

# SAIL

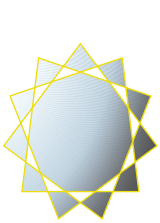
## SHEPHERDSTOWN AREA INDEPENDENT LIVING

VISIT OUR WEBSITE: [www.shepherdstownSAIL.org](http://www.shepherdstownSAIL.org)

### NEWSLETTER SPRING 2014

#### MEET YOUR 2024 SAIL BOARD

Three new Board members were elected at SAIL's November Annual Meeting. They are Mary Bell, David Rampy and Lorie Strait. The Board then elected its executive officers for the coming year. They are President Barbara Shaffer, who is also in charge of our website; Vice President Betty Snyder, who is Chair of the Nominating Committee; Secretary Sally Rivenburgh; and Treasurer Maylene Reisbig, who is also Chair of our Finance Committee.



Barbara Shaffer



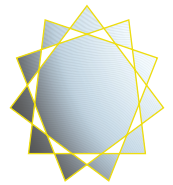
Betty Snyder



Sally Rivenburgh



Maylene Reisbig



New Board members Dave Rampy,  
Mary Bell and Lori Strait.

Along with the Executive Committee, these members comprise the full Board: Joe Adams, Chair of the Vendor Committee; Mike Austin; Mary Bell, Chair of the Communications Committee; Susan Kern; David Rampy; Dan Sheldon and Lorie Strait. Jean Neely continues as a Member Emerita.

Several official SAIL committees are chaired by non-board members and should be mentioned. They are Marianne Alexander, Fundraising; Suzie Patrick, Membership; Carolyn Rodis, Care of Members; Bonnie Sitman, Activities; and Linda Spatig, Age-friendly Shepherdstown.

We welcome our 2024 Board members and send thanks for their willingness to take on the responsibilities of running our growing organization.

## DINNER GROUPS

This month marks the last month for the current dinner groups to dine together. The activity was developed last year by Deb Tucker to give members a chance to experience the comradery of new friends and to support local businesses in Shepherdstown. Deb will be assigning new groups in April. She laid out these guidelines for the dinner groups last year:

- Dinner groups are open to members only.
- Dinner group members will change in April of each year.
- Groups will be a combination of singles and couples.
- Participants will pay for their own meals.



Please let Deb know if you would like to be included in a group for the coming year.  
([debmtucker@gmail.com](mailto:debmtucker@gmail.com))

## PRESIDENT'S NEWS

By Barbara Shaffer, SAIL President

Thinking back on my university library work, I remember being immersed in a culture of assessment and improvement. This experience is proving very helpful for one of our Board's current tasks - using the data and comments you all provided on your surveys to improve and strengthen our SAIL programs and services. We've already had good discussions about activities, vendor lists and the website; and over the next few months we'll dive into other areas including volunteers and the services they provide. While we're launching some new projects and advancing others, I'm enjoying getting to know the committees better and learning how much they do behind the scenes. (You'll find articles throughout this newsletter with some details.) I really appreciate the good work that all these groups do, and the contributions of time and talent that our volunteers make to committee and board work!

This season I also want to highlight a special "new member" opportunity available throughout March and April, and ask for your help in alerting friends and neighbors who may be interested. When we moved to a consistent May renewal time for all members, we also instituted bonus months for those who join at this time of year. For the same annual fee, March new members get 14 months (2 free) and April new members get 13 months (1 free). For those considering becoming SAILers, now is the time! There will be Coffee and Conversation events coming up on March 13 and April 10 at 10:30 AM at the Shepherdstown Public Library. Please consider bringing a friend to one of these information sessions, which provide a relaxed opportunity for newcomers to learn more about SAIL. (Please contact Carolee in the office to let her know you are coming.) Another good way to introduce friends to SAIL is by sharing our Member Benefits webpage.

I'm honored to have been asked to take the reins as SAIL President, and I'll do my best, with your help, to keep it strong and active. One way we can all be involved is by participating in our varied activities, like our Brown Bag Lunches. At this month's lunch, Mark Kohut from Shepherdstown Shares will be our presenter. (11:30 on March 15, Trinity Church Fellowship Hall). I hope to see you there!

