

## Coming in April

The April 21 program will be a report from area representatives to the Virginia General Assembly on the session that just closed. This program is sponsored by the chapter's Legislative Committee.

The Table Top Talk will feature the Literacy Volunteers of the New River Valley.

## Correction for the June picnic date

The Annual Pot Luck Picnic and White Elephant Sale with music and a vintage car show will be held at Nellie's Cave Park shelton from noon to 2 p.m. on **Tuesday, June 16.**

There may have been some publicity that had an incorrect date so be sure to double check your calendar.

## AARP Driver Safety Course

The next session of the AARP Driver Safety Course will be held April 7 & 8 from 1 to 5 p.m.

To register, or if you have questions, **contact Cecil McBryde at 552-4396.** The cost is \$10, payable by cash or check to "AARP" on the day of the course.

## Mayor Ron Rordam to address senior issues at the AARP meeting March 17

The March 17, 2009 meeting of Chapter 2613, AARP Blacksburg will feature Mayor Ron Rordam as the featured speaker. His topic will be: **THE FUTURE OF BLACKSBURG, AS IT RELATES TO SENIORS.** Mayor Rordam was elected Mayor of the Town of Blacksburg in 2006 after serving as a member of Blacksburg Town Council since 1996. The long serving member of Town Council also serves on a number of related Boards & Committees in the area. As usual there will be time for questions & answers after the Mayor's presentation.

Members are invited to bring a brown bag lunch to the Blacksburg Community Center on Patrick Henry Drive starting at 11:30 a.m. Beverages will be available at the meeting. The program usually starts at noon and ends at 1 p.m. The meeting is open to the public and all Chapter members are invited to attend.

This months "Table Top Talk" will be by a representative of the Women's Resource Center of the New River Valley. **They are asking members to bring a bag of paper products such**



Mayor Ron Rordam

**as paper towels, and / or bathroom tissues for use by the Center.** Come and learn more about this important community resource, which served 4,226 people in the past year--a 27% increase over 2007. (See the focus story on page 4)

### AARP Blacksburg Chapter #2613

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

P.O. Box 10082  
Blacksburg, VA 24062  
<http://civic.bev.net/aarp/>

# Directory of Officers, Board of Directors, and Committee Chairs

What follows is a listing of each officer, member of the board of directors, and committee chair and other appointees. This is a handy page to have on your refrigerator or whatever other place you have for keeping email addresses and phone numbers handy.

	<i><b>Name</b></i>	<i><b>Email</b></i>	<i><b>Telephone</b></i>
<b>Officers</b>			
President	Paul Smeal	psmeal@vt.edu	552-4085
1st Vice President	Jim Wightman	wightman@vt.edu	552-2207
Treasurer	Brian Allen	mballen@prodigy.net	552-4422
Secretary	Virgil Cook	vcook@vt.edu	382-5205

## **Board of Directors**

Class of 2009	Dan Fleming	dbfleming@vt.edu	951-1525
Class of 2009	Nancy Eiss	nsjeiss@verizon.net	951-4015
Class of 2010	Harriett Cooper	chayabrona@verizon.net	552-3446
Class of 2010	Ken Dawson	kedawson@verizon.net	552-1476
Class of 2010	Joe Fontenet	cajunjoe@vt.edu	552-3726
Class of 2011	Don Creamer	dgc2@vt.edu	951-2505
Class of 2011	John Hillison	hillison@vt.edu	552-8941
Class of 2011	Sue Farrar	suefarrar@verizon.net	381-1830

## **Committee Chairs and Appointees**

AARP of Virginia Liason	Ben Crawford	ben.crawford@vt.edu	961-5733
Associate Treasurer	June Schmidt	schmidtj@vt.edu	552-1590
Caring	Harriett Cooper	chayabrona@verizon.net	552-3446
Chaplain	Ken Dawson	kedawson@verizon.net	552-1476
Chapter Awards	Joe Fontenet	cajunjoe@vt.edu	552-3726
AARP Driver Safety	Curt Finch	crfinch@vt.edu	552-8179
Financial Planning	John Hillison	hillison@vt.edu	552-8941
Health Care	Larry Alexander	aalexand@radford.edu	951-8172
History	Doris Abraham	dsta118e@verizon.net	382-3392
Hospitality	Curtis Roane		552-2260
Legislative	Dan Fleming	dbflemin@vt.edu	951-1525
Membership	Jim Wightman	wightman@vt.edu	552-2207
News Editor	Edd Sewell	eddsewell@gmail.com	951-1746
Nominating	Class of 2009		
Program	Carl McDaniels	cmcd@vt.edu	552-5818
Public Relations	Norman & Nancy Eiss	nsjeiss@verizon.net	951-4015
VT Retirees Assoc. Liason	Margaret Kates	connie@vt.edu	552-4107
Webmaster/List Owner	Connie Anderson	connie@vt.edu	951-1623



**Coming  
April 26  
to May 1**

## Want to be an Olympic Star?

The 31st Annual New River Valley Senior Olympic Games will be held from April 26 to May 1, 2009.

