



Newsletter

Autumn

2014

PRESIDENT'S MESSAGE

It's Fall in Shepherdstown! Already time to think about winter. Here's a handful of ideas to consider now. Do you have your snow removal plan set? What happens in your house when the electricity goes out? If you need it, SAIL will help you make a plan, call to make sure you are okay, transport you to a warm, safe place of your choice. Our volunteer services are revving up to serve you better. Call us!

Mark your calendar for the Annual Meeting, November 21 in the Trinity Church Fellowship Hall at 11:30 a.m. The annual meeting is at 12:30 p.m. Bring your brown bag lunch, and vote for our new board.

Please welcome our new members: Bill Drennen; George and Joyce Johnson; Nan Johnson and her father Clayton Johnson; Hulda McLachlen; and Norma Siler.

Vicky

Victoria Thomas



IN THIS ISSUE we have:

--IF YOU MUST MOVE

--A GREAT READ

--PHOTOS!

--REMINDERS

--SAIL PICNIC

EXTRA! A Special Report

from the SAIL delegates to the Sixth Annual Village to Village Gathering in D.C. &, earlier, the WV Housing Conference in Charleston.



MEET THE MEMBERS: HONNOR DORSEY

One of the things that SAIL hopes to prevent for members is the wrenching chore of moving! However, when it must be done, planning is important. Longtime member Honnor Dorsey made the decision and before she left, we asked about her experience. Honnor and her late husband, Meade, came to Shepherdstown in 1980, and settled into a handsome 1890s town house on E. German St. Now, 34 years later, she faced moving to smaller quarters in another state. How did she deal with this daunting task? In spite of the moving van's arrival in 3 days, she made time for us to ask a few questions.

SAIL: First, how did you map out exactly what you needed to do before making this move?

Honor: The house was so large, with a stuffed attic and cellar-- I had to start planning early. The whole process took about 3 years. Knowing what I would need in whatever place I went to meant finding that place, seeing what fit, and what was left over. After that, I actually began taking excess possessions to charity auctions and yard sales. Whatever my family did not want and that I could not use was excess. Most of the furniture went to an auction house in Berryville.

SAIL: Did you consult any experts? Read books? Ask around? What?

Honor: Not really 'experts,' but various people had all kinds of good tips to share about where to take things for disposal.

SAIL: Can you give us a timeline on these different actions?

Honor: After Meade died, I knew I needed a smaller place, so I would say the search process started about 2010. Then it took me repeated trips to find a new place that would suit. Finally, the divesting of "stuff" was in increments over a couple of years.

SAIL: What was the most difficult thing you had to do to get this done?

Honor: Seeing family treasures go out the door to someone else.

SAIL: Have you any advice to any of our readers about tips or lessons learned during your experiences?

Honor: In my case, it was really important that I remain independent for as long as I could. I'd say start early, if possible, and take your time over the details. Selling a house and finding new quarters takes time.

SALLY RIDE: America's First Woman in Space

A book review by Mary Bell, Arts Editor



For anyone who has gazed up at the heavens, for anyone who has imagined Neil Armstrong's first step on the moon, for anyone who is or has a daughter, spouse, niece, granddaughter or friend who has benefited from the Women's Movement, *Sally Ride: America's First Woman in Space* by Lynn Sherr, is a good read.

Dr. Sally Ride was an introvert who learned to cope gracefully with the demands of fame. Nonetheless, her private nature presented a challenge for an author to tell her story. Lynn Sherr, an ABC Journalist, covered NASA from the inception of the space shuttle program through the *Challenger* explosion in 1986. Sherr knew Ride from their professional contacts, and they were friends. Because of their long-term friendship, Sherr was in a unique position to tell Ride's story.

Ride, who was a Stanford-trained physicist, entered the space shuttle program in July, 1978, one of six women in her class of thirty-five. Sherr's book makes it clear that, while NASA was trying to make an effort in those early days, it did not have a clue how to incorporate women into the astronaut training program. Patience, trial and error, and determination on the part of Ride and other key players made the program succeed.

In her book Sherr reveals some secrets. She tells how Ride and her Soviet counterpart, Svetlana Savitskaya, arranged a clandestine meeting in Budapest at a time when relations between the US and USSR were, at best, strained.

Ride served on the commissions investigating the *Challenger* and *Columbia* disasters, bringing gravitas, expertise, and status to both investigations.

Sherr wrote this book with the cooperation and approval of Ride's family, carefully recounting Ride's many accomplishments. At first, it struck me as a bit effusive, but it's not. Dr. Sally Ride accomplished so much that was not generally known. Her death at 61 from pancreatic cancer was indeed a tragedy.

Reminders!



FLU SEASON!! It's here and you need to get your **FLU SHOT** soon. Remember, the Jefferson Co. Health Dept gives them, and even RiteAid does.

