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**Newsletter**

**Winter**

**2017**

## **President's Message**

This is my last Message as President of SAIL. As you know, at the Annual Meeting in November it was announced that two Board Members were stepping down effective the end of December - Hal Snyder and Dan VanBelleghe. At that time, we elected three new members to the Board - Wendy Moseley, Cathy Lewis, and Catherine Irwin. I thank Hal and Dan for their many contributions in the past, and I look forward to our new members joining the Board.

The Board now consists of Diana Eldridge, Joan Ergin, Carl Moore, Hulda McLachlen, Carolyn Rodis, G. T. Schramm, Ted Walton, Jean Neely (Director Emerita), and myself. I will serve in the coming year as the Immediate Past President - which includes participation in the deliberations of the Executive Committee. At the December Board Meeting, officers for the coming year were elected: Carolyn Rodis, President (moving up from Vice President); Joan Ergin, Vice President; Carl Moore and Ted Walton were re-elected to their current positions as Treasurer and Secretary, respectively.

It has been a rewarding and fulfilling experience to serve as President of SAIL. Our organization continues to grow in numbers and in the services offered to our members. Making new friends and extending valued support services to our members have been particular highlights for me. Martha and I look forward to continuing our active participation.

*Jack*  
Jack Young

***Hail and Farewell*** ~ A hearty welcome to new members Duane and Marianne Alexander, Marty Amerikaner & Linda Spatig, Bill Brown & Jane Tuckerman, Judith Jones, and Donna Ord.

*John & Karen Reed, as well as Carrie Singer are moving away from the area in the new year.*

*We mourn the loss of SAIL members Stan Jones, Sherman Ross & Ruth Whitlock and extend our condolences to their families.*



## Meet the Members: Carolyn Rodis

*Our new SAIL president hails from DC, has an Ivy League education, a law degree, and an MS in Gerontology. We interviewed her on a gloomy day, but we think you'll agree that she projects a bright light.*



### **SAIL: Congratulations on taking the helm of SAIL. What is your vision for your term in office?**

I want to build on the foundation already in place, helping SAIL to evolve to meet members' needs. I would like members to be more involved. One of the ways is to continue improving both sides of the communication process – up and down. This is, after all, a member-driven group. SAIL has close to 100 members. I would like to explore hiring a part time executive director to further our mission.

### **SAIL: May we ask about your background? Also, how you found this town?**

I was a public interest lawyer, first at Legal Aid, then at the Maryland Attorney General's office in consumer protection. Also, using my education in gerontology, I consulted with AARP for 10 years as a trainer, conducting workshops to help people understand issues around aging. I then became a mediator, working to resolve conflicts between adult children and their aging parents.

As for Shepherdstown, my late husband and I wanted to settle in a place not too far from our children. It had to be a walkable town, have a university/college, & cultural offerings. Shepherdstown met all of these criteria, so we arrived in July 2012, and moved into our house at the edge of town.

### **SAIL: How did you learn about SAIL, and what do you think it offers our seniors?**

Before we moved here, I worked as a consultant for a village near Annapolis, so I knew about the aging in place movement. I was thrilled to find an established village here. Any means that can assist seniors with a viable option of remaining at home is a valuable asset to a town. Communities lose when their seniors move away.

### **SAIL: Anything else you'd like our readers to know?**

I urge SAILers to be more active in the group. There's a job for you – you don't need anything more than your interest and time.

**Contact me at: 304. 876.8401, or [emailcrodیس@yahoo.com](mailto:emailcrodیس@yahoo.com)**



## HEALTHY RESOLUTIONS

By Joan A. Ergin

With the holiday season behind us, you may wish to rid yourself of some recently acquired weight. Even if this is not the case, here are some tips from the American Heart Association for us to get more veggies into our home-prepared meals.

### *Get shredded:*

Use a box grater or the shredding attachment on your food processor to shred zucchini, beets, carrots or parsnips to add to all sorts of recipes, or sauté grated veggies for a few minutes and add to spaghetti sauce. For the bakers among us, add a vegetable serving to your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking. This addition also keeps the muffins and bread moist.

### *Get mushy:*

Replace half the ground meat in recipes like burgers, meatloaf and meatballs with cooked chopped mushrooms. Finely chop your choice of mushrooms, then sauté in a little olive oil until soft – about three minutes. Gently mix with lean ground chicken, turkey or beef.

### *Get cheesy:*

Cooked and pureed orange vegetables like butternut squash, sweet potatoes and carrots can be blended, unnoticed, into cheesy dishes like macaroni and cheese, lasagna or baked enchiladas. Using less cheese reduces saturated fat and sodium. You can also add the sweeter-tasting veggies to a blender with low sodium broth and puree them into a smooth soup.

### *Be smooth:*

When you are making your favorite fruit smoothie, add in a frozen banana and some cooked spinach, carrots, squash or just about any cooked vegetable. The frozen banana makes a sweet, thick and creamy smoothie and it adds a strong banana flavor, which masks the flavor of the veggies. It's a great way to start the day!

