)

Judith Jones, [judith@vt.edu](mailto:judith@vt.edu)

Pam Knox, [knoxphd@comcast.net](mailto:knoxphd@comcast.net)

Deborah Martin, [nonibare@gmail.com](mailto:nonibare@gmail.com)

Jamie McReynolds, [revmcr@gmail.com](mailto:revmcr@gmail.com)

Fred Piercy, [piercy@vt.edu](mailto:piercy@vt.edu)

### **Board of Directors** (term ending date)

2024: John Burton, Judith Jones, Fred Piercy, Nola Elliott

2025: Pam Knox, Wilma Dotson, Pat Hipkins

2026: Britton Gildersleeve, Jackie Jones, Deborah Martin, Jamie McReynolds

### **Committee Chairs**

Awards: John Burton, [jburton@vt.edu](mailto:jburton@vt.edu)

Care: Vacant

Chaplain: Sandy Birch, [birch@vt.edu](mailto:birch@vt.edu)

Community Service: Judith Jones, [judith@vt.edu](mailto:judith@vt.edu)

Financial Review: Jerry Niles, [niles@vt.edu](mailto:niles@vt.edu)

Health and Wellness: Vacant

Hospitality: Terry Wildman, [wiley@vt.edu](mailto:wiley@vt.edu)

Leadership Development Co-Chairs: Jerry Niles, [niles@vt.edu](mailto:niles@vt.edu)

Legislative: Vacant

LLI Partnership: Jerry Niles, [niles@vt.edu](mailto:niles@vt.edu)

Membership Communication: Don Creamer, [dgc2@vt.edu](mailto:dgc2@vt.edu)

Membership: Wilma Dotson, [wdotson7@juno.com](mailto:wdotson7@juno.com)

Newsletter Co-Chairs: Pam Knox, [knoxphd@comcast.net](mailto:knoxphd@comcast.net) and Fred Piercy, [Piercy@vt.edu](mailto:Piercy@vt.edu)

Program Co-Chairs: Wendy Baldwin, [wendybburg@gmail.com](mailto:wendybburg@gmail.com) and Pat Hipkins, [phipkins@vt.edu](mailto:phipkins@vt.edu)

Liaisons:

AARP Virginia Liaison: Ben Crawford, [ben.crawford@vt.edu](mailto:ben.crawford@vt.edu)

Community Foundation Liaison: Vacant

TOB/BCC Liaison: Joy Herbert, [jherbert@blacksburg.gov](mailto:jherbert@blacksburg.gov)

VTRA Liaison: Vacant

## 2024 AARP Memorial Service by Sandy Birch



### AARP Memorial for Members Lost in 2023

Today we will be inspired by Clarence and Dudley, angels who pop up at Christmas time. Clarence was the angel who helps a compassionate but despairingly frustrated businessman named George Bailey in It's a Wonderful Life. In 1947, Dudley was a dashing angel played by Cary Grant in The Bishop's Wife and later, in a 1996 remake, played by Denzel Washington in The Preacher's Wife. In both films, Dudley assists a struggling spiritual leader with his faith. Now without any theological reasoning or research, just for today, let's believe there are angels like Clarence and Dudley, and our twelve good friends we remember today, who are watching over us.

**Mary Devens** passed away quietly on February 2. Mary was born and raised in the United States Army, daughter of a major general, served as an Army wife, and raised eight children – six of whom served as military officers. During her 39 years of military life, Mary crossed the Pacific Ocean six times in troop ships and moved on 26 occasions. In 1967, she and her husband Bud, moved to Blacksburg, when he accepted a position as Director of Engineering Fundamentals at Virginia Tech, and where she faithfully served St. Mary's Catholic Church and other organizations. Mary Devens rightfully deserves that final and traditional West Point farewell: "Well done. Be thou at peace." She was 93.

**Donald Rude** loved his family and friends, Shakespeare, opera, and anything that bloomed, especially irises, throughout his life until his death on March 4. His garden in Blacksburg is filled with over 400 different varieties of irises. For most of his distinguished career, Don served as a professor of English at Texas Tech University where he taught Shakespeare and other authors. He and his wife of 54 years, Carolyn, moved to Blacksburg in 2004 where he joined the faculty at Virginia Tech and continued to share his love for Shakespeare not only in the classroom, but through courses taught for seniors at the Blacksburg Community Center. Don was 86.

**Siegfried Holzer** was born in Austria, immigrated to the United States in 1956, and became a naturalized citizen in 1961. He passed away on March 22. Siegfried was a professor of engineering at Virginia Tech from 1972 to 2002 and was passionate about teaching and fostering an engaging learning environment. He received numerous accolades over the years, culminating in the Outstanding Faculty Award from the State Council of Higher Education. He loved nature and his time at his tree farm, as well as, in retirement, his daily trips to the Christiansburg Recreation Center for exercising and socializing. Siegfried was 86.

**Archie Phlegar** passed away peacefully on March 30. He attended Virginia Polytechnic Institute in 1948, enrolled as a member of the Corps of Cadets and played cornet in the Highty Tights. After serving his country in the Air Force

played corner in the fifties and sixties. After serving his country in the Air Force during the Korean War, he used his Engineering degree to work with the Appalachian Power Company. He accepted a position in the admissions office at Virginia Tech ultimately earning a PhD there serving as the Director of Admissions until his retirement. He loved all sorts of woodworking, especially making beautiful furniture, and built almost every home he lived in, even his beloved Claytor Lake home. Archie was 92.

