



AARP Chapters are separately incorporated affiliates of AARP

Blacksburg Chapter AARP #2613

Serving the Greater New River Valley, VA

www.blacksburgaarp.org



newsletter

September-October 2020

Look for a Zoom link sent through email a day before the meeting. The meeting will open at 11:45 for greetings and conversation. The program will begin at noon.

Sept. 15 Chapter Meeting

Project Drawdown: 80 Viable Solutions to Climate Change

Dean Spader and Pete Greider

Dean Spader will present a summary of the Drawdown Project in which an international coalition of researchers, professionals, and scientists offer 80 realistic and bold solutions to climate change. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline.

Pete Greider, a volunteer with the New River Valley chapter of Citizens' Climate Lobby, will introduce the Energy Innovation and Carbon Dividend Act (H.R. 763), a bipartisan bill currently in the House of Representatives that has 80 co-sponsors. HR 763 will put a steadily rising tax on carbon emissions and return all of the funds to the people in equal shares. Mr. Greider will explain how the bill will create strong incentives for the development and adoption of the 80 solutions in the Drawdown Project.

Dean suggests some preparation to help you get the most from this presentation:

- A TED Talk by Chad Frischmann, "100 Solutions to Reverse Global Warming."
- The book by Paul Hawken (ed.), *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming* (2017).

Dean offers to facilitate a book discussion for community organizations.

Oct. 20 Chapter Meeting

Downsizing & Decluttering: What Will We Do With Our Stuff?

Lesa Wynn

"I love my stuff"—Comedian George Carlin did a hilarious routine about "people and their stuff." It was not only funny but profound. People all need their stuff around them. They become emotionally attached to their stuff, whether they bought it or inherited it from a loved one. We keep mementos from our family and friends. We name it, we become attached to it. It's our stuff!

When we think about the cost of our stuff, we think about dollars. But what about the emotional, physical, and relationship costs?

When we are ready to downsize or declutter, how will we decide what to keep and what to give up? Learn Lesa's advice at the meeting.



Lesa Wynn is president of Project Move UP. She helps companies and individuals relocate, downsize and declutter, and get organized.

- The Drawdown website at www.drawdown.org

Questions for thought before the September 15 meeting

- The researchers suggest there will be an "overwhelming net savings" if these solutions are implemented during the 2020–2050 period. What are the projected net savings? (Hint: Think trillions of dollars!)

Upcoming Events

- Food drive (ongoing) (p. 6)
- Sept. 18–Oct. 31, Early voting (p. 3)
- Sept. 18, Car parade, assisted living facilities (p. 6)
- Sept. 25, Chapter awards nominations due (p. 6)
- Oct. 8, "Elections in the Trump Era," Rachel Bitecofer (p. 5)

Upcoming Chapter Programs

- (Third Tuesday, noon, via Zoom)
- November, Theme of veterans
- December, Celebration of members and the chapter

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- What is the Number One pollutant that will lead to the most CO₂-EQ reductions (Hint: It's in your home.) This the solution that "completely surprised" the researchers.
 - Which solution offers the 26th ranked reduction of CO₂-EQ, but is ranked first in net savings of nearly \$10 trillion? (Hint: You or your neighbor may have one.)

Woman Suffrage Movement Began as a Quest for Women's Rights *by Carolyn Rude*

On August 26, 1920, the United States added the 19th Amendment to the Constitution, giving women the right to vote. The amendment had been ratified by the 36th state, Tennessee, just eight days earlier, on a single vote by the youngest Tennessee legislator, Harry Burn, who changed his mind and his vote after receiving a letter from his mother urging him to “vote for suffrage” and “Don’t forget to be a good boy.”

The suffrage movement began not as a movement about suffrage (voting) but about women’s rights. In 1848, women could not own property, keep their wages if they worked (the wages belonged to their husbands or fathers), have custody of her children in case of divorce, attend college, serve on juries, or speak in public. They needed male escorts when they traveled. They could be beaten by their husband and father so long as the whip were no thicker than a thumb (thus “the rule of thumb”).