*Editor's Note: You will be asked to bring a contribution for Shepherdstown Shares to the BBL.*

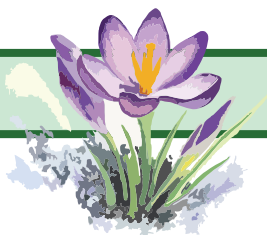
# SAIL MEMBER-TO-MEMBER COMMUNICATION CHANNEL

From Carolee Youngblood

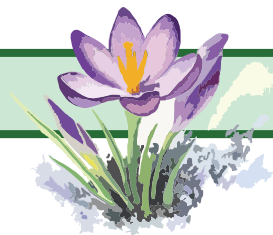
The new year is always a good time for some reminders of SAIL services, and we'll start with our communications channels.

Members are asked to use our SAIL google group for sharing announcements or questions of general interest. This group was created specifically for member-to-member communications, and it is quite user-friendly. Simply compose your message and send it to this email address: [sail-members@googlegroups.com](mailto:sail-members@googlegroups.com). If you have difficulty using this service, please contact the office for technical assistance.

If you wish to contact an individual member, you can find member email addresses at the SAIL website ([www.sail.clubexpress.com](http://www.sail.clubexpress.com)) in the online or printable Membership Directory. To access this information, you will need to log in. (For instructions on logging in see our FAQs and choose "website help" on the menu.) You may also call the office to request this information, at 304-860-7245.



## ACTIVE SAILers



SAIL members helped usher in the holidays during the Shepherdstown Holiday Parade, December 2, and SAIL's holiday party, December 15.



Paul Kradle parades with our SAIL life saver



Marianne Alexander and Barbara Shaffer carry the SAIL banner in the Shepherdstown holiday parade



Party-goers ready for fun. Left to right: Barbara Shaffer, Linda Spatig, Maureen Dishman, Marty Amerikaner, Sue Collins and Evelyn Gettys. Top left: John Shaffer.



Dave Rampy leads the singing, accompanied by Steve Bartlett and Marty Amerikaner.



Maureen selects a present.



Jim Bauman shows Esther Murphy his healthy cookies at the resplendent dessert table.



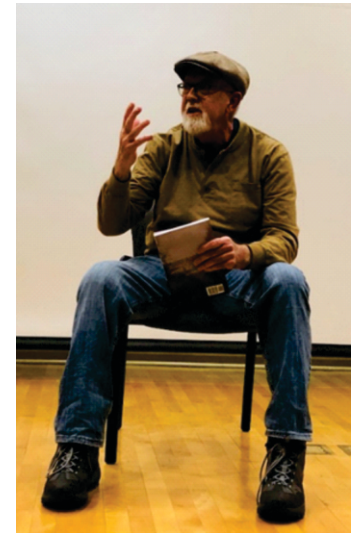
## SAILERS AS AUTHORS

Two of our members are introducing their new books this spring.

### Stewart Acuff: *Playing Bigger than You Are*

SAIL Member Stewart Acuff held a book launch and signing at the Robert C. Byrd Center on Wednesday, Feb 21. The book, *Playing Bigger than You Are*, is an updated memoir containing stories and poems. During the evening, Mr. Acuff read from his book, discussed his 40+ year career as an organizer, and took questions from attendees. He is a former AFL-CIO National Organizing Director.

The event was sponsored by Ellerslie Books and Four Seasons Books.



Stewart Acuff with his book.

### Leah Rampy: *Earth and Soul: Reconnecting amid Climate Chaos*



Please plan to be there when SAIL member Leah Rampy will hold a live book talk and signing at the Shepherdstown Train Station on Friday, March 8 at 4:00 pm. Her book is *Earth and Soul: Reconnecting amid Climate Chaos*.

The event will be co-sponsored by Four Seasons Books and the American Conservation Film Festival. Free registration is required. Contact [www.fourseasonsbooks.com](http://www.fourseasonsbooks.com).