**George Flick, Jr.** died on June 3. After earning three degrees from Louisiana State University, he was employed by Virginia Tech in 1969 and retired in 2010 with the rank of University Distinguished Professor. George was the recipient of many professional honors and awards and was elected to the Virginia Tech College of Agriculture and Life Sciences Alumni Hall of Fame. He was a Cub Scout leader, youth soccer coach, President of the University Club and a member of the Knights of Columbus and the American Legion. George was 83.

**Howard Moses** passed away on August 8. He was a life-long student, holding a degree in Electrical Engineering and an master's in business administration. After retiring from his industry career as Vice-President of Engineering and Research for major aerospace corporations, he became the Technical Director for the NSF-Sponsored Center for Power Electronic Systems at Virginia Tech. He retired again but a few months later was fully engaged with a company in the Corporate Research Center developing software tools for the aerospace industry. When Howard finally retired at 79, he thoroughly enjoyed group chat coffee and donut sessions, especially when they were centered on airplanes and US military history. Howard was 87.

**Nancy Wolfe** passed away on August 12. Hailing from central Pennsylvania, Nancy's journey of caregiving began when she discovered her passion for nursing during her college years. Her dedication to her nursing profession continued to shine as she worked at Virginia Tech Student Health, where she cared for countless college students. She and James, her high school sweetheart, had moved to Blacksburg, Virginia in 1965 where their passion for their community extended to their love for Virginia Tech athletics, becoming devoted Hokies and enthusiastically supporting their teams for over five decades. Nancy's legacy is one of love, compassion, and care – an inspiration



to all who were blessed to know her. She was 86.

**Richard Saacke** died peacefully surrounded by family at home on August 20. Dick expressed deep gratitude for his vocation as a professor of reproductive physiology at Virginia Tech where he interfaced with outstanding scientists, students and friends throughout the Commonwealth, nation, and the world. He was grateful for the College of Agriculture and Life Sciences and the Department of Dairy Science where he was able to teach and research the biology of reproduction in farm animals in a creative, productive, and friendly environment. Dick served in the US Army Signal Corp and credited it for many lessons learned, including appreciation for his country and for those who gave their lives in preserving freedoms. Dick was 91.

**Jean Darby** passed away peacefully on October 14. She was an avid reader, starting each day with her Bible and coffee. She proudly earned her bachelor's degree while raising four children and retired from the U.S. Department of Commerce. Jean and her husband Gerald were life-long learners, participating in and supporting the Learning in Retirement Institute at George Mason University and attending Elderhostel (now Road Scholar) events throughout the country. They settled in Blacksburg Warm Hearth Village and enjoyed many activities and friendships made there. Jean was 90.

**James Montgomery**, retired attorney, Major General and Virginia Tech administrator, passed away in his Blacksburg home on October 24. After earning his PhD from Columbia University, Jim started his career in university administration, pioneering the field of Institutional Research and Planning. In addition to his academic career, Jim remained in the Army Reserves for 36 years. After retirement from Virginia Tech, Jim earned his law degree and worked for 27 years as an attorney. His volunteer activities were numerous, including service on the Boards of the Virginia Tech YMCA, the Agency on Aging, the Blacksburg Chapter of the AARP, and the Blacksburg United Methodist Church. Jim was 93.

**James Wightman** died peacefully at Roanoke Memorial Hospital on November 20. In 1962, Jim joined the faculty in the chemistry department at Virginia Tech, where he taught courses, guided graduate students and conducted research in

...where he taught courses, guided graduate students and conducted research in the field of adhesive science for 42 years. Among numerous awards, Jim received the Alumni Distinguished Professor Award for excellence in teaching. He loved providing fun educational experiences for his family, whether it was sharing all the joys that the Chesapeake Bay offered or serving as a guest chemistry lecturer at his grandkids' schools conducting experiments with helium and other gasses, putting out a fire with earwax or making liquid nitrogen ice cream. Jim was 88.

And last, **Mildred Wiggert** died on December 12. She received her Bachelor of Arts in education from the University of Michigan and later received her Master of Arts in Elementary Education from Virginia Tech. Millie taught at Harding Avenue Elementary School for many years and was active with the Montgomery County Education Association. In a funeral tribute, one parent wrote, "'Miss Wiggert", as my two sons called her, was an awesome teacher. Her special way of giving each child individual attention was much appreciated. "Others wrote of her many outdoor interests, skill with pets, and the twinkle in her eye. Millie was 92.

The American country music band *Alabama* had a popular song a few years ago called, "Angels Among Us". The lyrics could apply to angels Clarence and Dudley...and maybe our dear friends...who knows?

*"They wear so many faces, show up in the strangest places, to grace us with their mercy in our time of need... They come to you and me in our darkest hours. To show us how to live, to teach us how to give, and to guide us with the light of love."*

Thank you, twelve dear friends and colleagues, for your guidance during your long and lovely lives...and if, as angels, you are to grace us with your love as well, we'll be most appreciative.

"Those who love deeply never grow old; they may die of old age, but they die young."

-- Ben Franklin

## December 2023 Holiday Luncheon



**Pictured above:** The top picture is of the new board members being sworn in. From left to right are Brian Jacks from AARP Virginia at the microphone, then new board members John Burton, Jerry Niles, Pat Ballard, Don Creamer, Britton Gildersleeve, and Deborah Martin. The middle row of photos includes Wilma Dodson receiving the Chapter Service Award from Awards Chairman, John Burton. (Nola Elliott, recipient of the Community Spirit Award, could not attend.) To the right is Dr. Paul Siegel, the luncheon speaker. On the bottom row on the left is outgoing president, Leslie Pendleton. To the right of that are the representatives of the organizations receiving monetary awards from AARP Blacksburg.