At the 1848 Convention on Women’s Rights at Seneca Falls, New York, the organizers offered a “Declaration of Sentiments,” based on the U.S. Declaration of Independence: “All men and women are created equal.” They also offered 11 resolutions. Ten of these were not controversial and passed unanimously, but the 11th, giving women “the elective franchise,” almost did not pass until Frederick Douglass, the abolitionist former slave, addressed the convention and argued that without the vote, women would not be able to change the laws that treated them as second class.

Relationship of suffrage and abolition movements

Many early suffragists were also abolitionists, and the two movements to secure rights and freedoms worked together. That alliance fractured in 1869 when the 15th Amendment gave Black men (but not women of any race) the right to vote. Some suffragists thought their Black partners should hold out for an amendment that included women. After that, the suffrage movement was fraught with racism, including among the top leaders. Some Black women continued to work in the mainstream suffrage movement. Others pursued their own initiatives. For example, Ida B. Wells became a journalist and investigated lynchings by interviewing eye witnesses, learning that the charges were often false. She was run out of Memphis because her reporting threatened the established order. In Illinois she helped to pass a suffrage bill that gave women the right to vote in local and national elections and registered voters. She also helped to form the NAACP.

Black women were focused on issues of social justice, such as schools and health care, with suffrage as a means to these ends. The two groups often worked together through the Women’s Club movement, both secular and through churches.

The suffragists pursued their goals by conventional methods of change for more than four

decades—conventions, speeches, newspaper articles, petitions, and lobbying. There were a few acts of civil disobedience, as when Susan B. Anthony and others cast votes for President in 1872. She declined to pay her fine of \$25. (In August 2020, Donald Trump pardoned Anthony.) Some suffragists pursued rights at the state level, and nine western states did grant women the right to vote by 1912. At the federal level, the amendment was first introduced in Congress in 1878 and rejected yearly thereafter.

Turning point

The turning point came in the 20th century, under the leadership of Alice Paul and other activists. In 1913, Alice and others organized a massive parade for suffrage in Washington DC on the day before Woodrow Wilson’s inauguration. Spectators assaulted the marchers as the police stood idly by.

Women provided support for the war effort during World War I, but the war did not deter the activist suffragists for continuing to make their cause visible. They challenged Woodrow Wilson for fighting for Democracy abroad while denying half the citizens of the U.S. the right to vote. The “Silent Sentinels” stood in front of the White House each day, saying nothing but holding banners and signs, such as the one that read “Mr. President, how long must women wait for liberty?” Their presence embarrassed to the White House. About 1,000 women were arrested for obstructing the sidewalk and sent to prisons or workhouses. They were treated abusively and went on hunger strikes, then painfully force fed. Public sentiment turned in their favor in part because they had contributed so much to the war effort. President Wilson eventually supported the amendment.

Suffrage in Virginia

Virginia did not ratify the 19th Amendment until 1952. (Women could vote because of the federal law.) Like other Southern states, Virginia resisted enfranchisement for fear of the consequence of Black women voting. In 1916, the Equal Suffrage League of Virginia distributed a pamphlet, “Equal Suffrage and the Negro Vote,” arguing that “the enfranchisement of Virginia women would increase white supremacy” and assured readers that literacy tests and poll taxes would prove effective in disenfranchising African Americans.

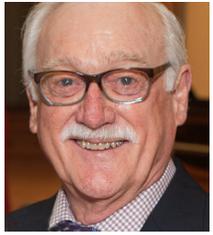
The aftermath

Some African American women voted in 1920, but voter suppression kept them from voting in great numbers until the passage of the Civil Rights Act in 1965. Native Americans were enfranchised in 1924, Chinese Americans in 1943, and Japanese Americans in 1952.

The 19th Amendment reads: “The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.” This language is echoed in the Equal Rights Amendment, first proposed by Alice Paul in 1923: “Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.” Virginia ratified the ERA in January 2020, but the U.S. Archivist has declined to certify this amendment.