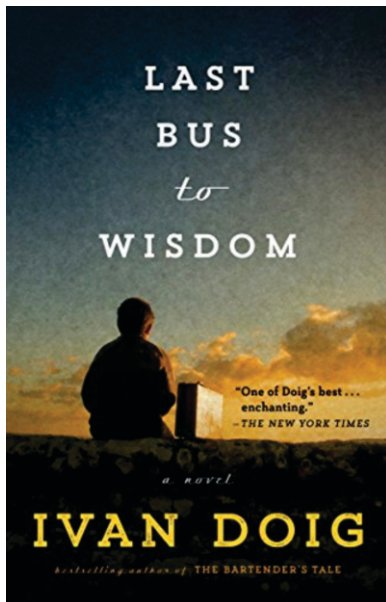
## Arts Page

*Ed. Note: We regret to advise you that our Arts Editor, Mary Bell, is “taking a breather” from writing, so our regular arts page will not be the same without her touch.*

*Meanwhile, here's a book review for your consideration.*

### Last Bus to Wisdom

By Ivan Doig



Always a favorite author of ours, Doig's last work is one of his best.

Set in the 1950s, it tells the story of 11-year old Donal Cameron's fantastic road trip from his view.

Donal is reared by his grandmother, the cook on a Montana ranch. When she learns she must have surgery, she puts him on a bus to stay with relatives in Wisconsin.

His experiences with characters, both on and off the bus – make for an adventure before Donal ever gets to his destination.

Unfortunately, the aunt is a conniving, nasty woman with a strange German husband. She makes life miserable for Donal, but he manages to escape her clutches, and go back on the road —this time with a companion. (No spoiler alert

—we're not telling!)

The book then produces a fantastical array of characters, from hay-making teams to downright villains – all of whom enter Donal's life and travels.

Doig manages to maintain a writing that reflects an eleven-year old boy of his time. All the confusion he experiences rings true because of the author's ability to project the right feel to this great read.

We know that you will not be disappointed.

The book is available in all formats.

## **SHEPHERD UNIVERSITY LIFELONG LEARNING PROGRAM**

By Jack Young

***SAIL members participate in a variety of physical activities – including walking, kayaking, and t'ai chi. But our minds need toning, too. Let's look at one way: Shepherd University's Lifelong Learning Program.***

The mission of the program is to have a volunteer member-driven program offering academic courses and activities to the community. It offers courses, luncheons, and travel tours. It is an academic cooperative that provides mature adults with opportunities for intellectual development, cultural stimulation, and social interaction.

SAIL had a hand in Shepherd's program start-up when we approached then-President Suzanne Shipley about starting a program. She welcomed the suggestion and hired Karen Rice to set the process up. SAIL was asked to provide a member of the Advisory Committee, and Jack Young volunteered. That was 5 years ago.

All classes and related functions are conducted on the Shepherd campus. All instructors are community volunteers who are interested in sharing their expertise and knowledge. There are no tests and no grades. It is learning “for the joy of learning!” Classes are scheduled over two six week periods – one in the fall and one in the spring. The catalog identifying the spring offerings will be published in early February and classes will commence in March. Copies of the spring catalog will be available in the SAIL office and at numerous locations throughout the community.

In addition to the classes, the program offers a wide range of travel tours for consideration. Last year's tour offerings included travels to Argentina, Cuba, Costa Rica, Quebec City, and the Grand Canyon.

Dust off your book bag and look into the Lifelong Learning Program. Questions can be directed to Karen Rice at 876-5135 or, [krice@shepherd.edu](mailto:krice@shepherd.edu)



## And Finally...

### Help Wanted

SAIL needs writers for this Newsletter. As you know, it comes out quarterly, and has a couple of features, some photos and an interview. We'd like to have a staff that can contribute articles, do interviews, and otherwise put this publication into the new year with fresh talent.

Do you pine to be creative? Are you a writer with a yearning to 'get into print'? Is there a feature you'd like to see? Gardening? Cooking? Nature? Get your pencil sharpened and volunteer to help. Send an email to [info@shepherdstownsail.org](mailto:info@shepherdstownsail.org), or call the office and leave a message: 304-870-7245.

## The Lighter Side...

Did you hear about the woman who had been married 4 times? She had first married a banker when she was in her 20's, then a circus ringmaster in her 40's, and when in her 60's took on a preacher. Now, in her 80's she has just married a funeral home director.

A friendly neighbor commented how she had such a wide variety of husbands.

The woman replied: "I had one for the money, two for the show, three to get ready and four to go."

**(We never said these would be brilliant)**

## Wait! There's More!

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over. **(ba-da-boom!)**



Martha and Jack Young receive applause for their service to SAIL at the January BBL. President Carolyn Rodis presented them with a dinner gift certificate on behalf of the board and membership. Jack just finished his term as president on January 1.



LouAnn Stovall is recognized by SAIL at the Annual Meeting for her years of service in setting up and maintaining the SAIL website. Presenting flowers is Judy Moore.



Gift array at SAIL Christmas Party. Big surprises were in store!