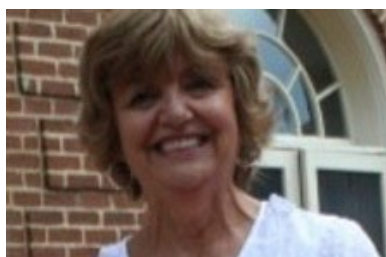
## Upcoming Chapter Speakers



**Carol Davis**

**Tuesday, February 20, 2024 - "*Solar Panels and You.*" Speaker: Carol Davis**, Blacksburg Sustainable Program. 11:30-noon, coffee, and conversation; noon-1 PM presentation. Place Community Room, Blacksburg Community Center

Carol is the Sustainability Manager for the Town of Blacksburg, Virginia. In this role, she works on a broad range of sustainability issues, including: climate mitigation, adaptation and resiliency planning; alternative transportation; land use policies that advance green building and affordable housing; local and state energy policy; aging-in-place; water quality; and the stewardship of public lands. In her spare time, she also volunteers at the Poverty Creek Trails Coalition and the Montgomery County Dialogue on Race and serves on the boards of Sustainability Blacksburg, The New River Land Trust, and the New River Valley Bike Kitchen. Davis is an alumni advisor for Alpha Phi Omega, a gender inclusive service fraternity at Virginia Tech.





**Martha Ann Stallings**

**Tuesday, March 19, 2024 -- "Montgomery County Dialogue on Race - The Community Impact." Speaker: Martha Ann Stallings**, Chair of the Dialogue on Race Education Issue Group. 11:30-noon, coffee and conversation; noon-1 PM presentation. Place Community Room, Blacksburg Community Center.

Martha Ann Stallings spent 23 years in Montgomery County Public Schools as a teacher and then in central office administration. She worked at the Virginia Tech TTAC (Training Technical Assistance Center) supporting regional schools with inclusive practices until retirement. Memberships, positions, and awards include her being a member of local NAACP, NRCC Education Foundation Board Member, Church on Main Leadership Council/Deacon, 2021 Leading Light Recipient, and being the 2020 recipient of The Montgomery County/Radford City/Floyd County Branch Community Service Award. Martha Ann has served as chair of the Dialogue on Race Education Issue Group for the past nine years.



**Ben Katz**

**Tuesday, April 16, 2024 – “How to Stay Sharp during Aging: What we’ve Learned from Research on Maintaining Cognitive Function Throughout the Lifespan,” Speaker: Ben Katz**, Associate Professor of Adult Development and Aging within the Department of Human Development and Family Science at Virginia Tech. 11:30 – noon, coffee and conversation; noon –

1:00 pm presentation. Place: Community Room, Blacksburg Community Center.

As a lifespan cognitive developmentalist, Dr. Katz's research focuses on the development of executive function and attention throughout the life course, and the extent to which they can be improved through experience and intervention. Prior to his career in academia, he worked as a game designer in Austin and San Francisco.

## **Seeking Nominations for AARP Andrus Award**

The VA AARP is seeking nominations for the association's most prestigious volunteer award: the AARP Andrus Award for Community Service. This award recognizes persons 50 years old and older who are sharing their experiences, talents, and skills to enrich the lives of others. The successful nominee must meet the AARP vision and purpose:

***AARP's vision is a society in which everyone ages with dignity and purpose and in which AARP helps people fulfill their goals and dreams.***

***AARP's purpose is to empower people to choose how they live as they age.***

Nominations for the AARP State Andrus Award for Community Service may be submitted by anyone who is not an AARP staff or selection committee member.

More specific information and nomination forms may be found on the Virginia AARP website:

<https://www.aarp.org/volunteer/andrus-award-nominations.html>

## **AARP Blacksburg Community Events**

**Chapter Events, Announcements**

**Board Meeting** 1<sup>st</sup> Tuesdays (January, February, March, April, May, June, September, October, November, December)

Blacksburg Recreation Center

10:00 AM- 12PM

**Chapter Program** 3<sup>rd</sup> Tuesdays (January, February, March, April, May, September, October, November) Blacksburg Recreation Center

11:30 AM-1:00 PM

**Health and Wellness Fair** Christiansburg Recreation Center

Week of Sept 16<sup>th</sup> - Specific Date to be announced.

**AARP Blacksburg Picnic** June Date and Location to be Announced

**Holiday Luncheon** December Date and Location to be Announced

### **Calendar of Area Events**

Don't forget to check out the full list of offerings at the Blacksburg Recreation Center. Contact Joy Herbert at 540-443-1142 or check the website at [www.blacksburg.gov/recreation](http://www.blacksburg.gov/recreation)

Interested in the full offerings at the Christiansburg Rec Center.? Contact Tammy Caldwell at [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org) or 540-382-2349 ext. 2003.