President's Message

Don Creamer



Voting Matters

AARP is working to encourage all 50+ U.S. citizens to vote in the coming election. It is a worthy goal and it is achievable. Those of us in this demographic have a lot at stake in this election, including preserving social security and Medicare. There is every reason to vote whether in-person or by mail-in ballots. The future of our democracy depends our participation and the outcome of this election WILL affect us, every one of us.

AARP's voter engagement initiative is driven by this slogan: "Be the Difference. Vote." What a positive incentive! What if your vote were guaranteed to determine the outcome of an election? Is there any reason that you would not vote knowing this? I remember hearing my father say that he would vote in all elections "The good Lord willing and the creeks don't rise." He meant that he would be there. Period! I am thankful to have inherited the same determination, and I hope that you have also.

Many have written that democratic governments belong to the people, governing processes belong to the people, and elections belong to the people. There is no democracy without the engagement of citizens. Engagement is thus both a right and a responsibility of citizens in establishing, developing, and sustain democracy. Voting is one of the forms of engagement that sustains our democracy and is perhaps our most accessible tool for preserving democracy.

Likewise, our chapter is built on these same principles. Your Board of Directors exercises its authority because you authorized our actions by your votes to install us in the roles we occupy. To guarantee that this authority is exercised in your interests you must be engaged in our governing processes. Your votes count and your opinions shape the actions taken as a Board.

Whether shaping our country or our chapter,

"Be the difference. Vote!"

Constitutional Amendment #1: Fair Maps

In addition to voting for President/Vice President, Senator, and Congressional representative, you will vote on November 3 on two proposed amendments to the Virginia Constitution.

The first amendment aims to end gerrymandering by transferring the power to draw legislative maps from legislators to a bipartisan commission of citizens and legislators.

Currently, the party in power can draw maps to increase the odds of their re-election. That process is gerrymandering—legislators picking voters instead of voters picking legislators.



Options for Early Voting

To avoid crowds on Election Day, November 3, you have two options:

1. **Mail-in ballot.** Request one
 - by writing to the Montgomery County Registrar (755 Roanoke Street, Christiansburg 24073) or by email (govote121@montgomerycountyva.gov)
 - by applying online at vote.elections.virginia.gov/VoterInformation

To be sure your mail-in ballot is counted, mail early (at least 10 days before November 3) and sign the envelope exactly as you are registered to vote.

At this writing, the General Assembly is working on a bill to provide dropboxes for mail-in ballots. They are likely to be safer than the postal service. They will likely be placed at satellite voting sites (see item 2).

2. **Vote early in person at a satellite voting site.** Montgomery County County has approved two sites, one in the multipurpose room of the government building, 755 Roanoke Street, Christiansburg, one at the children's museum (Wonder Universe) at the Uptown Christiansburg Mall. Connie Viar, the Registrar, notes that both places are large enough for multiple distanced voting stations. The election officers will be wearing protective equipment.

In Radford, go to 619 2nd Street.

In Floyd, go to 100 East Main Street, Room 302. For drive-up and walk-up curbside voting, look for the tent.

Hours: 8:30 am–4:30 pm M–F + Saturdays October 24 and 31, same hours. Last day: October 31.

If you are comfortable with limited excursions from your home, perhaps to go to the grocery store, early voting has advantages over the mail-in or dropbox option. Ballots are scanned at the time of voting. When the counting begins November 3, the results will be quicker, with less time to contest an outcome. You will also not have to worry that your ballot arrives on time and is counted.

If you have already applied for an absentee ballot and wish to vote early in person, take your absentee ballot with you and turn it in.

Virginia Redistricting Commission Amendment

Creates a redistricting commission to draw congressional and state legislative districts.

A "yes" vote supports transferring the power to draw the state's congressional and legislative districts from the state legislature to a redistricting commission composed of state legislators and citizens.

A "no" vote opposes transferring the power, thus keeping the state legislature's party in power responsible for redistricting.

AARP-VA supports the amendment.