## BROWN BAG LUNCHES

**January:** The January Brown Bag Lunch was held on Friday, January 19, at Trinity Episcopal Fellowship Hall. Our guests were the Shepherdstown Threshold Singers, a local group led by Leslie Williams. The group offers their singing to those who are facing grief and loss. They are a part of a nationwide movement of Threshold Singers who provide healing music wherever it is needed.



**February:** The February Brown Bag Lunch was held on Friday, February 16. Our guest speaker was Lucinda Powers, the new Director of Continuing Education and Lifelong Learning at Shepherd University. Cindy gave us an overview of the Spring 2024 Catalog for Lifelong Learning, a 10-year-old program at Shepherd University, and a favorite of adults in the Shepherdstown Community. She described details about the many Lifelong Learning classes that will be available and talked about national and international trips and lectures that will be available.



Maylene Reisbig, who led the meeting, with speaker Lucinda Powers

# BROWN BAG



Lucinda takes a question from Jim Bauman (left) while Bill Kerrigan looks on.

*Editor's Note: Here is a picture of Carolee Youngblood and Sally Rivenburgh who have been providing most of the desserts for recent Brown Bag Lunches. They are looking for volunteers to give them a break. Please let Carolee know if you can help out.*



Thank you, Carolee and Sally!

## MEMBERS IN THE ARTS

### Mandy Staffa, Artist

Lovely Winnie asked me to write a few words on my art work and how it has changed over time. I feel life is always changing from moment to moment. The whole process of my paintings is a great mystery even to myself. I suppose recently I have been more drawn to the great beauty in nature and less to those who have shown up in my drawings and paintings.

I was encouraged in childhood by a family friend and childhood psychiatrist, J. Louise Despert. She herself was amazing growing up in Paris and during World War I, working as one of the very few woman doctors. She also was a great sculptor and friends at that time with Modigliani. She and my mother, Elinor Philbin, really gave me confidence in my art. At ten, I began attending the Art Student's League of New York. I remember one teacher who reeked of garlic, but was one of my best teachers.



Also, a painter friend of my mother's, Phyllis Mason, taught me in her studio-- a three floor walkup. Her paintings were amazing and her husband Frank was also one of my teachers at the League. The other teacher I would like to mention taught me in Switzerland when I was 15-16. She opened my eyes to the impressionists and their unique use of light. Up until then I only considered the Dutch Masters as true artists.

I had my first one-man show in New York City in my mid-twenties. David Mann, in whose gallery it was held, was the first person to show Francis Bacon in the US. He even made the trip up to my house in Spain in the Sierra Nevada to see my work. At that time, he had a home in Morocco. In my late thirties, back in New York, I joined the Ceres Gallery of woman artists. I remember wondering if I would fit in when we met, but it turned out they were all so familiar. There have been a few other shows since then in Spain and New York. Recently Tim Love and I had a show at the Bridge Gallery. Tim's work is extraordinary. He is an old friend of 50 years. I did the nature paintings for this show and am grateful to Catherine, the gallery owner, for the opportunity. I am also grateful to Winnie for taking an interest in my work.



Mandy with an earlier portrait



Landscape (recent)



Mother and Child (earlier)



## SCAM REPORT



Paul Kradel

When I purchased my 2020 Toyota Sienna van I also purchased a "Preferred-Plus Service Agreement" that was supposed to be good for six years, and expire in July 2025. A company called Endurance wrote to inform me that "effective February 15, 2024, they would not be able to honor the service contract designed especially for my vehicle." This correspondence was more than a little upsetting to me. They were offering a new service plan that would cover my vehicle up to 3/15/2028 for \$130.00. When I called them, the salesperson on the telephone stated that there had been a price increase because the United Auto Workers had a strike and gained a significant pay increase. Having successfully used the Toyota Extended Warranty Plan in the past, I decided to buy this extended coverage for \$130.00. I foolishly gave them my credit card number and they emailed me a receipt. It turned out that the price was not \$130.00 one time, but \$ 130.00 a month for 30 payments-- something that they had failed to mention on the phone.