### **February**

#### **Thursday, February 1**

**Spunsters (Fiber Arts) FREE**

Blacksburg Community Center 1-4 PM

**Hot Chocolate Day**

Blacksburg Library 4:30-5:30 PM

**Women's Basketball: Virginia VS Virginia Tech**

VT Cassel Coliseum 6-8 PM

**Monday, February 5**

**Sanctioned Duplicate Bridge**

Blacksburg Community Center 12pm FREE

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Free Country 2 Step Class**

The Milk Parlour, Blacksburg 6-8 PM

**Tuesday, February 6**

**Backgammon 2 PM FREE**

Blacksburg Community Center

Contact Suzanne at [Suzanne\\_verdu@aol.com](mailto:Suzanne_verdu@aol.com)

**Wednesday, February 7**

**Sanctioned Duplicate Bridge**

Blacksburg Community Center 12PM FREE

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, February 8,**

**Spunsters (Fiber Arts) FREE**

Blacksburg Community Center 1-4 PM

**Book Club** Catherine Ryan Hayde's "Have you Seen Luis Velez"

Blacksburg Community Center 2 PM FREE

**Sunday, February 11**

**Women's Basketball: Boston College VS Virginia Tech**

VT Cassel Coliseum 1-3 PM

**Monday, Feb. 12 Monday**

**BASKET WEAVERS**

Christiansburg Rec Center – Classroom 2 10 a.m. – 4 p.m.

For more information, please contact Tammy Caldwell, 540-382-2349 ext. 2003

or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)



or email [caluwell@christiansburg.org](mailto:caluwell@christiansburg.org)

### **Sanctioned Duplicate Bridge**

Blacksburg Community Center 12 PM FREE

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

### **Tuesday, February 13**

#### **Backgammon 2 PM FREE**

Blacksburg Community Center

Contact Suzanne at [Suzanne\\_verdu@aol.com](mailto:Suzanne_verdu@aol.com)

### **Wednesday, February 14**

#### **Knitters**

Blacksburg Community Center 10AM- 12PM **FREE**

#### **Sanctioned Duplicate Bridge**

Blacksburg Community Center 12PM **FREE**

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

#### **Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

#### **My Fair Lady**

Moss Center for the Performing Arts at Virginia Tech, Blacksburg **7:30 pm**

#### **Men's Basketball: Florida State vs Virginia Tech**

VT Cassel Coliseum 9-11PM

### **Thursday, February 15**

#### **Spunsters (Fiber Arts)**

Blacksburg Community Center 1-4 PM **FREE**

#### **Women's Basketball: Duke vs Virginia Tech**

VT Cassel Coliseum, Blacksburg 8-10 PM

### **Sunday, February 18**

#### **United States Navy Band**

Moss Center for the Performing Arts at Virginia Tech **3 pm FREE Tickets available beginning January 18**

### **Monday, February 19**

**Sanctioned Duplicate Bridge**

Blacksburg Community Center 12PM **FREE**

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Men's Basketball**

VT Cassel Coliseum, Blacksburg 7-9:00 PM

**Tuesday, February 20**

**Backgammon 2 PM FREE**

Blacksburg Community Center

Contact Suzanne at [Suzanne\\_verdu@aol.com](mailto:Suzanne_verdu@aol.com)

**Wednesday, February 21**

**Sanctioned Duplicate Bridge**

Blacksburg Community Center 12PM **FREE**

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, February 22**

**Spunsters (Fiber Arts) 1-4 PM FREE**

Blacksburg Community Center

**Saturday, February 24**

**Line Dance Class 11 AM -12 PM**

Emerald Dance Studio, Christiansburg

**Mark Morris Dance Group "The Look of Love"**

Moss Center for the Performing Arts at Virginia Tech 7:30 pm

**Sunday, February 25**

**Women's Basketball: UNC vs Virginia Tech**

VT Cassel Coliseum, Blacksburg 2-4PM

**Monday, February 26**

**Sanctioned Duplicate Bridge**

Blacksburg Community Center 12PM **FREE**

~~Blacksburg Community Center 12 PM FREE~~

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Tuesday, February 27**

**Backgammon 2 PM FREE**

Blacksburg Community Center

Contact Suzanne at [Suzanne\\_verdu@aol.com](mailto:Suzanne_verdu@aol.com)

**Book Club “The 5 Love Languages” by Gary Chapman**

Christiansburg Recreation Center – Classroom 2 4:30 – 5:15 PM

Additional Information: For more information on the monthly book selection, etc. contact the Recreation Department at 382-2349.

**An Evening with Elizabeth Kolbert**

Moss Center for the Performing Arts at Virginia Tech 7:30 PM

**Wednesday, February 28**

**Sanctioned Duplicate Bridge**

Blacksburg Community Center 12 PM **FREE**

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, February 29**

**Spunsters (Fiber Arts) 1-4 PM FREE**

Blacksburg Community Center

**March**

**Saturday, March 2**

**Men’s Basketball: Wake Forest vs Virginia Tech 5:30-7:30 PM**

VT Cassell Coliseum, Blacksburg

**Monday, March 4**

**Sanctioned Duplicate Bridge**

Blacksburg Community Center 12 PM **FREE**

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Tuesday, March 5**

**Backgammon 2 PM FREE**

Blacksburg Community Center

Contact Suzanne at Suzanne\_verdu@aol.com

**Wednesday, March 6**

**Sanctioned Duplicate Bridge 12 PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, March 7**

**Spunsters (Fiber Arts) 1-4 PM FREE**

Blacksburg Community Center

**Saturday, March 9**

**Men's Basketball: Notre Dame vs Virginia Tech 2-4 PM**

VT Cassell Coliseum, Blacksburg

**Monday, Mar 11**

**BASKET WEAVERS 10 AM – 4 PM**

Christiansburg Rec Center – Classroom 2

For more information, please contact Tammy Caldwell, 540-382-2349 ext. 2003

or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)

