



VISIT OUR WEBSITE: www.shepherdstownSAIL.org

NEWSLETTER WINTER 2022

Best wishes for the holidays and for the new year!

2022 COMMUNITY SERVICE AWARD

Karen Rice, administrator of Shepherd University's Lifelong Learning Program, was this year's recipient of SAIL's fifth annual Community Service Award. Usually the award is presented at the annual meeting; but because Ms. Rice would be out of town at the time of the meeting, the award was presented at her office at the Robert Byrd Center.



SAIL President Marianne Alexander summarized Ms. Rice's selection, saying, "Shepherd University's Lifelong Learning Program, directed by Karen Rice, has been an outstanding example of community outreach by the University because it serves the entire adult learning community and region with its offering of stimulating courses, special speakers, travel opportunities and most recently, showing films as the new sponsor of the local film society".

In announcing the award, SAIL president Marianne Alexander said, "Not only have SAIL members benefited enormously from the rich offerings of the Lifelong Learning Program but our members have also had the privilege of working with Karen Rice on the program's advisory committee as well as serving as teachers and class assistants. SAIL members have attended these classes as well as participated in special trips Karen has organized."

Edwinna Bernat and Jack Young present the award to Karen Rice as President Alexander looks on.

The idea of such an award was originally suggested in 2018 by member Sue Kemnitzer, who proposed guidelines for choosing awardees. Since then, she, Jack Young and Edwinna Bernat have comprised the selection committee. Member Roger Bernstein nominated Ms. Rice, and committee member Jack Young seconded the nomination and submitted it to the board for final approval.

SAIL'S HOLIDAY BROWN BAG LUNCH

Friday, December 16th at 11:30

Trinity Episcopal Fellowship Hall

Bring holiday cookies to share, along with your own lunch and
a gift for the exchange.

We'll have a White Elephant gift exchange, an ugly Christmas sweater contest and a holiday songfest.

TENTH ANNIVERSARY PARTY

By Marianne Alexander and Eleanor Finn

SAILers came out in droves to celebrate SAIL's Tenth Anniversary Party. Kicking off the yearlong observance of this important milestone in our organization's history, the party was held on Friday evening, September 23, at Morgan's Grove Pavilion.

The party featured music and costumes from the 50's, 60's, 70's. Strong indicators of the success of the anniversary party were the 75+ SAILers who attended, including a number of SAIL founders and new members. Many of the attendees came in costume, and enthusiastic dancers clearly enjoyed the music and the great weather. Prizes were awarded for the best costumes, with first place going to Maylene Reisbig, second to Lori Kato, and third to Marellen Aherne.

A special thank you goes out to all the SAIL board members who planned the event with special shout outs to Betty Snyder who scouted and secured the great DJ, Winnie Bernat who conducted the costume contest and secured prizes

for the winners, and Jack Young who contributed his collection of SAIL poster art work for the décor. His amazing family crew of Beth and Richard prepared the space, including moving tables to make more room for dancing, and hanging the nautical decorations and SAIL banner--no easy tasks. Jack's daughter Beth was also deeply involved in preparations of some of the decorations prior to their being hung that day. Assisting in the decorating that involved ladder climbing was SAIL member Bill Carrigan. Staying afterwards to help clean up were Board member Barbara Shaffer and her husband John whose height was handy for removing decorations from the rafters! Thank you to Suzie Patrick for helping to decorate, organize the



Eleanor Finn and Carolee Youngblood begin preparations



Bill Carrigan and Richard Young hang decorations

day and for wearing a wonderful poodle skirt in honor of our music from the past. Thanks to all of the other well-costumed members and enthusiastic dancers.



Early arrivals: Melinda Landolt, Renny Smith, Elinor Ross, Jack Young, Beth Young with Jean Neely in front.

Although Carol Sanders catered the dinner event, SAIL's hospitality volunteer leader Eleanor Finn led the planning for the dinner, arranged for the caterer and supplied the coffee, beverages, table coverings, plates, cups, etc. Thank you Eleanor and also to those who contributed wine to share. The party committee, led by President Alexander, began planning for the event in the spring and deserve kudos as well: Edwinna Bernat, Eleanor Finn, Esther Murphy, Maylene Reisbig, Barbara Shaffer, Betty Snyder, Jane Tuckerman, Jack Young and Carolee Youngblood.

