



Real Possibilities
in the New River Valley

Blacksburg Chapter

NEWS

August-September 2015
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www.blacksburgaarp.org

Serving the greater New River Valley, Virginia

September Chapter Meeting

Living Well@50+ Conference

The Living Well @ 50+ conference on Tuesday, September 8, will count as our September chapter meeting.

The conference, from 8:30 am to 2:30 pm at the Inn at Virginia Tech, includes two general sessions (“Mindfulness” and “Curiosity”), and two workshop sessions. Participants may choose from seven options at each workshop session. Details of these sessions are available on page 2 and at www.cpe.vt.edu/livingwell.

The conference will also include an Opportunity Fair with information on organizations and activities in the New River Valley.

The conference fee of \$30 includes lunch, breaks with light food service, and conference materials.

Register by September 1 at www.cpe.vt.edu/livingwell

AARP Blacksburg hopes to offer a similar conference every other year, alternating with the health fair.

Conference Schedule

8:30–9:30	Registration Opportunity Fair open
9:30–10:15	Opening Session and Address <i>Living Well Through Mindfulness</i>
10:30–11:30	Workshop Session I
11:30–12:00	Coffee Break with light food service
12:00–1:00	Workshop Session II
1:00–2:30	Lunch and Closing Address <i>Curiosity Killed the Cat... What Can It Do for You?</i>

President’s Message

Summertime Terry Wildman

*Summertime,
An’ the livin’ is easy
The fish are jumpin’
And the cotton is high...*

Ah, the good old days of summer. Whether your favorite version is by Ella Fitzgerald, Janis Joplin, or any of the dozens of other artists who have sung Gershwin’s famous song, the tune can stick in your head and perhaps induce some nostalgia for the easy going days of summer.

When was that we might ask? Well, for all of you who will be reading this, let’s hope you’re having the kind of summer where just a bit of the easy livin’ has touched your life. Granted, a little hard to achieve sometimes with all the *stuff* that seems to grab at every moment of time.

I do remember with some clarity a time when life seemed really slow, when the summer heat drove me to the shade, and to the comfort of a hammock with a good book. That would have been in the very early 50’s when as a seven, eight, nine year old I had not yet been inducted into the more adult appropriate tasks on our farm. I was a voracious reader then and escaping to a quiet place to read was just perfect when I could get away with it.

Alas, those idyllic times passed quickly and from age 10 and up the progression to adult level work progressed rapidly. Farm life was a good life to be sure, but it would not be described as easy, ex-

please turn to p. 3

Upcoming Events

- Sept 8: Living Well@50+ conf
- Sept 13: Food Drive
- Oct 20: Presentations by candidates for state offices
- Nov 17: Activities & facilities for people 50+ in the NRV

Volunteers needed Food Drive

The AARP statewide annual Food Drive will be celebrated this year on Sunday, September 13, from 11 am to 4 pm at the Main Street Kroger store in Blacksburg. Our chapter Community Service Committee is looking for volunteers to collect food on that date in 2- or 3-hour times slots. Please find it in your heart to volunteer and help us make this the biggest collection day! Contact Sally Anna Stapleton (sanna418@gmail.com) to volunteer.

Caring Committee Seeks Information

Violet Drake, chair of the Caring Committee, seeks information about members who need to receive a sympathy, congratulations, or get well card. Contact Violet at 540-552-2807, or at vsdrake28@gmail.com.



Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am. There are no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 am.

Workshops: Living Well @ 50+ Conference September 8

Sign up for workshops when you register for the conference. See more information on topics and presenters at www.cpe.vt.edu/livingwell

Session I: 10:30–11:30

1. Laughter Never Gets Old: Improvisation 101

Join others in a session of fun exploratory mental and physical games and exercises that will give insight on how to tap into your own creative expression, promoting “thinking outside the box,” sharpening your creative expression, and helping to release the inner critic... all the while feeling the freedom to laugh, laugh, laugh.

2. Introduction to Mindfulness Practice

Mindfulness consists of cultivating awareness of the mind and body and living in the here and now by observing, watching, and examining—and helping us become aware of ourselves. This experiential program will provide opportunities to both practice mindfulness and engage in a dialogue about how it can be integrated into our lives to enhance well-being.

3. Optimizing Your Health Across the Lifespan

What does science tell us about healthy aging? This session will review an important evidence-based framework for aging and health.

4. Staying in Touch with Family and Friends: Facebook 101

Are you missing out on news and photos from friends and grandkids? Come learn the basics of Facebook so that you can navigate this popular site safely and comfortably.