**Sanctioned Duplicate Bridge 12pm FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Tuesday, March 12**

**Backgammon 2 pm FREE**

Blacksburg Community Center

Contact Suzanne at Suzanne\_verdu@aol.com

**Wednesday, March 13**

**Knitters 10AM- 12PM FREE**

Blacksburg Community Center

**Sanctioned Duplicate Bridge 12PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, March 14**

**Spunsters (Fiber Arts) 1-4 PM FREE**

Blacksburg Community Center

**Book Club "Marie Benedict's Lady Clementine 2 PM FREE**

Blacksburg Rec Center

**Friday, March 15**

**Performance by Meshell Ndegeocello 7:30 PM**

Moss Center for the Performing Arts at Virginia Tech

**Monday, March 18**

**Sanctioned Duplicate Bridge 12 PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Tuesday, March 19**

**Backgammon 2 PM FREE**

Blacksburg Community Center

Contact Suzanne at [Suzanne\\_verdu @aol.com](mailto:Suzanne_verdu@aol.com)

**Wednesday, March 20**

**Sanctioned Duplicate Bridge 12 PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Performance by So Percussion with Caroline Shaw and Special Guest Shodekeh**

7:30- 9 PM

Moss Center for the Performing Arts at Virginia Tech

**Thursday, March 21**

**Spunsters (Fiber Arts) 1-4 PM FREE**

Blacksburg Community Center

**Saturday, March 23**

**2024 NRV Home Expo 9 AM - 5 PM**

Christiansburg Recreation Center

**Sunday, March 24**

**2024 NRV Home Expo 12 -5 PM**

Christiansburg Recreation Center

**Monday, March 25**

**Sanctioned Duplicate Bridge 12 PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Tuesday, Mar. 26**

**Backgammon 2 PM FREE**

Blacksburg Community Center

Contact Suzanne at [Suzanne\\_verdu@aol.com](mailto:Suzanne_verdu@aol.com)

**Book Club: "Never Settle" by Marty Smith 4:30 – 5:15 PM**

Christiansburg Recreation Center – Classroom 2

For more information on the monthly book selection, etc. contact the Recreation Department at 382-2349.

**Performance by Las Cafeteras 7:30 - 9 PM**

Moss Center for the Performing Arts at Virginia Tech

**Wednesday, March 27**

**Sanctioned Duplicate Bridge 12PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, March 28**

**Spunsters (Fiber Arts) 1-4 PM FREE**

Blacksburg Community Center

**Saturday, March 30**

**Line Dance Class 11 AM-12PM**

Emerald Dance Studio, Christiansburg

**April**

**Monday, April 1**

**Sanctioned Duplicate Bridge 12PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Wednesday, April 3**

**Sanctioned Duplicate Bridge 12PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, April 4**

**Spunsters (Fiber Arts) 1-4 PM FREE**

Blacksburg Community Center

**Ukulele Orchestra of Great Britain 730PM- 9 PM**

Moss Center for the Performing Arts at Virginia Tech

**Monday, April 8**

**BASKET WEAVERS** 10 AM – 4PM

Christiansburg Rec Center – Classroom 2

For more information, please contact Tammy Caldwell, 540-382-2349 ext. 2003  
or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)

**Sanctioned Duplicate Bridge** 12pm **FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Wednesday, April 10**

**Knitters** 10AM- 12PM **FREE**

Blacksburg Community Center

**Sanctioned Duplicate Bridge** 12PM **FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg** 1 PM **FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, April 11**

**Spunsters (Fiber Arts)** **FREE** 1-4 PM

Blacksburg Community Center

**Book Club**, Geraldine Brooks' *Horse* 2 PM **FREE**

Blacksburg Community Center

**Saturday, April 13**

**Les Ballets Trockadero de Monte Carlo** 7:30-9 PM

Moss Center for the Performing Arts at Virginia Tech

**Monday, April 15**

**Sanctioned Duplicate Bridge** 12 PM **FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Wednesday, April 17**



**Sanctioned Duplicate Bridge 12 PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Performance: "Small Island, Big Island" 7:30 -9 PM**

Moss Center for the Arts

**Monday, April 22**

**Sanctioned Duplicate Bridge 12PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Tuesday, April 23**

**SHRED-A-THON 3 – 6 PM**

Christiansburg Rec Center Parking lot

For more information, contact Tammy Caldwell, 540-382-2349 ext. 2003 or email: [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org).

**Wednesday, April 24**

**Sanctioned Duplicate Bridge 12PM FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Mah Jongg 1 PM FREE**

Blacksburg Community Center

For more information, contact Joy Herbert at 540-433-1142

**Thursday, April 25**

**Spunsters (Fiber Arts) 1-4 PM FREE**

Blacksburg Community Center

**Friday, April 26**

**Banberg Symphony 730 -9:30 PM**

Moss Center for the Performing Arts at Virginia Tech

**Saturday, April 27**

**Line Dance Club** 11AM- 12PM

Emerald Dance Studio, Christiansburg

**Sunday, April 28**

**2024 New River Valley Senior Games**

For additional information contact Christiansburg Parks and Recreation at 540-382-2349 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org).

**Monday, April 29**

**2024 New River Valley Senior Games**

For additional information contact Christiansburg Parks and Recreation at 540-382-2349 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org).

**Sanctioned Duplicate Bridge** 12PM **FREE**

Blacksburg Community Center

Contact Richard Huber at 304-466-0341 or [richard55fla@yahoo.com](mailto:richard55fla@yahoo.com)

**Tuesday, April 30**

**2024 New River Valley Senior Games**

For additional information contact Christiansburg Parks and Recreation at 540-382-2349 or email [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)

"Growing old is mandatory, but growing up is optional!"