Leadership in Turbulent Times

Doris Kearns Goodwin

Historian Doris Kearns Goodwin gave a talk at the Moss Center on March 3 on presidential leadership. In the talk, based on her 2018 book, *Leadership in Turbulent Times*, she analyzed the characteristics of leadership that Abraham Lincoln, Theodore Roosevelt, Franklin Roosevelt, and Lyndon B. Johnson exhibited during times of crisis in this country—the Civil War for Lincoln, the aftermath of the Industrial Revolution for Teddy Roosevelt, the Depression and World War II for Franklin Roosevelt, and the Civil Rights movement for Lyndon Johnson. Goodwin observes that there is “no master key for leadership,” but by examining the presidents at work in the context of the challenges they faced, she identifies strengths, habits, and behaviors the presidents cultivated to become authentic.

Here are 10 lessons Goodwin gleaned from studying the minds and habits of each of the four presidents. Her book includes detailed examples of these qualities, often humorous, showing the humanity of the presidents.

1. Leaders grow, through adversity, humility and empathy

Lincoln’s father thought he was lazy because he wanted to read books instead of doing physical work. As a politician, he lost more races than he won.

Roosevelt had so much self-confidence, but when he realized he lacked allies and couldn’t get legislation through Congress, he “moderated his language and became a bipartisan leader.” FDR learned humility when he fell victim to polio, which paralyzed the lower half of his body.

2. Leaders have the self-confidence to surround themselves with strong-minded people

LBJ, never one to mince words, said it was “better to have your enemies inside the tent pissing out than outside the tent, pissing in.” Eleanor Roosevelt frequently held views that differed from her husband’s; even so, she was “a welcome thorn” in FDR’s side and so helped advance equality for women.

3. Leaders can inspire and motivate others, creating a culture of respect

Lincoln was generous in crediting others with success. FDR inspired and encouraged his staff, “He didn’t solve their problems,” but cheered up the team so they could continue to forge ahead.

4. Leaders take responsibility and shoulder the blame for their decisions, especially when things go wrong

After listening to his advisors argue about whether and when to emancipate the slaves, Lincoln finally announced: “My mind is made up. There will be no more debate..”. Because he had listened deeply enough, no advisor publicly disagreed once the decision was made.

5. Leaders can transcend past slights and resentments

As a young lawyer, Lincoln was thrilled to work with the famous Edwin Stanton on an important case. Before the case was tried, however, the brief was transferred away from Lincoln without his knowledge. He continued to trail after Stanton, even stopping him on a street corner to discuss the case. Stanton turned to an associate and remarked: “We have to lose this long-armed ape because he will lose the case.” Later, when President Lincoln needed a Secretary of War, advisors encouraged Lincoln to hire Stanton. He did. In the end, Stanton said he’d come to love Lincoln more than anyone in his own family.

6. Leaders are approachable and accessible and establish direct connections with the people around them

Before the Civil Service was established, Lincoln held daily meetings where anyone could ask him for a job. On the day when he was slated to sign the Emancipation Proclamation, he had shaken the hands of more than 1,000 people—so many that his own arm was shaking and unable to sign the document. (He waited until his signature would look strong and bold for all future generations.)

Teddy Roosevelt spent more time on the road than any other president. LBJ invited every Congressman and his wife to dine at the White House in groups of about 30. He then “never stopped calling them,” to coax support for his plans.

7. Leaders communicate simply and directly through stories—and through the media of their time

Lincoln could entertain an audience with a story—with enough detail and richness that everyone would remember. (People remember stories more than they remember facts or figures, he said.) Although Lincoln was a master of debate and speaking extemporaneously, he knew his words mattered and spoke from prepared scripts after he was elected.

Teddy Roosevelt had the knack of coining soundbites and slogans, such as a “square deal for the rich and the poor.” FDR “had the ideal voice for the radio age,” and people listened. Writer Saul Bellow once observed that he could stroll down a street in Chicago during one of the weekly broadcasts and not miss a word as FDR’s words poured out of every window.

8. Leaders find ways to control negative and unproductive emotions

Lincoln would vent rage in a letter—that he would neither sign nor send. Roosevelt went through four or five drafts of his weekly fireside chats to wash all the bile away.