It is organized by the Radford Parks and Recreation Department, but participants may come from Blacksburg and Christiansburg as well as other New River Valley communities.

You must be 50 or older to participate, and registration is required before April 10. There is a registration fee of \$5 for participation in one event, \$8 for participation in two events, and \$12 for participation in three or more events.

Events include such things as badminton, billiards, bocce ball, bowling, croquet, horseshoes, riflery, shuffleboard, swimming, table tennis, running, walking, and a number of other events.

More information, an application form, and a schedule of times and places where events will take place may be obtained at the Blacksburg Parks and Recreation or by calling Joy Herbert at 961-1134 or by emailing her at [jherbert@blacksburg.gov](mailto:jherbert@blacksburg.gov)



Wishing you a rainbow  
For sunlight after showers-  
Miles and miles of Irish smiles  
For golden happy hours-  
Shamrocks at your doorway  
For luck and laughter too,  
And a host of friends that never ends  
Each day your whole life through!

## Do you want to run a 5K?

**Here's your chance!**

Are you interested in doing a 5K run at sundown on June 20?

The Downtown Merchants of Blacksburg once again is sponsoring a Summer Solstice Fest on June 20, 2009 that includes a 5K run. There are both a 50-59 and a 60+ age bracket.

For more information talk with John Hillison at 552-8941 or email him at [hillison@vt.edu](mailto:hillison@vt.edu) or go to the Downtown Merchant's website for information and a route map of the run at [http://www.downtownblacksburg.com/summer\\_solstice\\_fest.aspx](http://www.downtownblacksburg.com/summer_solstice_fest.aspx).

## "Critical Standpoints in Long Term Care" is topic for lecture

The Center for Gerontology at Virginia Tech will host a lecture by Dr. Timothy Diamond on Wednesday, March 18 at 11 a.m. in Fralin Auditorium.

Diamond, a sociologist, will talk on "Critical Standpoints in Long Term Care." Most recently he was Visiting Chair in Gerontology at St. Thomas University in New Brunswick, Canada and Visiting Scholar in the School of Disability Studies at Ryerson University, Toronto, Canada.

His book, *Making Gray Gold: Narratives of Nursing Home Care*, received book of the year awards from the American Sociological Association and the American Humanistic Association.

## Welcome to our newest members!

We have nine new members in the Blacksburg Chapter. They are:

Paula & Thomas Alston,  
Christa & Klaus Hinkelmann,  
Liz Rogers,  
Denise & Gary Schroeder,  
Judith & Kenneth Wolfe.

Meet them and give them a warm welcome.

## In Memorium

Our community will miss two community leaders who died recently, Bill Lavery and Derek Myers.

We offer our thoughts and sympathy to their families.

# NRV Agency on Aging Program Year 2010 Area Plan Work Begins

**Tina King, Executive Director  
New River Valley Agency on Aging**

The New River Valley Agency on Aging wants your input as we begin planning for our 2010 program and fiscal year which begins October 1, 2009.

We are requesting suggestions as we begin work on our annual Area Plan for Aging Services. The new 2010 plan will allocate resources for services provided under the Older Americans Act. NRV Agency on Aging's service area includes the counties of Floyd, Giles, Montgomery and Pulaski, and the city of Radford.

The first draft of the NRV Agency on Aging 2010 budget and Area Plan will not be available until state funding sources release "planning figures" in the spring. This will follow after a state budget is approved. Once a draft Area Plan is ready, there will be time scheduled for public comment before it is submitted to the Virginia Department for the Aging for approval.

With a current operating budget of approximately \$1.5 million, NRV Agency on Aging provides 13 different services with federal, state and local support. The largest programs include Home Delivered Meals (also known as "meals on wheels"), Congregate Meals, Information and Assistance, Transportation, Homemaker and Caregiver Support Services which includes in-home and community based Respite Care Services. Other services provided include Care Coordination,

Ombudsman, Elder Abuse Prevention, Insurance Counseling and Medicare Fraud Prevention, Home Repair and Legal Assistance.

Waiting list for services currently exists in Homemaker Service, Respite Care, Home Delivered Meals, and Home Repair services.

Individuals are invited to send comments now, before the draft Area Plan is developed, regarding these or other needed services to NRV Agency on Aging, 141, East Main Street, Suite 500, Pulaski, Virginia 24301 or e-mail at [nrvaoa@nrvaoa.org](mailto:nrvaoa@nrvaoa.org).

