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Newsletter

Summer

2018

Founders Dinner a Great Success

“SAIL’s growth and success didn’t JUST HAPPEN, It HAPPENED because of the foresight and hard work of the early SAIL contributors -- and to those who have stepped forward to continue the effort. And that brings us to why we are here this evening – to acknowledge – to recognize – and to honor those original FOUNDERS OF THE SAIL ORGANIZATION.”

So began Jack Young, SAIL Founders Dinner Honorary Chair, at the May 16 event. The Founders were all there! Melinda Landolt, Tom Miller, Judy Moore, Jean Neely, GT Schramm, Vicky Thomas, Dan VanBelleghem, Ted Walton and Jack Young. Carolyn Rodis, Bill Brown and Lyn Widmyer each spoke warmly about the work of the Founders.

In addition to the Founders, Jack thanked a few people whose help was immeasurable in setting a solid foundation for SAIL: Marian Buckner for early Information recording; Frank Hill for the development of legal documents and sage advice; Cris Kinsella, our first Treasurer; and LouAnn Stovall, our first Web-site Administrator.



Presenters Lyn Widmyer,
Carolyn Rodis and Bill Brown



The nine honorees were (row 1) Jean Neely, and Vicky Thomas; (row 2) Jack L. Young, Judy Moore, Melinda Landolt, and Dan VanBelleghem; (row 3) Tom Miller, Ted Walton, and G.T. Schramm.

The evening was made even more special by the work of the Decorating Committee. As people walked into the Erma Ora Byrd Center they saw a beautiful display of tables with sparkling lights and orchids as centerpieces. Each Founder was given an orchid at the end of the evening.

Catherine thanked our generous sponsors and also the hard working Dinner Committee. Please see the listing of sponsors below, and when you see them, thank them for their wonderful support of the work of SAIL.

cont'd

A highlight of the evening was the announcement of a special gift to SAIL made by Bill Brown and Jane Tuckerman, of a beautiful silver "SAIL-boat." It was originally presented to Bill by two of his students at a class he conducted back in the 90's, at the USDA Graduate School . The students were both from the United Arab Emirates. The SAIL-boat and an accompanying certificate honoring our Founders will be on display in the SAIL office – and will be displayed at other occasions as appropriate.



Shepherd University President Mary Hendrix and Maylene Reisbig at Founders Dinner

The dinner closed with everyone, led by Ted Walton, singing "Country Roads." It was a grand event, touching, fun, and successful in raising over \$7,000 for SAIL.

SAIL Founders Dinner Sponsors

Admiral Level \$1,000

Bavarian Inn
Jean Neely

Navigator Level \$500

Marianne and Duane Alexander
Jenny Allen in honor of Ted Ewing
Joan and Erdem Ergin
Allen Gibson and Scott Beard
Catherine Irwin
Tom and Cathy Lewis
Martinsburg Eye Associates, Dr. Promersberger
Jack and Martha Young

Anchor Level \$250

Ray Alvarez
BB&T, Mattie Harrison
Woody Garrett
Marellen J. Aherne
Jefferson Security Bank, Jenna Kesecker, Exec. VP & CFO
Monica and Bill Lingenfelter
Carl and Judy Moore
Elinor Ross
Karen and Bill Rice
Norma Siler
Diane Steece



Founders Dinner diners at Erma Ora Byrd Hall

President's Message

by Carolyn Rodis

We have had a busy spring. Actually, all seasons seem to be busy for SAIL members, both within SAIL and volunteering for other community groups.

Welcome to new members Ted Ewing, Marc and Judith Briod, Deborah and Monte Cole, and Irene and Fred Klein! We are delighted to have you as part of our SAIL family.

May saw our very successful Founders Dinner, wherein we honored the nine visionaries who brought SAIL into being. Thank you to Catherine Irwin and her hard-working committee. Their efforts created community energy, camaraderie and good will.