9. Leaders take the time to think, relax, and replenish their energy

Lincoln went to the theater 100 times during the Civil War. Teddy Roosevelt exercised two hours a day, including taking vigorous hikes through the then wilds of Rock Creek Park. And FDR hosted a cocktail party every night, which forbade discussion of the war.

10. Leaders transform an ambition for self into ambition for a greater good for all

All the presidents channeled their personal ambition into something bigger. Although LBJ's advisors whispered that his Great Society campaigns would destroy him, he ignored them with a terse: "What the hell is the Presidency for?" People around the world knew of Lincoln not as a great general but for "his moral fiber and integrity."

The role of historians is to remind us of how we navigated the past. But even though she has spent her life studying the presidents, Goodwin emphasized that it's a country's citizens who matter deeply—and its teachers who will mold the sentiment of each new generation.

"Every important change has begun with citizens," Goodwin advised. She cited Lincoln, who praised the soldiers, not himself, for emancipation: "With public sentiment,

Rachel Bitecofer, "Elections in the Trump Era"

Thursday, October 8, 7:00 pm, Zoom
register at bit.ly/LWVMCFallForum

CO-SPONSORS

League of Women Voters, Montgomery County
Lifelong Learning Institute at Virginia Tech
Montgomery-Floyd-Radford Branch, NAACP
Center for the Study of Rhetoric in Society, Virginia Tech

American elections have become increasingly nationalized and highly predictable, with partisanship serving as an identity-based, dominant vote determinant for all but a small portion of Americans.

Rachel Bitecofer is a senior fellow at the Niskanen Center in Washington DC with a specialization in elections. She conducts survey research and elections analysis. Her innovative election forecasting model predicted the 2018 midterms five months before Election Day.

Her research has been featured in media outlets such as *The New York Times*, *The Washington Post*, *USA Today*, *NPR*, and she is a contracted commentator on CBC Radio. She is author of *The Unprecedented 2016 Presidential Election* (Palgrave MacMillan).

Ben Crawford publishes book on volunteer development and leadership

Our own Ben Crawford, former Blacksburg chapter president and winner of the statewide Andrus Award, has published a book on volunteer development and leadership. He has great credentials, having spent a career in volunteer service and leadership with the Boy Scouts, Ruritan, and AARP, among others.

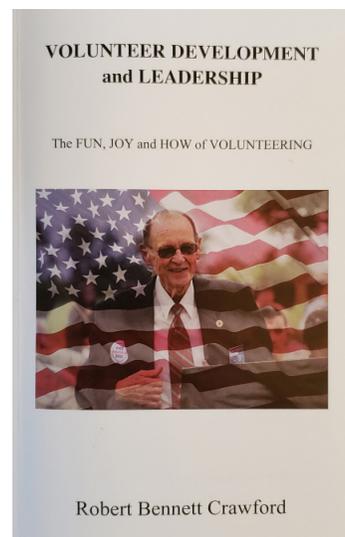
Volunteer Development and Leadership (August 2020) is an instructive and entertaining book of value for anyone interested in improving their leadership and organization effectiveness. Case studies and examples, along with basic information mixed with humor, are based on the author's personal experience. The 23 chapters go from A to Z with "how to" information and feature chapters about BSA, 4-H, AARP, Ruritan, that aid in understanding these organizations. The last two chapters offer some food for thought about politics, the future and life after the pandemic. Within the AARP chapter is a section about our Blacksburg chapter. There are 240 pages with 26 color photos of many people you know, possibly some of you.

Reviewer comments: This book is well worth a read for anyone who volunteers or has an interest in volunteer organizations. It is especially helpful if involved or interested in a community service organization, Scouting, 4-H or AARP.

- humorous stories helped me remember some important basic points; easy to read but some serious stuff made interesting with humor
- offered me ideas to improve my management and leadership abilities

- shows how to run and chair meetings; how to use bylaws to your advantage
- should be required for training of AARP, 4-H, Scout & other volunteers across the country
- has excellent examples and brief case studies with interesting history; a remarkable bylaws story with an important lesson about how Interstate 77 came about
- excellent & important chapter about minutes and parliamentary procedure! Ever been in a meeting and want to make a motion? Page 29 shows you how
- examples of turning around dying organizations with the "why" and the "how"
- I liked all 240 or so pages. Of particular interest was the current status and future of scouting (pages 145-170), and the AARP feature (pages 183-196).