Underpinning all the planning and executing of the party was SAIL's amazing Carolee Youngblood, who issued the invitations, took reservations, created the evening's printed program and hauled the banner and other decorations to the site, getting there in the early afternoon to assist in the decorating and staying until all was cleaned up. She also attended every planning session and kept us on track with her notes. Thank you, Carolee!



Barbara Shaffer helps check in attendees



The two who made it all happen: Eleanor Finn and Marianne Alexander



Maylene Reisbig, Marellen Aherne, Susan Kern, Elinor Ross



Betty Snyder leads the dancing



More dancers



Mary Bell and Kent Shaffer



Founders Jean Neely and Dan VanBelleghem



ANNUAL MEETING



Mary Bell, John Shaffer, Barbara Shaffer, Linda Spatig, Marty Amerikaner and Kent Shaffer enjoy the luncheon.

SAIL's Annual Meeting was held on Friday, November 18, in Trinity Episcopal Church's Fellowship Hall. Approximately 50 SAIL members and friends attended the meeting. Attendees were provided with a wealth of information concerning SAIL's past record and plans for the future. President Marianne Alexander conducted the meeting where committee chairs presented their reports and five new Board members were elected for 2023. Afterwards, attendees enjoyed a luncheon arranged by Eleanor Finn and her committee and catered by Carol Sanders.



NEW BOARD MEMBERS



Joe Adams and daughter Janet

Three new Board members were elected at SAIL's annual meeting. They are Michael Austin, Sally Rivenburgh and Bonnie Sitman. Two members were elected for a second three-year term: Joseph Adams and Susan Kern. Continuing Board members are Marianne Alexander, Phil Post, Maylene Reisbig, Barbara Shaffer, Dan Shelton, Betty Snyder and Linda Spatig. Three retiring members are Edwinna Bernat, Monte Cole and Esther Murphy. There will be an orientation meeting for new Board members in January.



VOLUNTEER TRAINING SESSION



Carolyn Rodis led the 2022 training session for SAIL volunteers on September 17, at Morgan's Grove Park. The trainees were introduced to the newly revised training booklet put together by Carolyn's Care of Members Committee. Attendees shared their thoughts and experiences. Four new volunteers have signed up to provide direct services to members.



SHEPHERD VILLAGE VISIT



Visiting the Shepherd Village
Common House

In late September, the Membership Committee received a request from Leah Rampy and Cathy Stentzel to come to Shepherd Village and give interested residents an overview of SAIL. A group of SAIL members accepted the invitation and met with a number of Village residents in their Common House. Jack Young led the presentation, and was joined by SAIL members Linda and Tak Kato, Suzie Patrick, Leah and David Rampy, Barbara Shaffer and SAIL Program Coordinator Carolee Youngblood. The Kato's and Rampy's live at the Village and they were joined by residents Nan Broadhurst, Donna and William Hyatt, Anne Jones and Cathy Stenzel.

Jack gave an overview of SAIL and David Rampy gave a positive description and endorsement of our organization.

After the presentation, the SAILers were given a tour of the "holding area" where SAIL and the Village have agreed to stow medical equipment for use when needed temporarily by members.

COFFEE AND CONVERSATION

Coffee and Conversation

By Jack Young

In September SAIL conducted the Coffee and Conversation gathering at Jack Young's home on the 14th. In attendance were SAIL members Suzie Patrick, Carolee Youngblood and Jack Young; with prospective members Carolina Ford and Evelyn Gettys; and Jack's daughter Beth.

We had a wonderful exchange of information. Carolina and Evelyn both indicated they planned to join!! Information packets were provided to each.



Carolina, Suzie, and Evelyn



Edwan Fon, Carolee, Anne Jones,
and Loraine Straight

SAIL's October Coffee and Conversation session was conducted on Wednesday, October 12th, again at the home of Jack Young. In attendance were SAIL members Jack Young, Carolee Youngblood and Loraine Strait. Guests in attendance were Anne Jones who moved to Shepherd Village from North Carolina this spring, and Edwan Fon who is an engineer working at the Coast Guard Facility. Both have since joined SAIL.