Medicare covers the cost.

SAIL Annual Meeting Put this on your calendar, too. November 21 at Trinity Fellowship Hall. We need you to elect our new board members, so come join us.

LET'S HAVE A SHOW OF HANDS!

Everyone who has

NOT

had a

SHINGLES SHOT

please raise your hand.

Aha! Gotcha!

GO GET ONE!!!

Call your doc or go to the walk-in clinic at Jefferson Co. Health Dept. Thursday 9-11. Part D Medicare covers the cost of \$210.

SAIL'S picnic was held

on September 21 at the home of Elinor and Sherman Ross. Since the very next day was Sherman's 90th birthday, we celebrated a bit early. Nearly 50 SAILers gathered 'round as Sherman's daughter Maylene cut her home-baked cake (delish!) and were pleased to join in a lusty chorus of Happy Birthday. Linda O'Brien put together a giant greeting "card" with messages from all.

It was a beautiful last day of summer that held off showers until the last minute. As usual, Martha Young ably organized the event, with help from husband Jack, Ted Walton, John Reed, Hal Snyder, Maylene Reisbig and Elinor Ross



(Above) Sherman Ross blowing out the candles on his birthday cake, with Jack Young and Al Freund looking on.



DO YOU KNOW what this is?

If you do, send your answer to: info@shepherdstownsail.org

The first THREE persons with a correct answer will be given **TWO FREE passes** to the next Brown Bag Lunch!

HURRY!!

In Case You Missed It... **Election Day** is November 4!!!!

Don't be a 'stay-at-home'—get to the polls anytime that day, or vote early at the Courthouse in Charles Town, from Oct 22 to November 1. Take a look at the Secretary of State's website for full details.

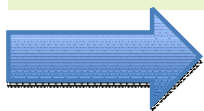
<http://www.sos.wv.gov/elections/pages/default.aspx>

“For What It's Worth Dept”: Consumer Reports sez: “Sanest Cell-Phone Company...no-contract Consumer Cellular...miles ahead of major carriers in satisfaction.” Check them out at www.consumercellular.com. Also, look at reviews online since some are not so good, while others rave.

THE LIGHTER SIDE...

AN ANGRY MOTORIST went back to a garage where he'd purchased a battery for his car six months earlier. "Listen," the motorist grumbled to the garage owner, "when I bought the battery you said it would be the last battery my car would ever need. It died after only six months."

"Sorry," the garage owner apologized. "I didn't think your car would last any longer than that."



WAIT! There's more—an unprecedented Page 6!



SAIL Goes to Charleston--and Washington



Two important conferences happened last month, and SAIL sent delegates to both. First, we had two board members—Carolyn Rodis and Jack Young—make the trip to Charleston for the WV Housing Conference, convened on September 3-5. President Vicky Thomas was able to secure expense funding for that trip, plus the follow-on trip to D.C., from the Partnership for Elder Living.

In Charleston, the two “villages” in WV—SAIL and the Village People of Kanawha County—were asked to speak at a break-out session. They were able to show that the housing needs of seniors was best met by remaining in their own homes. Both delegates felt their time was well-spent and they were pleased when they got inquiries about how to establish a village from others in attendance.

Then, the very last of September saw four SAIL delegates (remember that funding?) making their way to Crystal City on the outskirts of DC, where the ***Sixth Annual Village-to-Village Gathering*** took place. SAIL members Diana Eldridge, Carl Moore, Carolyn Rodis, & Jack Young experienced two days of intensive sharing and learning.

Here are a few of the highlights gleaned from our attendees:

SAIL: Can you briefly describe the gathering for us?

Jack Young: 290 delegates from 39 states -- very impressive! We were able to interact with people hailing from very different areas and see how they organized and managed their villages. It was a good positive atmosphere with many ideas.

SAIL: What was your biggest “takeaway” from the gathering?

Diana Eldridge: I was impressed with all the ideas I heard, especially for member services. I hope SAIL can incorporate some of these. For example, in some villages, individual emergency plans are being completed by members. Also I learned that a task force has been formed to plan the future of the VtoV network.

Carl Moore: I came away re-energized from the time there. I learned that “Club Express,” a product we use for our website, has potential for other uses, so we will see if they will work for us, as they have in other Villages. Also, the DC area's confederation of villages, called WAVE (Washington Area Village Exchange), invited us to participate in their quarterly meetings.

Carolyn Rodis: I was excited and stimulated by the flow of ideas from all the people there. It's time for us to take the next steps in developing SAIL by examining some of these ideas. One study from UC Berkeley shows that villages offer their towns, counties and states tangible benefits. I'd like SAIL to help convince our town and county that being “age-friendly” is the way to go.