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# BLACKSBURG NEWS

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Volume 18, Issue 4

Chapter # 2613

April 2001

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## PRESIDENT'S MESSAGE

Darrell Clowes

The signs of Spring are here. The daffodils are blooming, the flowering trees are budding, and urges to garden and to go fishing are upon us. Another sign is the return of the snowbirds among us to Blacksburg from various retreats and harbors in the southern reaches of the country and the hemisphere. However, as a contrarian, I must acknowledge that I have returned from another trip north and not just to a modest north like Maine but from Canada and not just any Canada but the snow draped Canadian Rockies in far off British Columbia. I joined the Roanoke Ski Club for a weeklong trip to Panorama, an isolated ski mountain and resort an hour west and south of Banff. It was a rare treat. We had spring skiing conditions (cool nights and warm days with beautiful soft snow conditions early deteriorating to heavy snow and less pleasant skiing by the end of the day). The scenery was spectacular, the food wonderful and the prices exceptional since the Canadian dollar sells for about sixty cents American.

We shared the slopes and the lifts with Canadian, German, Austrian and English skiers which added a cosmopolitan note to our time. This party from the Ski Club includes a four person musical group from Roanoke that plays "our" kinds of music; they took over one restaurant for the night and made us all popular. Can you picture a scene where an Australian rugby club is in the back of the room playing drinking games, a Canadian group is playing a game of pounding nails in a log with a thin hammer, Germans are dancing on the table, and we Americans are singing along with our band? It makes retirement easier.

The only down sides to the experience were reading about American antics in the Canadian press and trying to answer the questions Europeans ask about American politics and statesmanship (or the excess of the first and the

lack of the second). We currently truly baffle them. Our government's antics seem to be regarded about as we used to regard the antics of our own adolescent children. But despite returning to the Roanoke Times view of the world and Virginia's own Alice in Wonderland view of the Commonwealth, it is nice to be home and anticipating Spring in the Blue Ridge.

Again weather seems to be defining our time and our activities. Last month our modest snowfall interfered with the first Tuesday board meeting; this month April rains greeted the board meeting but, appropriately for Spring, provided a pleasant background for a productive meeting. We had positive news and negative news. First, the negative. Poor Ben Crawford, our Membership chair, had to report that only about 130 of our 220 plus members had paid their dues. He was sad. We were sad. As an organization we are impoverished. Please send Poor Ben your dues if you have not done so and do come to our next meeting for the Pancake brunch – this is a fund raiser to help restore our solvency.

The positive news came in waves. We have been notified that the Chapter has won the Virginia Chapter of the Year Award for large chapters. That is impressive since we were competing with chapters in Northern Virginia, Tidewater and Richmond. It also speaks well for the work of June Schmidt and her Board last year and of the preparation provided by Bill Keeney and his Board the previous year. The chapter also received a Certificate of Recognition from the International Year of Volunteers in Virginia. We are an exceptional AARP Chapter; it is nice to be recognized as such by others.

More positive news. Our projects for the Spring are proceeding nicely. The Home Improvement Project headed by Joe Maxwell has worked with Social Services to identify a home of an elderly

person needing work. Next the scope of work will be determined, a budget prepared and submitted to the Virginia AARP, and then we will purchase the materials and Joe's team of volunteers will complete the project. The Gift Baskets for Independent Living project is led by Barbara and Bob Blanton; it too is well underway. The purpose of this project is to create and increase awareness of how we can live independently longer with a number of simple changes to make our homes safer and our independence more secure. The committee has met with representatives of the Agency on Aging, Social Services, and the Voluntary Action Center of the New River Valley to identify recipients and to choose items for the baskets. The committee hopes to have the recipients chosen and the baskets ready for final wrapping at our May meeting with distribution to follow.

It appears a fruitful Spring is at hand. Come join us for the Pancake Brunch this month and in May join us to complete the wrapping of the baskets destined for Blacksburg area residents.

**FUTURE MEMBERSHIP PROGRAMS**

**Pancake Breakfast and Delegate Jim Shuler  
April 17**

Want to have some good food and good information? If so, come to the **Tuesday, April 17** AARP meeting. A pancake breakfast will be served including sausage prepared by head chef Jim Moore and his able assistants from **11:00 a.m. until noon. The cost will be \$3.00.**

At noon, **Delegate Jim Shuler** will give us an overview of what happened this year in the General Assembly and what is the latest word on redistricting. By this fall, legislative districts will be quite different in most of the state.

**4-H Programs – May 15**

Ken Martin has arranged for representatives from the Montgomery County 4-H Youth Program to speak at our May 15 meeting.