MEMBERS HELPING MEMBERS



Linda Spatig and Jack Young
recently visited Jean Neely

BROWN BAG LUNCHEONS

By Jack Young



James Broomall addresses luncheon group

September: SAIL's September Brown Bag Luncheon on Friday, September 16, was hugely successful. Dr. James Broomall, Director of the George Tyler Moore Center for the Civil War in Shepherdstown, was the guest speaker. He gave an illuminating and educational presentation about Shepherdstown and



SAIL President Marianne Alexander and James Broomall

the Civil War. It was particularly of interest given the fact that the Battle of Antietam took place on this same date, September 17, 1863. The presentation was followed by a lively "question" segment. Twenty-five members were in attendance. Thanks to Eleanor Finn and her committee for the goodies.



Mary Alvaro speaking.

October: On October 28, Mary Alvaro, Community Impact Coordinator at Jefferson Security Bank, spoke at SAIL's Brown Bag Luncheon Meeting on "Safe Banking for Seniors: How to Detect and Protect Oneself Against Scams that

Target Senior Citizens." Approximately 25 members and friends were in attendance. Once again, Eleanor Finn and friends provided desserts and drinks.

November: Annual Meeting (See page 4)

Coffee Klatch

By Mary Bell

In April, 2020, at the beginning of the pandemic lockdown, the SAIL Friday morning Coffee Klatch began meeting via Zoom, which was a new technology for all of us. Our goal was to meet weekly to talk about subjects other than the problems of the world, to take a break from those major concerns.

Now, over two years later, we meet once a month as life has gotten busier. In good weather, we meet at Morgan's Grove Park. Now that it's turned cool, we meet at MJ's Cafe on German Street. We always call ahead to let Jordan know we'll be there, and we enjoy a bagel or his fabulous avocado toast and coffee or tea. If you'd like to join us, call the SAIL office or contact Mary Bell, who is listed in the SAIL directory.



Edwinna Bernat, Barbara Shaffer, Mary Bell, Diane Kradel meet at MJ's with owner Jordan.

WALKERS

By Margie Knott



Carol Woods, Barbara Shaffer,
Susan Ford, Margie Knott
and Sharon Henderson

The SAIL Towpath Walkers is a group of 4 to 9 women who enjoy being outside in nature for some exercise and good conversation. We stroll about 3 miles every Tuesday. Meet-up is at the large overflow parking lot at the C&O Canal at 10:00 a.m. or 1:00 p.m. depending on the time of year and weather. Since November we have been meeting at 1:00 pm. Besides the towpath, the group often ventures out to Antietam Burnside Bridge where we hike the Snively or Final Attack trail. Come join us and see if it's a walking group for you. There's always coffee and a treat afterwards at the Sweet Shop or Rocs. Contact Margie.Knott@yahoo.com if you'd like to get on the mailing list.



EXERCISE CLASS INVITATION

From Renny Smith

Cris Kinsella and I have been going to an exercise class at the train station Thursday mornings at 11:30. We like it a lot and wanted to share with SAIL members. We bring a yoga mat, three quarters for the parking meters and 20 bucks or whatever we have to put in the pot. The class is "pay what you can."

I have found that the sessions improve balance and strengthen the core. The yoga poses can be challenging but real yoga practitioners accept modifications as the body requires. Some can be done sitting in a chair. No need to contact anyone. Just show up - a little early if you're new.



Frances and Roger Bernstein

Carolina and Brent Ford

Edwan Fon

Evelyn Gettys

Donna and William Hiatt

Linda and Takehiko Kato

Rem Onyshczak and Janet Bailey

NEW MEMBERS 2022



John Deupree and Sally Reynolds

Michael and Sally Riley

Kent Shaffer

Catherine Stentzel

Lisa Welch

Linda and Alex Wanger

Virginia James



Notice: The newsletter does not include all SAIL activities. For dates and times of all SAIL activities, go to the website: SAIL.clubexpress.com/

FEATURES

Editor's note: In the last issue we began a new feature, writings by SAIL members. The author this time is Susan Smith who writes a story that's perfect for our winter issue.

Brotherly Love



Away in a Manger, No crib for his bed

Once upon a time, not so very long ago, little boys played cowboys and Indians. And little boys' favorite possessions were cowboy hats, six shooters, and big shiny sheriff's badges. My brother, Timmy, was one of those little boys. His November birthday (he turned four years old) brought him all three. Timmy was a busy little fellow: he went to nursery school, he played with his friends, he went to Sunday School and he was a loyal participant in the Cherub Choir at Galesburg's First Presbyterian Church.