-- Walt Disney

## **Introducing Your Board of Directors**

As our co-presidents highlight in their welcome, the start of a new year brings a mixture of excitement and sadness. In this issue, we commemorate the members who have passed in 2023 as we give a final thank you for each of their contributions.

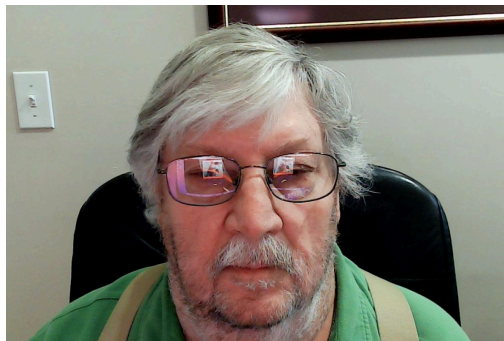
Also, we have provided below a brief bio of our current board members and welcome our new board members: Britton Gildersleeve, Jackie Jones, Deborah Martin, and Jamie McReynolds. Contact information is provided on all board

members in case you are interested in learning more about serving on the board, volunteering to serve on a committee, or simply want to get to know us better and perhaps even reach out.



**Pat Ballard**

**Pat Ballard** ([pballard@vt.edu](mailto:pballard@vt.edu)): I am Pat Ballard and currently serve as Treasurer for the local chapter of AARP. My other volunteer activities are - Treasurer for the Montgomery County Christmas Store and Local Coordinator for the AARP Tax-Aide program. I am retired from Virginia Tech after a 35 year career. Other activities I enjoy are gardening, outdoor activities, sports, reading, taking LLI classes and spending time with family and friends.



**John Burton**

**John Burton** ([jburtan@vt.edu](mailto:jburtan@vt.edu)): I'm a stereotypical "boomer." Born in 1946, I grew up in King of Prussia, PA (Northwest Philadelphia), and graduated from high school (Upper Merion) in 1963. I got a bachelor's from North Carolina

(psychology) in 1967. Then I served in the Army where I became an infantry officer and served in Vietnam. In 1972 I earned a master's degree in experimental psychology from Illinois State. Finally realizing that I had been lied to and that there were no jobs in psychology without a doctorate, I went to Nebraska-Lincoln where I earned a PhD in Educational Psychology in 1977. That same year I joined the Education faculty at Virginia Tech where I taught, researched, and administered for the next almost 40 years. At Tech, I taught classes in many Virginia cities and towns and traveled to Northern, Southern, and Western Africa, China, and Europe. Retiring in 2015, my wife, Bonnie Guthrie, and I moved to Riner where We live today.

Bonnie and I have 4 children (all girls) and 5 grandchildren (4 girls and a boy). We enjoy visiting our children and (especially) grandchildren and are avid cruisers, averaging about 3 a year.



**Don Creamer**

**Don Creamer** ([dgc2@vt.edu](mailto:dgc2@vt.edu)): A former professor at Virginia Tech, I have been active in AARP Blacksburg since 2006 when my neighbor Carl McDaniels invited me and gave me a ride to come to one of the monthly meetings of the chapter. I joined the Board of Directors the following year. I grew up on a predominately cotton farm in Northeast Texas and served in the U.S. Army from 1954-1957 stationed mostly at Herzogenaurach in Germany. I completed college degrees B.A., M.Ed., and Ed. D. at Texas A&M-Commerce and Indiana University and worked in higher education for the next 45 years. I am married to Elizabeth and have four children and seven grandchildren. I currently volunteer for the Lifelong Learning Institute at Virginia Tech on the Program Committee,

serve my church as an usher, and I serve as chair of the member communication committee of AARP Blacksburg maintaining the chapter website and the Mailchimp email system. I currently serve as co-President of the chapter.



**Wilma Dotson**

**Wilma Dotson** ([wdotson7@juno.com](mailto:wdotson7@juno.com)): I grew up in SW VA, Buchanan County, near Grundy, the seventh daughter and eighth child of Frank and Victoria McClanahan Dotson. My father was a carpenter, lumberman and merchant and my mother was a schoolteacher. I attended Christopher Newport College the second year it opened receiving an Associates in Arts degree before transferring to the College of William & Mary where I graduated with a major in English. It was in Richmond during the court-ordered busing in the 1970s that I started my teaching career. The city was eager to develop reading teachers so with their generous support I completed an M. Ed. in Reading Education at the University of Virginia and graduated the day before I left for California as a newlywed.):

I hold a Masters in Library Science from University of Southern Mississippi, which I earned while I lived in Florida for ten years. I returned to Virginia in 1991 and worked as a reference/Public Services librarian at Campbell County Public Library where I also served as VP for Programs for the Historical Society. During that time, I developed an interest Appalachian Studies and attended several of the regional conferences. Before moving to Radford in August, I lived in Floyd where I volunteered at the Floyd Center for the Arts as well as several other organizations. I started attending AARP meetings about three years ago and keep learning of their many services and offerings. I am

divorced with no children, although I have kept several foster children. I have an avid interest in the history of education and have a collection of over 500 early readers and spellers including several original McGuffeys. I have been a volunteer for the VA Festival of the Book in Charlottesville for nearly a decade and look forward to volunteering again this year.



**Nola Elliott**

**Nola Elliott** ([elliottn@vt.edu](mailto:elliottn@vt.edu)): I have been a Blacksburg resident for over 50 years. I am originally from a small town in southwestern Pennsylvania, Waynesburg. I have two sons both local to the area, one granddaughter and one great grandson.