5. Appalachian Spring Initiative— Outdoor Recreation as an Economic Driver for Southwest Virginia

Join Stephanie Otis to learn about outdoor recreation as an up-and-coming sector of Southwest Virginia’s creative economy. Otis is part of the Appalachian Spring initiative, which focuses on outdoor recreation as a primary driver for community and economic development. Appalachian Spring covers 19 counties and 4 cities to enhance partnering efforts that raise awareness of the region’s creative assets such as traditional music (The Crooked Road) and artisan craft (’Round The Mountain), and Southwest Virginia’s outdoors.

6. Finding Your Passion in the Arts

The creative arts offer a wide range of new challenges and opportunities to explore talents and abilities. Panelists share their experiences and discoveries in their artistic pursuits since retirement in theater, glass, writing, and music.

7. Life of the Mind: Taster Sessions for the Lifelong Learning Institute at Virginia Tech

The Lifelong Learning Institute at Virginia Tech will launch its first semester of courses, lectures, events, and trips in Fall 2015 for adults 50 and up. Several of the instructors will give previews of the courses they will teach in the first term.

Session II: 12:00–1:00

1. The Crooked Road – Music from the Mountains

This session will explore the opportunities available to enjoy the region’s heritage music, as a listener, dancer, musician, or all three. Both live and recorded examples of heritage music will be presented. The Crooked Road celebrates and promotes the musical traditions that have been kept in Southwest Virginia families and communities for generations including old time, bluegrass, gospel, blues, and more.

2. Taiji for Everyone

This session will cover 5 basic Taiji motions that are easy to learn and remember. These 5 movements are the basic building blocks of Taiji and can be done seated or standing. Taiji is very gentle exercise that improves your balance, among other health benefits. No sweat and no special clothes needed.

3. What’s Really in Our Food?

Following a brief presentation, take a self-paced mini-tour of demonstration tables of informative displays on food content. What you see might surprise you when you take a closer look at our favorite foods!

4. So What’s a Blog and How Do I Do One?

Blogging is an online journal—it’s a great way to chronicle a trip or your daily adventures and thoughts. In a hands-on workshop, learn the basics on how to set up a blog for yourself and see how it can be used to share your writing with the world.

5. Great Ways to Enjoy the Outdoors in the NRV

Learn about opportunities for hiking, birding, canoeing, kayaking, gardening, cycling, and more from representatives of hiking clubs, canoeing and kayaking, NRV Bird Club, NRV Master Naturalists, Virginia Native Plant Society, NRV Mushroom Club, NRV Bicycle Association, NRV Mountain Bike Association, RIDE Solutions of NRV, and Master Gardeners.

6. Wine, Food and the Good Life: A Tasting Experience

Participants will explore what to look for in wine characteristics, how those characteristics relate to grape type, region, weather, handling during production, age, and the like. Several wines, white and red, will be used in the session to illustrate some important features to look for, including pairing wine with food and uses of wine in cooking.

7. Life of the Mind: Taster Sessions for the Lifelong Learning Institute at Virginia Tech

The Lifelong Learning Institute at Virginia Tech will launch its first semester of courses, lectures, events, and trips in Fall 2015 for adults 50 and up. Several of the instructors give previews of the courses they will teach the first term.

cept maybe when imagined to be so years later when caught in a nostalgic moment. Back to Gershwin's lines for a moment, I can easily confirm from early pictures that my mother would be considered good looking, but my daddy was not rich as we were usually reminded when our "wants" got out of hand.

1953/54. 1953 and the livin' really was not easy during that awful summer. A major drought emerged across Virginia and the main source of our livelihood, tobacco, barely reached waist high. This was not good, but the worry it produced was not visited upon the kids except in perhaps some vague way. I mention this now because I was just recently reminded of that connection with my current life.

Following the 1953 debacle ('54 was dry too) my father took action, as did many farmers, and purchased an irrigation system composed of 3- and 4-inch diameter aluminum pipe, various U and T joints, valves to control water flow, water guns, and a tractor driven pump. Water supply was the next issue. In '54 we dammed a creek and pumped from it, but also started a pond-building program supported in part by a government conservation program. Since '54 there were many more dry summers, but none that could not be survived with irrigation.

Of course, irrigation added one more element to the massive labor already associated with tobacco growing. It was a kind of love/hate thing. The work became more like drudgery as dry spells dragged on, but the water sure was nice.

So, around 20 years ago, after having built a nice-sized pond on our current property, my thoughts turned to the problem of getting pond water the 600 feet or so up to my garden that, from time to time, suffered from the same affliction as the 1953 tobacco crop. I had the tractor, the pond, and, of course, the years of experience to know exactly what to do with irrigation equipment.