On another note..... for those who have an interest in bicycling and are starting to make plans for a Spring ride, you may want to consider joining us for the annual Wilderness Road Ride on Saturday, May 23, 2009. There are rides for the occasional rider up to longer more challenging rides for experienced riders. The ride is sponsored by the New River Valley Bike Association. This year, the New River Valley Agency on Aging is working with the NRV Bike Association to plan and administer the ride and will benefit from the proceeds of the event. The proceeds will be used to shorten the waiting list for vital services such as home delivered meals and in-home services. For more information on the event and to register go to the website, [www.cyclingdoubleheader.com](http://www.cyclingdoubleheader.com) or e-mail [tinaking@nrvaoa.org](mailto:tinaking@nrvaoa.org).

## Women's Resource Center of the New River Valley

At our March 17 meeting, our "Table Top Talk" guest will be the Women's Resource Center of the New River Valley.

Located in Radford, Va., it is a non-profit, human service

agency with the purpose of providing programs and services to adult and child victims of domestic and sexual violence. For 30 years, they have been providing hope and help to those who need it in the New River Valley. The Women's Resource Center of the NRV, the oldest in Virginia, has been and will continue to be the cornerstone of courage and inspiration for thousands of

people in our community.

The Women's Resource Center is committed to serving all victims of domestic and sexual violence, regardless of gender, sexual orientation, race, ethnicity, national origin, age, religion, disability, or veteran status.

On March 17 bring paper products for the Women's Resource Center. See more at <http://www.wrcnrva.org/>

AARP Chapter 2613  
**Board of Directors**  
**Minutes**  
March 3, 2009

**Call to Order**—President Paul Smeal called the meeting to order at 10:00 a.m.

Officers Present: President Paul Smeal, Secretary Virgil Cook, Treasurer Brian Allen

Board Members Present: Don Creamer, Ken Dawson, Sue Farrar, Dan Fleming, John Hillison

Non-board Member Committee Chairs and Appointees: Doris Abraham, Larry Alexander, Curtis Finch, Margaret Kates, Carl McDaniels, Curtis Roane, Edd Sewell

**Approval of Minutes**—The minutes of the February 3 meeting were approved.

**Treasurer's Report**—Brian Allen. Balance at the end of January 2009 was \$3,517.73. During February there were total credits of \$493.45, and total debits for February were \$141.68 (Kopy Korner newsletter), leaving a balance at the end of February, 2009 of \$3,869.50.

**President's Comments**—President Smeal stressed the importance of supporting the food pantry.

**Announcements**—Sue Farrar noted two concerts in April to support the Montgomery County Museum. She will provide material for the newsletter on these programs.

John Hillison suggested that members might want to

participate in the Downtown Sundown 5K Run during the Summer Solstice festival that the Downtown Merchants sponsors. You don't have to run; you can walk for some of the race if you prefer. The \$17 fee will go to leukemia and lymphoma research.

President Smeal suggested that for the annual, county cleanup day on April 6 AARP members may want to walk sections of the Huckleberry trail and pick up litter.

**Membership**—Don Creamer for Jim Wightman. At present, there are 363 members, including dues-paying members, lifetime members, honorary members, and complimentary members.

Members who have not paid their 2009 dues will have a red dot attached to their mailing labels for the March newsletter. Those who have not paid their dues by April 1 will be dropped from the mailing list.

**Legislation**—Dan Fleming. See the complete report in this newsletter.

**Programs**—Carl McDaniels. We will have Mayor Ron Rordam for the program on March 17. His topic is "The Future of Blacksburg as it Relates to Seniors." The Table Top Talk will feature a representative from the Woman's Resource Center of New River Valley. We are investigating the feasibility of conducting A CPR class after a program on training assistance. AARP is willing to support a forum of candidates for attorney general, probably in September.

**Driver's Ed**—Curtis Finch. There is a course scheduled for April. Cecil McBride will teach it.

**Newsletter**—Edd Sewell asked whether to publish member deaths and new members' names in the newsletter. It was agreed that he should. Someone suggested that Edd include a short profile each month of a board member.

**Liaison**—Margaret Kates reported that the retirees luncheon has been changed so that it will not conflict with the chapter meeting.

**Hospitality**—Curt Roane. We need two additional volunteers for the Hospitality committee to help with the picnic. He suggested that we ask for volunteers at the next meeting. The picnic will take place on June 16, not June 15 as it appeared in some publications. The Christmas Lunch will take place on December 8.

**Health**—Larry Alexander. Curt suggested that a local physician might speak to the chapter on health issues. He plans to focus on cutting cost in the next Home Sweet Home newsletter. He asked for members to send him tips on how they cut costs.