I retired from Va. Tech after 40+ years with the Communications Network Services department dealing with the University's phone systems. There have been many changes from the electromechanical step switch on the 5<sup>th</sup> and 6<sup>th</sup> floors of Burruss Hall to the modern technologies of today.

I enjoy outings with the active adults group led by Blacksburg's and Montgomery County's Parks and Recreation, collecting coins, genealogy, Salem Red Sox baseball, the Barter Theater and riding trains. I also enjoy volunteering with the Mt. Tabor Ruritan Club, Volunteer Montgomery. Additionally, I am a member and chairperson of the Town of Blacksburg Housing and Community Development Advisory Board.





**Jackie Jones**

**Jackie Jones** ([jhjones1226@gmail.com](mailto:jhjones1226@gmail.com)): After receiving a master's degree in Nursing at Vanderbilt University, Nashville, TN, I worked many years as a registered nurse in a variety of health care environments: acute care, critical care, long term care, home health, and public health. I then returned to school and earned a doctoral degree in Higher Education Leadership from the University of Georgia, Athens, GA. I began my career as an educator teaching licensed practical nursing at Chattahoochee Technical College. I then moved into the University System of Georgia, teaching in associate, baccalaureate, graduate, and doctoral degree nursing programs. I retired in 2020 from Kennesaw State University. My husband, Michael, and I moved to the New River Valley two years ago to be near my son, his wife, and their four small children.



**Judith Hess Jones**

**Judith Hess Jones** ([judith@vt.edu](mailto:judith@vt.edu)): I was born in Richlands, VA and didn't leave until I went away to college. I started college at Clinch Valley College (now UVA-Wise) which was a two-year school at that time. After my two years

there, I went to Radford College earning a B.S. degree. I started teaching at BHS and also taught in Chapel Hill, NC. Then, I earned a master's degree at VT followed by a Ph.D. at UNC-Chapel Hill. I spent most of my career as an administrator in Virginia Cooperative Extension, College of Agriculture and Life Sciences, VT. I have been an active volunteer in many local organizations and charities. I was honored to receive the Leading Lights Award in 2023 and the Women in American History award from the Virginia Daughters of the American Revolution. I am married to the dynamic Roy Jones, and we have 5 daughters and 7 grandchildren. We love to spend time with family and travel.



**Pamela “Pam” Knox**

**Pamela “Pam” Knox** ([knoxphd@comcast.net](mailto:knoxphd@comcast.net)): I relocated to Blacksburg after retiring from 30 years in senior leadership within Tennessee higher education. I received a PhD in Psychology (Counseling Psychology) from Virginia Commonwealth University after completing an internship at the University of Texas. Tenured at Oklahoma State University, Tennessee State University and Middle Tennessee State University, I held faculty and staff positions at five public research universities as well as working for the Department of Energy in Colorado as a Psychologist and Corporate Trainer, and as a consultant for numerous organizations nationally. I culminated my professional career at the Tennessee Board of Regents with primary responsibility for new graduate program development, international education, and researcher development for 6 public universities and 13 community colleges and served as Chief Academic Officer for Tennessee Higher Education Commission over six public independent universities and those within The University of Tennessee System. I have two adult daughters, three grandchildren, two stepsons and five step-grandchildren. I love to read, travel and am an avid knitter. I married Fred



grandchildren. I love to read, travel and am an avid knitter. I married Fred Piercy, my co-editor of the AARP Blacksburg Newsletter, in 2023.



**Deborah "Deb" Martin**

**Deborah "Deb" Martin ([nonibare@gmail.com](mailto:nonibare@gmail.com)):** I was born in Houston, TX. I spent 48 years in the electronics industry, in Phoenix AZ, at Motorola starting in 1974. This experience taught me how businesses are built to thrive and how other decisions can negatively impact the community. I retired from a marketing position in May of 2022.

I am a single mother and have two married adult children and four grandchildren. Daughter Jennifer is the local dentist at New River Valley (formerly Christiansburg Dental), where her husband is a math Professor at Virginia Tech. My son Jonathan and his family are located in Portland Oregon. My interests include travel, doing crafts with my hand (quilling, crocheting, scrapbooking, cardmaking) and playing games with the family.

I relocated to NRV in the summer of 2022, which is when I started to reach out into the community and joined AARP, Newcomers, as well as volunteering at Agape food pantry.

I attended my first AARP meeting last spring at the invitation of Wilma Dodson. I kept coming back because of the exceptional monthly programs and local AARP projects.



**Jerry Niles**

**Jerry Niles** ([niles@vt.edu](mailto:niles@vt.edu)): I am on the doorstep of finishing my 50<sup>th</sup> year as a resident of Blacksburg/Montgomery County. This community has been a wonderful place to raise a family, embrace a career and experience retirement. For 35 years of those 50 years, I have had the good fortune to be a faculty member at Virginia Tech, preparing beginning teachers and working with the dedicated and talented classroom teachers of Virginia. Much of my professional work was connected to public schools. It was highlighted by long-term, projects with incredible collaborative teams. The first was with school divisions across the state in creating mentor teacher programs to support the induction of first- and second-year teacher. The second, was a long-term project developing a teacher-education program for basic education in Malawi, Africa.