At Christmas time, the Cherub Choir, composed of three and four year old Cherubs, were participants in the annual service of Lessons and Carols. This was the inaugural event for this group and they had been practicing the story of the baby in the manger for many weeks. The day for the service arrived and Mama and Daddy and I arrived at the church and took our places in the congregation. We sang "O Come All Ye Faithful" as the various choirs filed in to take their assigned seats in the pews. Our family beamed with pride as Timmy marched by with new Christmas haircut, scrubbed face and freshly polished shoes. His long red choir robe and white starched smock top were worthy of a Christmas card. We sat patiently as the pastor read lessons from the Old Testament and various choirs sang "O Come O Come Emanuel" and "O Little Town of Bethlehem." Finally it was time for "O Holy Night."

The Cherub Choir stood up like little cherubs, proceeded up the stairs to the altar and turned to face the congregation -- and there, front and center, with a smile from ear to ear, stood the Sheriff of the First Presbyterian Church - Timmy himself! He had used the time while he waited for his turn to sing about the birth of the baby Jesus to quietly pin his huge silver sheriff's badge to the front and center of his choir robe!!

Baby Jesus never had an arrival surrounded by such security! Sheriff Timothy was on the job!

And a Merry Christmas to All!

Susan Smith



Editor's note: Below, Jim Bauman gives us some healthy advice for this holiday season.

THE CARDBOARD GOURMET

We're being told repeatedly by our health professionals and sometimes by our friends and family to be sensible and cautious about what we eat and drink. And I personally believe they're right. So this year, following my heart attack a year previously, my doctors ganged up to say any future possible improvements in my heart muscle would likely come about by going on a low-salt diet. That would be in addition to the usual not drinking, not smoking, giving up desserts and fats and red meats, and, of course, exercising. So being sensible and cautious myself—assuming you don't ask my family—I agreed to give it a go.



I approached the task as kind of an adventure or an experiment. Would my heart really bounce back, all plump and happy, throbbing away mightily? “Let's go for it, Jim,” I said, “and let's see.” And so began the saga of the Cardboard Gourmet. Why that name, you might ask? Because initially, I found my taste buds, trained for decades on liberal use of the salt shaker, rebelled and sent to my brain the message that what I was now eating all tasted like cardboard. Apparently the good doctors forgot to mention that giving up salt would also come with giving up flavor and taste.

The Dutch have an expression that's equivalent to the French “bon appetit.” In Dutch it's “eet smakelijk,” which literally would translate to “eat tastily.” It's something every Dutch waiter or waitress says as they put some fabulous looking plate in front of you. But eating tastily is not something that happened to me anymore, especially in the beginning of my eating adventure. But in the true spirit of adventure, rather than giving in to bland, I decided to experiment, to try to find new paths to flavor. And that's when I discovered umami.

I originally thought from the pronunciation (oo-MAH-mee) that umami had something to do with what your mommy would feed you, but no. The word comes from Japanese and indicates a specific taste that the Japanese have recognized and appreciated for maybe centuries. But it wasn't until 1907 that a Japanese scientist isolated one of the main chemicals producing the taste. You know what that chemical was? Monosodium glutamate – MSG! – which we Americans a while back came to regard, probably wrongly, as the cause of Chinese restaurant syndrome, that flushed, wobbly feeling some get after eating Chinese takeout.

But then in 2002 scientists identified umami taste buds on human tongues. These are in addition to the classical sweet, sour, bitter, and salt taste buds. There's a lot of discussion about how to recognize umami when it's there, but, alas, English fails us. The best we come up with is that it is the taste that's not any of the other four. That is, it is simply umami.

But to get back to the absence of “smaak” in my new low-salt diet, my trusty Internet sources suggested I focus on umami rich foods as a substitute. And so, long and short, I now have gone over to mushrooms, tomatoes, seafood, chicken, hard cheese, eggs, green tea, peanuts, tofu, and caramelized vegetables as staples, seasoned from an umami shaker with granules of dried mushrooms and seaweed. Your mouth watering yet?

Jim Bauman

MEMBERS IN THE ARTS

Editor's note: Our "Member in the Arts" essay in this issue shows us another aspect of being involved in the arts.

Productive Meanders

By John Shaffer

Let's call them "productive meanders".

One of the pleasures of retirement is the chance to pursue personal interests wherever they may lead. After returning to Shepherdstown a few years ago, I found that I had hours to fill while we waited for our new home to be built. As a result, a casual interest grew into a hobby— and eventually into a project that could be shared with a wider audience.