**Adjournment**—The meeting was adjourned at 11:10 a.m.

Respectfully submitted  
Virgil A. Cook, Secretary

# Happy St. Patrick's Day

## Arias and Airs

Benefit Performance for  
Montgomery Museum & Lewis Miller Regional Art Center  
**April 18 at 7:00 p.m. at**  
**Christiansburg High School Auditorium**



**Robert Chafin**, a native of Christiansburg, now of Hannover, Germany, is a leading European opera singer with a beautiful tenor voice.



**The Celtabillies**, led by Jack Hinshelwood will be performing Appalachian and Celtic music. The Celtabillies have entertained music fans since 1994 including those on their recent 10-day, 1500 mile tour of Alaska.

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The First St. Patrick's Day Parade took place not in Ireland, but in the United States. Irish soldiers serving in the English military marched through New York City on March 17, 1762. Along with their music, the parade helped the soldiers to reconnect with their Irish roots, as well as fellow Irishmen serving in the English army. The parade in Dublin is only about 70 years old.



## Member Focus

*Beginning with this issue of the newsletter we hope to have a focus on one member of the Blacksburg Chapter of AARP in each issue of the newsletter.*

## Sue Farrar, new executive director of the Montgomery Museum



If you read the January newsletter, you may recall that Sue is one of the three new members of the Board of Directors of our chapter of AARP. ***Sue recently was selected to be the executive director of the Montgomery Museum, located in Christiansburg.***

Sue Farrar grew up and worked in Norfolk most of her life. She graduated from The University of Mary Washington with a degree in Spanish and Education and taught school for several years before starting a family. Later she became involved with Child Abuse Prevention Services and worked for 10 years as Executive Director of Child Prevention Services in a Norfolk agency.

More recently she lived & worked in Phoenix, AZ where she provided training for elementary school teachers in a Bully Prevention Program.

Sue now is a VISTA (Volunteers in Service to America) volunteer with New River Community Action developing a volunteer driver program for low income families needing access to health care for low income families needing access to health care for their families.

Two other Blacksburg AARP members, Bob and Doris Abraham, also are long time supporters of the Montgomery Museum.

For more on the Montgomery Museum, see <http://www.montgomerymuseum.org/>.

## Did you know? Facts about US . . . .

- The number of people 65 and over in the United States on July 1, 2004 was 36.3 million. This age group accounts for 12 percent of the total population. Between 2003 and 2004, 351,000 people moved into this age group.

- The number of people 85 and over in the United States on July 1, 2004 was 4.9 million.

- Number of people age 65 and over who are still employed is 4.6 million and this amounts to 13 percent of all people in this age group.

- Number of people 65 and over who engage in exercise walking is 12.4 million, by far the most popular sports activity for this age group, at least six times a year. The next most popular forms of exercise for this age group are exercising with equipment, net fishing and swimming.

## Irish Potato Soup

Melt 225 grams (about 1 cup or 2 sticks) butter in a large pot. Add 1500 grams (about 3 pounds) old potatoes, peeled and chopped, plus 6 chopped leeks. Cook until tender. Season with salt and pepper, to taste. Add 3 litres (about 12 cups) of good brown stock and cook for 2 hours. Before serving, add 225 ml (about 1 cup) thin cream or top of the milk. Serves 6 to 8 people depending on how hungry they might be.

### **Remember to bring canned or non-perishable food items to each monthly meetings in support of the Interfaith Food Pantry.**

Throughout this year we, the Blacksburg Chapter of AARP, are supporting this community service.

Last year over 200 new Blacksburg families were added to the Pantry rolls, and it won't work unless we all contribute. In these tough economic times, the need is greater than ever.

Paul Smeal, President  
AARP Chapter #2613  
P.O. Box 10082  
Blacksburg, VA 24062

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Organization  
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## Membership Renewal or New Member Application

If you are already a member of the Blacksburg Chapter, please pass this form on to a friend who should be a member.

Membership in the Blacksburg AARP Chapter requires membership in National AARP.

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

Spouse: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Annual Membership (based on calendar year):

\_\_\_\_\_ New membership dues: \$12.50 [Spouse/Partner Free]

\_\_\_\_\_ Renewal membership dues: \$12.50 [Spouse/Partner Free]

Complete and attach check made out to Blacksburg AARP, and bring to the next Membership Meeting or mail to:

**AARP Chapter #2613, P. O. Box 10082, Blacksburg, VA 24062**

NOTE: You MUST be a member of National AARP before joining the local chapter. National dues should be paid directly to National AARP and NOT through the Blacksburg Chapter.

Those of you who are 90 years old and older do not pay dues. Your label should read "Life Member."