Retirement has opened up surprising new areas of interest and passion for me. Not long after retiring, I was asked to be part of a group that was envisioning what a Lifelong Learning Institute at Virginia Tech might look like. At the same time, I was introduced to the Blacksburg AARP Chapter that had an interest in being a collaborative partner in launching an LLI at VT. Working with both organizations has provided me with an enriching purpose in my retirement and opened up new opportunities in advocating for and supporting successful aging in our community. I have developed special interests in aging in place and in planning for better end-of-life care. These new interests have taken me back to the classroom and given me the pleasure of team-teaching courses in this area. In addition, working collaboratively with other like-minded seniors on a variety of projects has exposed me to incredible models of successful aging. Observing them follow their passions and reach out and touch the lives of

others in constructive ways is inspiring and serves as a wonderful roadmap for my aging journey. Finally, one of the other joys of this work has been the opportunity to work as a team with my wife, Ruth Anne, in providing instructor support for LLI and member support for the Chapter.



**Fred Piercy**

**Fred Piercy** ([piercy@vt.edu](mailto:piercy@vt.edu)): I was born in Philadelphia and raised in the small working-class town of Riverside, New Jersey, just across the Delaware river. )

Professionally, I was a professor and administrator at Virginia Tech (at various times) from 2000 until my retirement in 2017. Before that, I taught family therapy for 18 years at Purdue University and, before that, for seven years at Texas A&M Commerce. My professional interests included family therapy for substance abusing teens, HIV/AIDS prevention and research, family therapy education, and international family therapy. I've loved collaborating over the years with colleagues from the University of Indonesia and Atma Jaya University (in Jakarta, Indonesia), and more recently with the United Nations Office on Drugs and Crime in Vienna, Austria.

I am currently president of the Unitarian Universalist Congregation of the New River Valley. I recently married Pamela Knox (Yippie!) and have two adult sons, five grandchildren, three adult stepchildren and 5 stepgrandchildren. I enjoy traveling, reading, cooking, exercise, watching Virginia Tech football and basketball, and playing with Gracie, our beagle. She's a happy hound.

# More Recipes!



Below are family recipes from a few more AARP Blacksburg board members. If you like this newsletter feature, we invite you to consider sending us a copy of a short favorite recipe yourself, with a sentence or two about either the history of the recipe or some feature of the recipe that you would like to offer. Short and sweet is just fine.

Thanks in advance to those of you who decide to send in recipes. Beyond the fame and fortune that this will certainly bring to you, you will be adding to our own joy in preparing and partaking of your yummy dish. Thanks.

## Pat's Baked Pineapple Bread Pudding

Here is Pat Hipkins' recipe for a good but simple holiday side dish that pairs especially well with ham.

### **Ingredients:**

- ½ cup butter, softened
- 1 cup sugar
- 4 eggs
- 1 #2 (20-oz) can crushed pineapple, well drained
- 5 slices of white bread, cubed

(Using five center loaf slices of Portuguese Sweet Bread from Our Daily Bread is especially good!)

- Crisco or butter for greasing baking dish

*Optional:*

~ ¼ - ½ cup golden raisins and/or chopped pecans

**Instructions:**

- Preheat oven to 350°.
- Grease a 1½ - 2 quart casserole dish.
- Cream together butter and sugar.
- Add eggs, one at a time, and beat well.
- Add pineapple (and raisins and nuts, if used) and mix.
- Gently fold/stir in bread crumbs.
- Put mixture into the greased casserole dish.
- Bake, uncovered, until lightly browned = 45 minutes to 1 hour.

Serve hot or cold.

## **Simply Limeade Margarita**

Fred Piercy says that this recipe is both easy and tasty. If you want more or less of any ingredient, Fred says, "Go for it."

- 4 parts Simply Limeade (from Kroger or Food Lion)
- 2 parts tequila
- 1 part triple sec

Totally optional garnish: coarse salt for rimming the glass, a lime quarter, and a sprig of mint. (I told you it was easy.)

## **17th Century Nun's Prayer**

Lord, Thou knowest better than I know myself that I am growing older, and will some day be old.

Keep me from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from craving to straighten out everybody's affairs.

Make me thoughtful, but not moody; helpful but not bossy.

With my vast store of wisdom it seems like a pity not to use it all, but Thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point.

Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweeter as the years go by.

I dare not ask for grace enough to enjoy the tales of other's pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a less cock-sureness when my memory seems to clash with the memories of others.

Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint. Some of them are so hard to live with, but a sour old person is one of the crowning works of the devil.

Give me the ability to see good things in unexpected places, and talents in unexpected people. And give me, O Lord, the grace to tell them so.

Amen.

***The title of this prayer is traditional, the source is unknown.***

"Here's what I know: I'm a better person at fifty than I was at forty-eight...and better at fifty-two than I was at fifty. I'm calmer, easier to live with... Just don't get lazy. Work at your relationships all the time. Take care of your friendships, hold people you love close to you, take advantage of birthdays to celebrate fiercely. It's the worrying, not

close to you, take advantage of birthdays to celebrate mercy. It's the worrying -- not the years themselves -- that will make you less of a (person)."

--Patti LaBelle

**Blacksburg Chapter  
Membership Application for 2024 (or join online:  
blacksburgaarp.org)**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Spouse/Partner: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Annual (Calendar Year) Dues: \$15.00 (includes spouse or partner)

\_\_\_\_\_

New \_\_\_ Renewal \_\_\_ Life Member (90+) (free) \_\_\_ Lifetime member \_\_\_

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 check and this form to AARP Blacksburg, P.O. Box 10082, Blacksburg, VA 24062.

***Dues deadline: February 28, 2024***



*AARP BLACKSBURG CHAPTER NEWSLETTER*

Fred Piercy and Pam Knox, Editors

[piercy@vt.edu](mailto:piercy@vt.edu)

[knoxphd@comcast.net](mailto:knoxphd@comcast.net)

**Our mailing address is:**

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

<http://www.blacksburgaarp.org>