It began when an unusual illustration for Dante's Divine Comedy caught my attention. Unlike the widely-circulated versions by Gustave Doré and others, this subtly colored pen and ink drawing showed art nouveau sensibilities. It was signed by an Italian of the early twentieth century for whom little biographical information was available. His name was Ezio Anichini.



John Shaffer at the University of Dayton

Gathering details at the Library of Congress and through patient correspondence, I gradually gained a clearer picture of Anichini as an individual and the extent of his career as an illustrator for the popular press of his era. One or two pieces at a time, I started to collect examples of work he did for magazines, children's books, postcards and posters.

To properly qualify as a "meander," time must be allowed to explore the many subjects with which it intersects. In my case, studying Anichini, meant brushing up on European history between the world wars, the evolution of the publishing industry, and the fascinating interplay of popular iconography between mythology, religion, politics and national identity.

A happy collaboration developed with two organizations— the Marian Library at the University of Dayton and the Royal School of Needlework in England. The Library published my article on Anichini's illustrations of the Virgin Mary and suggested an Anichini exhibit, which took place this past summer. The R.S.N. generously loaned us two extraordinary embroidery panels created by anonymous craftspeople from Anichini's designs. [Ed.—John actually curated this show.]

Does that conclude this meander?

Last week, a winemaker called from Italy to talk about adapting Anichini designs as labels for his vermouth... Happy travels! May I suggest that indirect route you've wondered about?

Ed. Note: To see John's original article in Dayton University's Marion Library newsletter, go to this site: https://ecommons.udayton.edu/cgi/viewcontent.cgi?article=1202&context=ml_newsletter

MEMBERS IN OTHER ORGANIZATIONS

Editor's note: Here again is another SAIL member who is active in other organizations, this time John Deupree, president of Speak Story Series.

Speak Story Series

Speak Story Series, one of Shepherdstown's creative arts crown jewels, has many parallels with SAIL. Like SAIL, it is designed to build community. SAIL creates community through members helping other members. Speak creates community by bringing diverse, internationally renowned, story artists to Shepherdstown, live and online, to share their perspectives on the human condition.

What is a story artist? A practitioner of the world's oldest art form--the telling of stories. Now well established in its time slot on the second Tuesday evening of each month, Speak Storytelling brings artists from around the world. At times humorous, serious, or metaphorical, Speak artists educate and entertain, not only in their tales, but how they tell them. Beyond the ticketed concerts, Speak artists visit schools and other community facilities, engaging young people's imagination.

Speak Story Series was founded ten years ago by renowned local artist Adam Booth. Like Adam, Speak has grown in prominence, and is now a highly sought after venue for story artists. In 2023, after being online during the pandemic, Speak hopes to be live again at the revamped Shepherdstown Opera House. Speak is also commissioning a story, an unprecedented opportunity for artists, further underscoring its preeminence.

Ironically, my involvement in Speak came indirectly through SAIL. When my wife and I were new in town, we ended up at the farmers' market's SAIL table, staffed by the indefatigable Carolyn Rodis. Beyond SAIL, she also mentioned Speak. As an author with the tag line "Our stories are the vessels of our souls," I was hooked.

When I joined the Speak board, it was part of the Appalachian Studies Department at Shepherd University. Now Speak Storytelling, Inc, is a stand-alone 501c3 which has expanded its breadth to feature artists and tales from a wide variety of backgrounds.

For all its success, we know there are many who would appreciate Speak concerts yet have not yet discovered them. How do you explain story telling for adults? Likely you have to experience it. We welcome all SAIL members, friends, and guests. Information and tickets are available at www.speakstoryseries.com . Season tickets make great holiday gifts...!

John Deupree

President, Speak Storytelling, and SAIL member



Adam Booth, Founder of Speak Story Series

Media Review

Editor's note: Our regular media reviewer is on vacation right now, so it's a perfect time to introduce our Anniversary Booklet to those readers who didn't get one at the Annual Meeting.

Anniversary Booklet





In order to document SAIL's growth and accomplishments over the ten years of its existence, and to honor its founders, the Board decided to publish a tenth anniversary booklet. The finished booklet, which was handed out at the Annual Meeting in November to attending members, is full of information about SAIL and its members. The first section, written by Barbara Shaffer and Melinda Landolt, is a timeline of milestones over the years.