Growing more suspicious, I went to the file on my 2020 Toyota Van and got the "Preferred Plus Care Service Plan" sold to me by Toyota. I called the 800 number to discover that the plan purchased at Toyota had not been cancelled and there had been no price increase. In other words, the Endurance Plan was a scam that could have cost me \$130.00 per month for the next 30 months.

Once I discovered the Scam, I called the Endurance 800 phone number and told them that I was cancelling their policy immediately and that I wanted a full refund of the \$ 130.00 that had been authorized by me on my credit card.

The good news is that the Endurance Policy was cancelled immediately and my \$130.00 credit card payment was to be refunded within the next 3-5 business days. On February 20, 2024, my plan is to call my credit card company to make sure this payment was cancelled and that my \$130.00 was refunded.

It appears that auto warranty plans are the newest scam, and initially, they present a convincing description of their product. Usually, I hang up when I get phone calls like this; however, this solicitation came by mail, seemed authentic and covered my car, which is important to me.

Be aware, if this happened to me, it can happen to you. Fortunately I had a copy of my actual plan from Toyota and was able to call their RoadVantage Policy staff immediately!

For further information on all SAIL events and activities go to the website listed below.  
This newsletter is a publication of SAIL.  
Shepherdstown Area Independent Living  
304-870-SAIL ((304)870-7245)  
[www.shepherdstownSAIL.org](http://www.shepherdstownSAIL.org)

## RECIPE CORNER

Jim Bauman

*Editor's note: Once again, our healthy-eating cook, Jim Bauman, offers up a humorous read concerning his problematic food restrictions. And again, he gives us some more of his famous cookie recipes. If you attended the Holiday Party, you know what I mean. He contributed both the chocolate chip and the almond butter cookies to the dessert table. Both were delicious.*

I have to admit right up front that the reason for this article came about from an unhappy gut, mine. I'll spare you the reasons for that because this is supposed to be an "up" discussion. Suffice it to say that I came to believe that the remedy involved making my gut bacteria happier by feeding them what they wanted, not just what I wanted.

So, research, research, and more research was followed by testing, testing, testing. Along the way, other of my innards decided they wanted their own TLC, so the testing became a job of how to please different children with the same meals. But that just made the challenge more interesting.

The first set of tests focused on giving different things up one by one: carbs, fats, sugar, salt, spices, red meat, all meat, gluten, high mercury seafood, caffeine. As you might expect, one or another of my organs, especially the tongue, took exception to these "punishments." Then too, the experimentation regime would have taken longer than my lifespan to get through.

But then I came across what's called the FODMAP diet, which a group of nutritionists in Australia promoted as a better way to get out of the experimental rut. In this diet you get a list of bad foods to cut out entirely or to limit yourself on. The idea is to stick to just the good foods until your bacteria are smiling again. Then start adding back the banned foods gradually and seeing if your critters continue to smile. It was kind of a stick and carrot approach and it worked overall.

But the interesting part of my food hunting safari was how I learned to combine the good FODMAP foods into recipes that even Julia Child might bless with a star or two. That's a bit of an exaggeration, of course, because French cuisine exists primarily to please the tongue. It's pretty iffy, though, to a fragile digestive tract.



### Chocolate Chip and Almond Butter Cookies

Here's one example, that being an approach to cookies that lowers the amount of sugar, salt, gluten, eggs, and butter. I call these acquired taste cookies. I have so far developed two kinds, chocolate chip and almond butter. Below are the approximate amounts you would use to make two dozen cookies.

Step 1 is to leaven your cookie batter with a sourdough starter. Both types of cookies use regular wheat flour, but the trick is that this flour is processed overnight with the starter. You don't use flour directly



from the sack. Sourdough pumps yeast and bacteria cells into a slurry that you'll use about  $\frac{1}{3}$  cup of. The starter converts much of the gluten into a more digestible mix. I learned this from FODMAP. You'll also use a pinch of baking powder or soda in the dough.