The book costs \$24.95, but Ben offers a discount to friends and AARP members so you can get the book for \$20. To order, write to Ben at ben.crawford@vt.edu



Food Drive in Pandemic Times

by Sally Anna Stapleton, Chapter Caring Committee

Food Banks in the NRV have seen an increase in family and individual needs. With the Coronavirus pandemic having forced people out of work, many families are food-insecure for the first time and have turned to the food banks and meal programs in order to meet basic nutritional needs. This influx has placed a tremendous strain on food assistance resources in the area.

Please consider making a donation to a local food bank. Every little bit helps. Thank you for your generosity.

Agency On Aging

Staples For Seniors
Fido's Pantry (pets)
Attn: Shannon Hammons
6226 University Park Dr #3100
Fairlawn, VA 24141

Interfaith Food Pantry

706 Harding Ave
Blacksburg, VA 24060

United Way NRV Food Pantry

111 W Main Street
Christiansburg, VA 24073

MCEAP Food Pantry

New River Community Action
110 Roanoke St

Christiansburg, VA 24073 Feeding America

Salem Distribution Ctr
1025 Electric Rd
Salem, VA 24153

Radford-Fairlawn Daily Bread

501 Second St
Radford, VA 24141

Vittles for Vets

7757 Walker Farms Drive
Radford, VA 24141

September is Hunger Action Month for AARP

Join a car parade visiting assisted living facilities Friday, September 18, 2 pm

Calling all AARP artists, or those who just want to have fun while helping our senior citizens. September 13–18 is Assisted Living Awareness week. English Meadows Assisted Living Center (3400 S. Point Dr. Blacksburg) is hosting a parade for their residents on Friday, September 18 at 2:00 pm. Volunteers decorate their car, line up at 1:30 PM at the driveway, circle the building twice, and leave. Residents will be brought outside to enjoy the “parade.” No registration, no getting out of your car—easy, peasy.

We're in contact with both Showalter Assisted Living Center and Heritage Hall to see if we can coordinate bringing the parade to them the same day, hopefully visiting all three buildings in a two-hour time span. Jennie Reilly will be the point person to coordinate the times/logistics. If you want to join the parades, please contact her at jenmik@vt.edu or 540-230-5565.

Chapter Award Nominations Requested

Due September 25 Submit to cgburress@comcast.net

The AARP Blacksburg Chapter presents two local awards each year at the Holiday Luncheon in December. The awards committee requests nominations for these awards from members. Nominations should reflect contributions and achievements in the past year (2019–20).

Chapter Service Award

Member who is giving and making an impact on our local AARP Chapter

- Recent past recipients: Jennie Reilly, Val Coluni and Terry Wildman, Jerry Niles, Don Creamer and Pat Hyer, John and Sharen Hillison, Carolyn Rude

Community Spirit Award

Member who is impacting the community with constituents who are the focus of AARP efforts.

- Recent past recipients: Coreen Mett, Molly McClintock, Sally Anna Stapleton, Pat Ballard, Jim Wightman, Carolyn Rude

Please send your nominations, including the name, which award, and the basis of the recommendation for the nomination, to Chuck Burruss (cgburress@comcast.net).

Chapter Leadership Nominations Requested

Submit to niles@vt.edu

Would you like to enjoy your membership in AARP even more than you do by attending AARP meetings and events? Consider offering to serve on the Board of Directors or as an officer.

All the advice about aging well includes the recommendation to stay engaged and to interact with others. You can make a difference to AARP and its members with this service. A great way to get to know good people is to do jobs together.

The board meets on the first Tuesday of most months at 10 am, usually for an hour and a half. Board members may take on specific tasks, such as organizing award nominations or identifying programs.

If you would like to talk with Jerry Niles, chair of the nominating committee, about what this service might entail, please contact him at niles@vt.edu.

If you can't serve right now but have an idea of a person who would be good in one of these roles, please let Jerry know.