The next section is devoted to the founding members, with their recollections of the early days in SAIL's history. The official list of founding members includes Melinda Landolt, Tom Miller, Judy Moore, Jean Neely, G.T. Schramm, Vicky Thomas, Dan VanBelleghem, Ted Walton and Jack Young.

One section lists SAIL members who hold prominent positions in other local organizations, while another describes how SAIL helped initiate two Shepherdstown projects: Shepherd University's Lifelong Learning Program, written by Maylene Reisbig, and Age-Friendly Shepherdstown, written by Linda Spatig. The booklet ends with reminiscences, submitted by members, of their own early days.

Scattered throughout the booklet are dozens of photographs showing active SAILers through the years. If you were not at the meeting to receive a booklet, and you would like to have one, contact Carolee at the office. (304-870-7245)



Birthdays

December


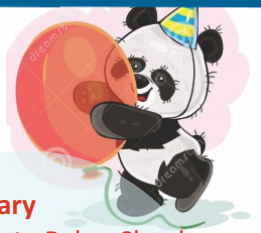
Marellen Aherne
Nan Johnson
Carl Moore
Andy Privee
Norma Siler
Linda Spatig
John Spears
John Splaine
Vicky Thomas
Howard Wachtel
Linda Wanger

January

Woody Garrett
Diane Kradel
Paul Kradel
John Landolt
Phil Post
Michael Riley
Clifford Smith
Linda Smith
Renny Smith
Betty Snyder
LouAnn Stovall
Loraine Strait

February

Charlotte Baker-Shank
Diane Eldridge
Brent Ford
Ellen Jacobs
Harriet Staffa
Jeffrey Stead
Catherine Stentzel





BEWARE OF SCAMMERS

Here is another example of the scams received by our SAIL Scambuster, Paul Kradel!

From: MRS HANNAH VANDRAD <h.vandrad@gmail.com>

Date: October 31, 2022 at 8:52:15 AM EDT

Greetings dear

This letter might be a surprise to you, But I believe that you will be honest to fulfill my final wish. I bring peace and love to you. It is by the grace of god, I had no choice than to do what is lawful and right in the sight of God for eternal life and in the sight of man for witness of god's mercy and glory upon my life. My dear, I sent this mail praying it will find you in a good condition, since I myself am in a very critical health condition in which I sleep every night without knowing if I may be alive to see the next day. I am Mrs. Hannah Vandrad, a widow suffering from a long time illness. I have some funds I inherited from my late husband, the sum of (\$11,000,000.00, Eleven Million Dollars) my Doctor told me recently that I have serious sickness which is a cancer problem. What disturbs me most is my stroke sickness. Having known my condition, I decided to donate this fund to a good person that will utilize it the way I am going to instruct herein. I need a very honest and God fearing person who can claim this money and use it for Charity works, for orphanages and gives justice and help to the poor, needy and widows says The Lord." Jeremiah 22:15-16." and also build schools for less privilege that will be named after my late husband if possible and to promote the word of god and the effort that the house of god is maintained.

I do not want a situation where this money will be used in an ungodly manner. That's why I'm taking this decision. I'm not afraid of death, so I know where I'm going. I accept this decision because I do not have any child who will inherit this money after I die. Please I want your sincere and urgent answer to know if you will be able to execute this project, and I will give you more information on how the fund will be transferred to your bank account. May the grace, peace, love and the truth in the Word of god be with you and all those that you love and care for.

I am waiting for your reply.
May God Bless you.
Miss Hannah Vandrad

Paul's advice? Ignore this stuff. Delete it immediately!!!

Here is some good advice Paul found in his AARP magazine:

AARP recently mailed out a tool for recognizing and avoiding Scams. They provide 4 examples on how to identify scams:

- 1) Any unsolicited call saying that you owe money.
 - 2) A Pop-up message on your computer saying that you owe money.
 - 3) Being notified that you have won money, but must pay an upfront fee to collect it.
 - 4) Receiving a call from someone claiming to be a relative needing a gift card for an emergency.
- Hope this information helps you protect yourself from people who are illegally and by using trickery trying to get your money.

HELP WANTED

As SAIL keeps growing, our needs grow as well. Our members come to us with many different skills, honed during years of professional practice. If you feel you could apply your skills in any of the areas listed here, please contact the person listed or contact our Program Director Carolee Youngblood (see contact information below). For you new members, there's no better way to meet new people than being a SAIL volunteer!