Step 2 is to use substitutes for the other ingredients.

You'll need some additional flour besides the sourdough, gluten-free flour, meaning non-wheat. There are a number of possibilities, but I like to use a combination of almond flour (about  $\frac{1}{4}$  cup) and oats (about 1 cup).

Instead of regular sugar, I use coconut sugar or Truvia or some such low sucrose alternative. Given that diabetes is a growing concern, there are a lot of substitutes out there. If you do use regular sugar, use half of what you'd usually use (about  $\frac{1}{2}$  cup).

For butter, use coconut oil (about 4 ounces) or, if you can tolerate the butter, keep using it. Just make sure it's unsalted. Butter tastes better than coconut oil in my opinion.

For salt, use a salt substitute (about  $\frac{1}{4}$  teaspoon) or just put in half what you're used to using. You can't eliminate salt entirely from your diet, but just about everything in a can or box or bag is salted, so it's easy to overdo it. Your taste buds with time can get used to less salt.

For eggs, use chia seeds. What??? A tablespoon of chia seeds mixed in with a bit of water will swell in your batter to make your cookies hold together when baked. One tablespoon substitutes for one egg. It will make your cookies crunchier though. If that's not for you, go with an egg substitute instead, preferably just the whites.

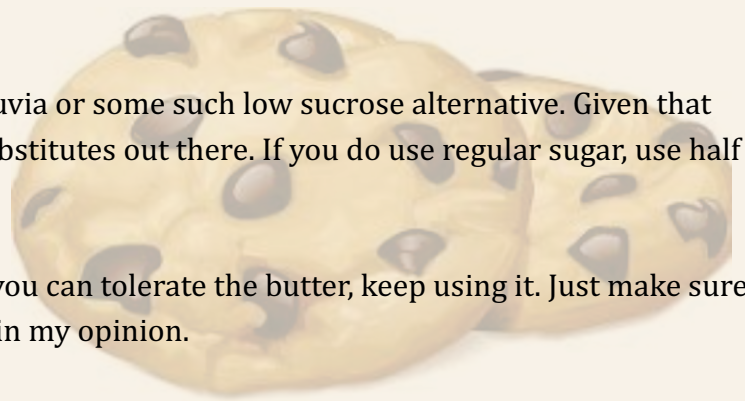
For almond butter cookies, use JUST almond butter (about  $\frac{1}{3}$  cup). Do not use the no-stir kinds, because they contain sugar and emulsifiers. Maybe add a little vanilla ( $\frac{1}{2}$  teaspoon).

For chocolate chip cookies, use real chocolate chips (1 cup or less). Did I just say that? Actually, yes. There are substitutes for real chocolate chips, but they all are sweetened. Anyway, chocolate is ok on FODMAP, as long as it's dark. No milk chocolate. If you use fewer chips, add in some nuts to take their place.

Step 3 is to mix all these things together in the right proportions. That will take some trial and error on your part. The important thing is to get the right feel for the consistency of the dough, not too liquidy and not too stiff.

Step 4 is to let all the ingredients come together, so refrigerate the batter overnight or longer. Then bake the next day. Usually at 350 for 12 minutes, give or take.

Step 5 – eat and enjoy or try, try again if they don't pass your taste test.



## MEDIA REVIEW

By Susan Kern

As a word lover, I delight in presenting to you the 2023 Oxford English Dictionary's word of the year: RIZZ! What do you think? Do you have it? Would you want it? Is it animate, or edible?

We will return to answer this, but first a few words about the OED and its place in the world of words.

Prior to Samuel Johnson's 1755 dictionary, there was no definitive nor extensive English dictionary. Words were added across areas of work and social interests, by many users of English. Shakespeare was a great coiner of new words in his work. Just as the sun never set on English soil at one time, so its power and language spread across the world. In 1885, the London Philological Society conceived a grand project to create a new English dictionary, to be edited under Professor James Murray. Thousands of volunteers participated in researching and completing "slips" for words and supporting quotations. Murray employed his 11 children in alphabetizing submissions. (see *The Professor and the Madman* by Simon Winchester, and film of the same name). The magnitude of the task was sharply underestimated. In five years, they had completed "A-ant". By the time of completion in 1927, all the originators were gone from England and the world.