As luck would have it a retired tobacco farmer near the family farm had for sale basically the same system my father has purchased in 1954. Aluminum does not rust, so I purchased the system, replaced all the rubber gaskets, added a new primer for the pump, and was ready to go. By the way, Mid-Atlantic Irrigation in Farmville, Virginia, still sells parts for all this old stuff.

The pump pairs well with my '57 tractor, and the rest of the system works about as well as I remember it working in '54. Using it once again just days ago (you've probably noticed late July and early August were a bit dry) it was



hard not to feel the connection with those early years. Truth-be-told, as nostalgic as it is, I would just as soon let the pipe continue to rest on the wagon. But, the water sure is nice. And the corn is happy. And my neighbors like that a lot.

So, let's all enjoy the remainder of our summer, whatever it brings, and ...

**Please don't forget our conference on September 8!
Register by September 1 at www.cpe.vt.edu/livingwell/
See you all then!**

AARP United Earns 4 Medals in Summer Solstice 5K Run

With eight members competing, the 2015 version of the Blacksburg AARP United race team was successful in the June 20th Summer Solstice 5K Race by earning four medals. The members of the team were Ben Crawford, Don Creamer, John Hillison, Angela Little, Sharen Hillison, Sally Paulson, Bob Wheeler, and Paul Smeal. This is the seventh year in the row AARP United has represented the chapter in the Summer Solstice 5K Race.



LLI Begins Courses Fall 2015

Registration begins August 17
Courses begin in October

Increasing the possibilities for learning and doing for people 50+ in the New River Valley, the Lifelong Learning Institute at Virginia Tech (LLI) will offer its first courses this fall. Participants may choose from 13 courses, with topics in history, art, literature, science, politics, gardening, genealogy, and memoir writing. Most courses begin the week of October 8 and last 6 weeks. In addition, members of LLI will be able to attend 5 special events, lectures, and tours during the fall.

Membership in LLI will cost \$20 per term during this inaugural year. The fee for each course is \$25–\$30; some require the purchase of supplies.

Enrollment begins August 17. You may join LLI and enroll in courses either online at www.cpe.vt.edu/lifelonglearning/ or with the paper registration form in the course catalog.

If you have not received a catalog in the mail or would like to have one sent to a friend who didn't get one, please contact Jessica Brow at jbrow@vt.edu or 571-858-3337.

These events are free for members, but please register to attend using the same website or form you use to register for classes.

Thursday, September 17, 1:30–3:00 pm

Conversation with Guest Artist Anthony de Mare

The pianist will discuss and illustrate his transformations of Stephen Sondheim pieces for the piano.

Monday, October 12, 3:00–4:30 pm

Translational Medical Research Breakthroughs at the Virginia Tech Carilion Research Institute

Michael Friedlander, Director of the VTCRI, will discuss research revolutionizing diagnosis, treatment, and promotion of health.

Tuesday, October 27, 8:45 am–12:30 pm

Tour, Demonstration: VTCRI facilities (Roanoke)

Visit VTCRI research laboratories to hear investigators tell about imaging molecules and cells to understand health and disease, brains and hearts.

Tuesday, November 3, 3:00–5:00 pm

Check Out the Smart Road

Learn about naturalistic driving studies, future technologies, and current research. Then tour the Smart Road.

Friday, November 13, 10:00 am–12:00 pm

Experiencing a Tornado and Living to Tell About It

Experience what it is like to be immersed in a tornadic supercell thunderstorm using Doppler Radar imagery and the 3-D environment of the ICAT Cube.

Fall LLI Courses

See details at www.cpe.vt.edu/lifelonglearning/courses.html

MONDAY

The Civil Rights Struggle in Virginia

Peter Wallenstein, instructor. 9:00–10:30

Reflections on the Union, Confederacy, and the Civil War

Jack Davis, instructor. 11:00–12:30

Gardening 101

Stephanie Huckestein, instructor. 3:00–4:30

TUESDAY

VT CLASS Sampler at Warm Hearth

9:00–12:00

The Rise and Fall of Arab Nationalism

William Ochsenwald, instructor. 1:00–2:30

WEDNESDAY

Tracing Your Family Genealogy

Linda Phillips, instructor. 9:00–10:30

Basic Printmaking

Rebecca Ghezzi, instructor. 9:00–10:30

The Role of Inspiration in the Creative Process

NRV artists—Janet Niewald (painter), Joni Pienkowski (painter), Kent Holliday (composer/musician), Donna Dunay (architect), and Nikki Giovanni (poet).

11:00–12:30

The Problem of Marriage in Two English Novels

Michael Squires, instructor. 1:00–2:30

Memoir Writing: Turning Your Experience into Art

Richard Gilbert, instructor. 3:00–4:30

THURSDAY

Understanding Science in the News: Technological Innovations

Science and engineering faculty, Virginia Tech. 9:00–10:30

Watercolor — Just Do It!