- Intergenerational understanding: Carolyn Rodis works with Dr. Heidi Dobish of Shepherd University, helping to recruit SAIL members to join Dr. Dobish's Intergenerational Communication class. Members join students in their Wednesday morning Zoom class to explore topics such as stereotypes, ageism, social roles, quest for meaning, living arrangements and isolation. The class runs from February 8 to April 12. If you think you'd like to participate, contact cjrodis@yahoo.com
- Finance: SAIL is looking for a member or members to join the Finance Committee. If you are curious about SAIL's income and expenses and would like to add your input, please contact Treasurer, Maylene Reisbig at mreisbig@aol.com . The Committee meets only as needed (rarely more than twice yearly). Anyone is welcome, and experience with non-profit budgets, taxes and/or liability would be cause for a celebration! Be where the buck starts and stops!
- Tech assistant: Barbara Shaffer handles our technology tasks, but she could use some help. She especially needs someone who knows how to set up hybrid meetings—meetings that are attended live and through Zoom. barbara.shaffer@oswego.edu
- Newsletter: We are in need of people who have editing skills who can help with the newsletter, and those who are familiar with desktop publication, such as that in WORD. Contact edwinnabernat@gmail.com .
- Activities: A good way to learn what is going on in SAIL is to help coordinate the various activities. Contact Carolee Youngblood, info@shepherdstownsail.org .
- Hospitality committee: Eleanor Finn, Chairperson of our Hospitality Committee is always looking for members who like to bake cookies and help out with our Brown Bag Luncheon meetings. Contact Eleanor: Eleanor_Finn@yahoo.com . (That's an underline between Eleanor and Finn.)



RECIPE CORNER

By Esther Murphy

Welcome to the recipe corner during this winter holiday season.

A few years ago my daughter asked me to come up with a salad for our Thanksgiving dinner that would be a contrast to the rich, mashed, and creamed dishes that we love at Thanksgiving. The result is a salad that I serve often and that has inspired several variations.

The original recipe:

Green Salad with Apple, Feta, Pecans and Balsamic Dressing

For the sugared pecans:

1/2 cup pecan pieces

2 Tbs. granulated sugar

Toss pecans and sugar and cook over medium high heat, stirring constantly until nuts are coated and brown, about 4 minutes. Set aside.

For the salad:

6 oz. baby spinach

1 head red leaf lettuce, torn

1 apple, cored and thinly sliced (I like a sweet apple).

4 oz. crumbled feta or blue cheese

Toss these ingredients.

For the dressing

1/4 C red onion, finely chopped

3 Tbsp red wine vinegar

3 Tbsp balsamic vinegar

1/2 C olive oil

2 Tbs granulated sugar

1 clove garlic, minced

1/4 tsp salt

1/4 tsp freshly ground black pepper

Combine and shake well



Toss the sugared pecans, salad ingredients, dressing and serve

My favorite variations and shortcuts:

Substitute fresh strawberries for the apple

Substitute goat cheese for the feta or blue cheese

Use commercial balsamic dressing

Buy sugared pecans if you can find them.

Experiment with different salad greens.

POST SCRIPT

The 2017 Winter issue of the SAIL newsletter was my first attempt at editing this little publication. I took over from our first editor, Jean Neely, and was lucky enough to inherit her layout artist, Agnes Freund, and her proofreader, Melinda Landolt. This issue marks the beginning of our sixth year together and it has been a joy working with them. It has also been a joy discovering all the talented people in SAIL who have contributed writings, photographs, ideas and other services through the years.

During the next year, I would like to pass on some of that joy to others who might be interested in helping with the newsletter. I know there are other English majors out there and those who worked on their school newspapers! And I understand that WORD has a desktop publishing component that some of you might be familiar with---??? I would love to hear from you.

Then, too, we have our regular features section, and are always looking for members to tell us about their work in the arts or in other organizations. Also, if you have a story to tell us or a poem you've written, don't be shy. We want to hear it!

While you're giving all this some thought over the next few weeks, I hope you have a warm and lovely holiday season filled with all the things you like about this time of the year.

Edwinna Bernat, Editor
edwinnabernat@gmail.com

For further information on all SAIL events and activities, go to the website listed below.

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