Thanks!

Self Care: Part II

In a spring submission in this “care corner,” I addressed the need for self-care during the coronavirus pandemic. At the time I wondered how members of our chapter were getting along with the physical and social distancing requirements and expectations associated with the pandemic. After six months, an upsurge in cases in the NRV, and various upsetting current events, I am now wondering how are you REALLY getting along? I hope and pray that you haven’t lost a loved one to the virus. I don’t know about you, but some days my brain feels like it’s on constant overload, whirring like the late spring sounds of the cicadas in the woods behind my house.



Our brain’s limbic system reacts to stress through a fight, flight, and/or freeze response. There have been times over the last six months that my brain has responded by just shutting down, as evidenced by the questions and comments I have received from others, “When are you going to do this? Why haven’t you done that? Is this something you plan to do or not?” The best word I can think of to describe the way I have been thinking and feeling is “fragmented.” There is so much in life that steals our attention. The impact of the pandemic is complicated by current events such as police brutality, civil unrest, and violent deaths; political party platforms, campaigns and conventions; and now the tragic aftermath of Hurricane Laura.

Many of us look forward to summer and the respite it provides. To name a few, these are some of the activities we enjoy most during the summer: Growing flowers and vegetables; taking vacations to sunny, mountainous, and overseas locales; spending time with grandchildren (or, in my case, granddogs); watching summer sports like baseball, tennis, or golf; cooking out with family and friends; getting out in nature; attending music and other festivals; and swimming. My gardens are full of weeds. Yes, I’ve taken a few camping trips and a beach vacation, but I spent a good deal of my time each trip catching up on therapy notes. I have missed going to watch the Pulaski Yankees play baseball. An attempt to have a belated birthday celebration for a friend, and with mutual friends, failed due to concerns, even paranoia, about the virus. Thank goodness for nature and all the calm and nourishment of spirituality it has provided!

So, back to self-care. How do we successfully care for ourselves and those we care about in this world we currently live in? How do we find peace of mind in a world that offers little peace? Neuroanatomist and author Jill Bolte Taylor said, “To experience peace does not mean that your life is always blissful. It means that

you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.” If you are able, take a nature walk. Watch a virtual church service. Read a book that allows you to escape. Keep a daily gratitude journal. Talk with friends or family members who care to listen and understand. Do something that provides a service to others in need. Keep the faith that things will get better. Finally, be on the lookout for a communication from your Care Committee about some virtual events we plan to offer in the near future.

Veteran Connection *Leslie Pendleton*

Calling all Veterans! We want to honor and feature your service to our country in a future newsletter or on our AARP Blacksburg website. This is what we need from you. Email your responses to the following questions and attach a photo in your uniform.

- What motivated you to join the military? Is there a family history of military service?
- What branch of the military were you in? Why did you choose that branch over others?
- Where did you do basic training? What other trainings did you have?
- What jobs did you have while you were in the service? How long were you in the service?
- In retrospect, what did you gain from your military service?

We’d love to hear from you! Email Leslie Pendleton at lkpendleton@gmail.com. If you prefer to participate in an interview, I welcome that opportunity!



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 2020

President • Don Creamer, dgc2@vt.edu

Vice President • Leslie Pendleton, lkpendleton@gmail.com

Secretary • Lisa Moose, lisa.m.moose@outlook.com

Treasurer • Pat Ballard, pballard@vt.edu

Assistant Treasurer • Ruth Anne Niles, rniles2@icloud.com

Board of Directors

2020: Isabel Berney, Jeananne Dixon Bame, Hugh VanLandingham

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

2022: Linda Correll, Chuck Burress, Kai Duncan
Newsletter editor: Carolyn Rude

AARP Website www.blacksburgaarp.org



Blacksburg Chapter #2613
 Don Creamer, President
 P.O. Box 10082
 Blacksburg, VA 24062

**Nonprofit
 Organization
 U.S. Postage
 PAID
 Blacksburg, VA
 Permit No. 32**



**Blacksburg Chapter
 Member Application for 2021**

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 • P.O. Box 10082 • Blacksburg, VA 24062