Jessica Pace-Berkeley, instructor. 10:00–12:00

Political/Editorial Cartoons as Political Discourse.

Edd Sewell, instructor. 1:00–2:30



AARP Members Celebrate the 80th Birthday of Social Security

On July 27, members of the Blacksburg Area AARP Chapter celebrated the 80th birthday of Social Security at the Salem Ballpark. Ice cold lemonade, burgers and dogs with all the trimmings—and cake—and chocolate chip cookies were donated with the compliments of AARP Virginia.

Social Security was enacted by Congress 80 years ago and is the main source of income for most older Americans.

After the party, which was attended by more than 200 AARP members, the group enjoyed a baseball game between the Salem Red Sox and the Potomac Nationals with PN winning by the score of 7 to 1. AARP State President Robert Blancato threw out the first pitch.

This photo shows some Blacksburg Area Chapter members enjoying themselves at the SS Celebration.



For one-third of all seniors, SS is nearly 100% of their income. SS is facing a financial shortfall

that can and should be corrected. If our leaders continue to bury this issue under the table and take NO action, benefits will be cut. Projections are for a benefit cut of 25% by 2033. This is a relatively easy solvable problem if, and only if, we demand action from our leaders. SS desperately needs to be put on a stable path to protect our children, our grandchildren, and future generations.

Register for Living Well@50+ by Sept 1

Chapter Officers 2015

President • Terry Wildman, wiley@vt.edu
 Vice President • Don Creamer, dgc2@vt.edu
 Secretary • Sally Anna Stapleton, sanna418@gmail.com
 Treasurer • Pat Ballard, pballard@vt.edu

Board of Directors

2015—Don Creamer, Terry Wildman, Nola Elliott
 2016—Tom Alston, Tina King, Sally Anna Stapleton
 2017—Pat Hyer, Jerry Niles, Shirley Peterson

HD Broadcasts: Opera, Ballet 2015–2016

The Regal Cinema in Christiansburg (110 New River Road) is showing HD broadcasts of Metropolitan Opera and ballet performances. See www.fathomevents.com

Metropolitan Opera (tickets \$22 senior)

- The Met's 2015-16 *Live in HD* and Radio Program Guide is available by request: visit metopera.org/HDguide or call 1-800-Met-Opera (1-800-638-6737).
- Opera synopses and cast listings are available before each performance: metopera.org/liveinhd.

2015

10/3	Il Trovatore	12:55 pm
10/7	Il Trovatore	6:30 pm
10/17	Otello	12:55 pm
10/21	Otello	6:30 pm
10/31	Tannhäuser	12:00 pm
11/4	Tannhäuser	6:30 pm
11/21	Lulu	12:30 pm
12/2	Lulu	6:30 pm
12/12	The Magic Flute	12:55 pm

2016

1/16	Les Pêcheurs de Perles	12:55 pm
1/20	Les Pêcheurs de Perles	6:30 pm
1/30	Turandot	12:55 pm
2/3	Turandot	6:30 pm
3/5	Manon Lescaut	12:55 pm
3/9	Manon Lescaut	6:30 pm
4/2	Madama Butterfly	12:55 pm
4/6	Madama Butterfly	6:30 pm
4/16	Roberto Devereux	12:55 pm
4/20	Roberto Devereux	6:30 pm
4/30	Elektra	12:55 pm
5/4	Elektra	6:30 pm

Ballet (tickets \$15)

9/24	<i>Romeo & Juliet</i> San Francisco Ballet	7 pm
10/11	<i>Giselle</i> , Bolshoi Ballet	12:55 pm
10/22	<i>Revelations, Chroma, Grace</i> Alvin Ailey Dance Theater	7 pm
11/12	<i>Carmen</i> , Ballet Hispanico	7 pm
11/15	<i>Jewels</i> , Bolshoi Ballet	12:55 pm
12/5	Balanchine's <i>The Nutcracker</i> New York City Ballet	12:55 pm
12/6	<i>The Lady of the Camellias</i> Bolshoi Ballet	12:55 pm
1/24	<i>The Taming of the Shrew</i> Bolshoi Ballet	12:55 pm

Visit Your AARP Chapter Website at www.blacksburgaarp.org



Blacksburg Chapter #2613
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 **Member Application for 2015**

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Today's Date: _____

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

New Renewal 90+ years old (free)

***Please make your check payable to "Blacksburg AARP Chapter #2613"
and mail check and this form to:***

Tom Alston - P.O. Box 10082 • Blacksburg, VA 24062