**Picnic – June 19**

Nellies Cave Park, Blacksburg

**2001 BLACKSBURG AARP CHAPTER  
DUES \$6.00**

Dues are coming in slowly with just over 130 paid as of April 3. This is just over half of last year's membership. Please renew your membership. The \$6 membership dues is for an individual, not for a couple.

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

**Ben Crawford  
200 Cork Street  
Blacksburg, VA 24060**

Have I paid my dues for 2001? Check the mail label on your Newsletter. If "2001" appears on the label, you have paid.

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

Alice Dewitt	Elizabeth Hoffman
Edward Mundie	Beverly Printz
Nelle Trent	Lottie Trimm

Please tell Ben or Don Elson if you have any correction to make to this list.

**HOME IMPROVEMENT PROJECT --  
VOLUNTEERS NEEDED  
Joe Maxwell**

Plans are being finalized for one of our chapter's spring activities: **Home Improvement Project**. An important aspect of this project is the participation of chapter members as volunteers. If you can help with home improvement type activities **call Joe Maxwell at 951-0057**. The target date for the project is at the end of April or early May.

## **INDEPENDENT LIVING BASKETS**

Bob Blanton

Independent Living Baskets is a cooperative project between Blacksburg and Christiansburg AARP chapters. This project is to provide simple changes for a safer home and to raise community awareness about independent living issues. We are working directly in cooperation with State AARP. Their goal and hopefully ours is to involve volunteers to work together to build local media coverage (newspaper, TV) that will encourage people in various communities to talk about simple changes for safer homes for the elderly people. Publicity will be a major thrust in this project. Our challenge is to provide 40 baskets for families identified by the Agency on Aging and Social Services. Some items to be included in the baskets are jar openers, rubber strips to make bathtubs non-slip, double-side tape to secure carpets and throw rugs, night lights, and pill box. Several other items are being considered such as smoke detectors, flashlights, etc. as may be needed by the individual families.

## **D-DAY MEMORIAL TRIP**

Frank Lau

At this writing, the buses are almost full! I now have 98 reservations for 104 seats. The response has been fantastic and heartwarming. I am very happy to see so many taking the opportunity to honor our veterans and in so many cases, themselves. Thank you all.

I received confirmation from the property manager of Blacksburg Square that we may use the parking lot in front of the old Wade's store on South Main for staging and parking. Updates will follow as the date gets closer. Thanks again!

## **DON'T DO SOMETHING THAT WILL MAKE YOU NEED BLOOD!!**

Now is not a good time to need blood. In this Red Cross Appalachian Blood Region of 45 hospitals, there is an average two-day supply. The winter

months are the time of year when blood donations are very low.

Blood donations have been down dangerously for the last few years. People have quit donating and there is no such thing as artificial blood. One in 10 patients entering a hospital needs blood and the minimum need is around 3 pints. A case of bleeding ulcers can use 3-10 pints. The Red Cross estimates that 97% of us will need a blood transfusion by age 72, but only 5% of us donate. That's a hard ratio to live with.

The Red Cross provides the country with about 55% of its total needs. Commercial blood collection agencies and companies collect the rest. Both of the local hospitals and the Radford hospital use Red Cross blood and except for a very serious shortage, all of it comes from this blood region. The Region needs about 300 pints a day, which means each of the 45 hospitals needs about 7 pints a day. Fifty-six thousand pints were used in the blood region last year.

Last year there were 240 Red Cross bloodmobiles in this county and they collected about 7200 pints of blood. The AARP, New Dimension and Senior Center bloodmobile collected 35 of those pints.

There is a 56-day (8 week) wait between donations. Even those of us who would like to donate more often can't. So the community has to depend upon you. There is no age limit to blood donating. **OLD TIRED BLOOD IS A WELCOME AS YOUNG BLOOD IN AN EMERGENCY.** In fact old tired blood is good as young blood any time. We have been the generation that has kept bloodmobiles going. When we were younger, we donated much more blood per person that the young and middle-aged persons do now.

You have between 10 and 12 pints of blood depending upon your size. One pint is seldom missed. Yes, some feel uncomfortable while donating or after it is over but at the same time you should feel wonderful. The whole blood that you donate frequently is broken down into three components, which means your pint of blood may contribute to saving 3 lives.

The AARP, New Dimensions and the Blacksburg Senior Center are sponsoring another bloodmobile on **June 15 between 10:00 a.m. and 6 p.m.** Last year we got 35 pints of blood. That's not much from over 700 people in these three organizations. Yes some of you can't give blood and we understand that. But many of you can but don't. **We need your help!** This year lets go to 70 pints. We can make it if you help. Just come and try. The nurses will excuse you if you medical history says you can't donate. Please mark your calendar for June 15 between 10:00 and 6:00 to come to the Community Center and donate blood to the Red Cross!!