Numerous additions beyond single words occurred. There are topics such as film-based coinages and Tex-Mex terms. There are quarterly additions and scandals about secretly dropped words as English culture progressed in time. From an original 20 volume set of 600,000 words to a single CD rom, the OED has evolved and grown. In recent years, a move to counter sexism in many pejorative words about women has flourished. Concern has been expressed about the loss of nature words and the concomitant tech language increase as reflective of children's loss of outdoor play, (See *The Keeper of Wild Words*, by Brooke Smith).

And each year, the designation of the word of the year has yielded vax, goblin, mode, perseverance and more. And so we ended up in 2023 with RIZZ - contracted youth speak for charisma, style, charm, attractiveness. Be sure to pass it on!



## AND A BIT OF POETRY

BY Stewart Acuff

### Since Life Began

Soon the flowers begin to bloom  
Daffodils, jonquils and crocus are usually the first  
Blossoms on the fruit trees will decorate the sky  
Leaf buds will emerge on hardwood trees  
And the grass will green  
As the days lengthen and the sun warms the Earth  
Our hearts swell and our spirits will lift  
As spring comes again coloring our world  
Soon the sun's furnace will wake the world, sap will run and life will recreate itself  
All over again as it has since life began.

## BIRTHDAYS

**M**arch

Clara Castelar  
Philip Baker-Shenk  
Maylene Reisbig  
Jack Kendall  
Daniel Shelton  
Steve Bartlett  
Elliot Kirschbaum  
Linda Tate  
Al Vertino  
Winifred McGarty  
Terry Hadley  
Carolyn Rodis  
Pam Splaine



**PISCES**



**ARIES**

**A**pril  
Sue Kemnitzer  
Bonnie Sitman  
David Rampy  
Nancy Stewart



**TAURUS**

**M**ay

Roger Bernstein  
Bill Carrigan  
Joan VanBrunt  
Frances Bernstein  
Stephen Altman  
Tak Kato  
Helen Burns  
Janice Carper  
Donna Hiatt  
Monte Cole  
Linda Kato  
Jennifer Privee  
Geraldine Smith

## PROGRAM COORDINATOR'S REPORT

Carolee Youngblood

In January 2024, SAIL volunteers have given 182.5 hours to volunteer services. Volunteers traveled 541 miles to provide services. 52 SAIL members have signed up to volunteer. SAIL has 3 non-member volunteers. Services provided include transportation to doctor appointments, dental appointments, physical therapy appointments, computer assistance, picking up mail, delivering papers to CPAs, member visits, grocery shopping, household chores and phone calls.

A Volunteer Training Session was scheduled for Feb 7. More Training Sessions will be available in 2024. Members who wish to request volunteer services should call the office, 304 870-7245, to make arrangements for volunteer services. Or send an email to [info@shepherdstownsail.org](mailto:info@shepherdstownsail.org). Allow at least 72 hours for scheduling, if possible. If you have to cancel a volunteer service arrangement, please call the office immediately.

In January 2024, SAIL had 136 members.



**POSTSCRIPT**



*We always appreciate the many kind words we hear about the SAIL newsletter. I enjoy putting it together each quarter but am more than ready to let someone else experience that joy! Might that be you?*

*As the next editor, you will be free to fashion the newsletter to your own liking, making it shorter, deleting certain features or adding others. You do not have to be an English major or a polished writer. Almost all of the text in this newsletter has been submitted by other members.*

*I would be more than happy to work together with you for a number of issues until you are ready to take over. Please give this some thought and, if you're interested, contact me ( [edwinnabernat@gmail.com](mailto:edwinnabernat@gmail.com) ) or Carolee Youngblood, ( [info@shepherdstownsail.org](mailto:info@shepherdstownsail.org) ).*