All they ask is that you get an appointment for Tuesdays at the Center, and Wednesdays at Warm Hearth. Call Frank Lau, 961-0516 or [franklau@earthlink.net](mailto:franklau@earthlink.net) for further information.

### AARP WEBSITE

AARP has its own website, called AARP Webplace, which features information about the Organization's activities and issues of interest to older persons. To access information on a host of topics please visit the site at <http://www.aarp.org>. Some of the information featured includes membership benefits, legislative issues, and health and wellness concerns. The AARP website also features information on this year's election cycle, including materials on selected issues and a Candidate Database and Voter Registration Information.

### FOOD PANTRY CONTRIBUTIONS

Our Blacksburg AARP Chapter is supporting the Food Pantry by providing canned goods and staples. **Please bring several items with you to the April 17 meeting. Set them aside now so you will remember to bring them.** Over 230 families depend on your generosity each month.

### INCLEMENT WEATHER POLICY

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

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

### TAX HELP

Here we are nearing the end of the Tax Season! AARP in Virginia has put its volunteer preparers through the IRS certification program again. They are now ready, willing, and very able to help our Seniors in the TCE program. In fact, we have three at the Blacksburg Center, and one at Warm Hearth. Even though complicated returns are not handled, very few need to be referred to professionals. This sponsored service is FREE.

### FRAUD WEB SITES

As a result of the Consumer University held last spring we were provided with a web site that gives a listing of questionable web sites that have been investigated for fraud. Bill Kallio writes that there is a web site with a searchable database where this information can be found:

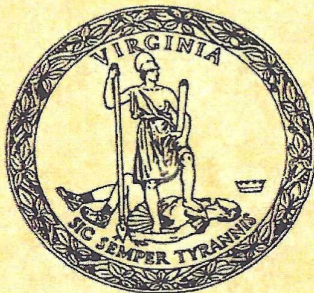
start at [www.dhhs.gov/oig](http://www.dhhs.gov/oig)  
click on Electronic Reading Room  
click on Office of Investigations  
click on OIG Exclusions  
click on Online Searchable Database

Check out this web site if you suspect a web site may be fraudulent.

### FREE CLINIC OF NEW RIVER VALLEY

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

## CHAPTER RECOGNITION FOR VOLUNTEER WORK



### CERTIFICATE of RECOGNITION

*By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:*

#### INTERNATIONAL YEAR OF VOLUNTEERS IN VIRGINIA

**WHEREAS**, throughout our Commonwealth's rich history, Virginians have selflessly volunteered their time, talent, and energies in countless ways to improve the lives of others in their communities and elsewhere; and

**WHEREAS**, more than 3.2 million Virginians continue our Commonwealth's tradition of an active and engaged citizenry through their volunteer work in local communities, across the Commonwealth, throughout our nation, and around the world; and

**WHEREAS**, volunteers are legion throughout our great Commonwealth and our nation, contributing to the welfare and progress of people everywhere; and

**WHEREAS**, the efforts of volunteers across the Old Dominion and beyond enhance our quality of life, promote community involvement, generate civic pride, fortify and restore our neighborhoods and families, and engender self-sufficiency through the sharing of resources, knowledge, and skills; and

**WHEREAS**, the spirit of volunteerism displayed by Virginians throughout the Commonwealth, our nation, and the world is worthy of high praise, support, and recognition;

**NOW, THEREFORE**, I, James S. Gilmore, III, do hereby recognize the year 2001 as the **INTERNATIONAL YEAR OF VOLUNTEERS** and I call this observance to the attention of all our citizens.



*James S. Gilmore III*

*Anne O. Peters*

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*James S. Gilmore, III*

*Anne P. Peters*

## 2001 OFFICERS AND COMMITTEE CHAIRS

### Officers

President	Darrel Clowes
1 <sup>st</sup> Vice-Pres.	Ben Crawford
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Assoc. Treasurer	Ray Murley
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Lula Roberts

Registered Agent Jim Moore

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Bill Keeney  
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### Newsletter Editor

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### Committee Chairs

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Caring  
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Community Service  
Chapter Awards  
Health Care  
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Legislative  
Membership  
Newsletter  
Nominating  
Program  
Public Relations  
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Dale Oliver  
Lula Roberts  
(open)  
Louis Barnett  
Bob Blanton  
Darrel Clowes  
Clara Jane Billig and  
Cerie Coil  
Dan Fleming  
Ben Crawford  
Don Elson  
(open)  
Harriet Cooper  
June Schmidt  
Charlotte Beamer

### New Dimensions Liaison

Jim Moore

Darrel Clowes, President  
AARP Chapter #2613  
495 Mt. Pleasant Rd  
Christiansburg, VA 24073-4669

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