There was standing room only at our annual intergenerational communication class with Shepherd Psychology of Aging students. Discussions were lively and generated front page coverage in the Chronicle.

Our brown bag lunches continue to be well attended. In April, Lyn Widmyer spoke about the humor to be found in aging. In May we learned about VISIONS, Visually Impaired Seniors In-home Outreach and Networking Services, which provides free visual devices to WV residents with a medically-recognized vision condition. June will feature Cris Kinsella from the League of Women Voters. Her topic is redistricting v. gerrymandering. In July, our own John Splaine will discuss media literacy.

Our members are our strength. Please continue to contact me with your ideas and suggestions.

SAIL mourns the loss of Sherry Adams and Bonnie Austin. We send our condolences to their families.

Recent Activities by Active SAILers

Following are some stories of SAIL activities over the past three months

Coffee and Conversation Welcomes New Members

Coffee and Conversation meetings are held by Jack and Martha Young in their home monthly to introduce prospective members to SAIL. They always have interesting discussions and often result in signing up new members. If you have someone you'd like to introduce to SAIL, please bring them to one of these forthcoming meetings: June 21, July 18 and August 22.

We welcome the new members who have joined SAIL during the past three months. Many of them had attended coffee and conversation meetings. They are Marc and Judith Briod, Monte and Deborah Cole, Fred and Irene Klein, and Ted Ewing.



Take me out to the ball game

by Carl Moore

On May 10, a beautiful spring evening, a group of 16 SAIL members and friends went to Memorial Stadium in Hagerstown for our annual baseball outing. This year's game was played between the Hagerstown Suns (WASH) and the Charleston, WV Powers (PITTS). The WV team is nicknamed the Powers since they play all their home games in a stadium built by the Allegheny Power Company in Charleston, WV. But at the Thursday evening game the Powers had all the power in their bats. The Powers team had 14 hits and 13 runs by the end of the evening while the Suns had only 2 runs with 4 errors.



SAILers enjoy the ballgame

SAIL attendees still had a fun evening even though Hagerstown lost. This is because the SAIL organizer always picks SUNS games played on Thursday evenings. Memorial Stadium, for years, has had what they call "Thirsty Thursdays." What this really means is that all 16 oz. beverages cost only \$2.00 each. SAIL's office manager, Linda O'Brien, is an avid baseball fan and attended this outing. Linda purchased a brew and hotdog before the game, just like most of us did. Linda, took one bite into the hot dog when it squirted out of her hand and landed on a seat two rows in front of her. Luckily, unlike the hot dog, her beer did not lose a drop nor squirt from her firmly clasped hand.



John Burns, Jack and Martha Young,
Carol Lapham, Marlene Gallo,
Bruce Lapham, Kate Walsh, Dan Pickard
and Beth Young (visiting from Seattle)

As the evening progressed SAIL was recognized by the public address announcer regarding our traveling from Shepherdstown to cheer on the SUNS for the evening. We stayed till the end of the 7th inning. After Betty Snyder led us in the singing of the traditional "Take me out to the Ball game," we piled into the cars and headed back to Shepherdstown.

As we drove home we no doubt were saying the event was thoroughly enjoyed by all! Hotdogs and liquid refreshments! And the weather cooperated, too! What could have been better? Oh yes - the Suns could have won! Maybe - next time! And maybe next time, you'll join us.

Trivia Night

By John Burns

SAILers Have More Fun is the name of our team that competes in the Trivia games held at the Rumsey Tavern in the Clarion Hotel. Although the Trivia game is held each Tuesday, we participate on only the third Tuesday of each month. The game starts at 7:00 p.m., but many of us arrive at 6:15 or so, so that we can order dinner. The game is over before 9:00.

The first of the seven rounds of ten questions is easy, and the rounds get progressively harder. Subject matter covers history, sports, pop culture, science, and more. There's room for all skill levels

to compete and the SAILers on our team of about ten have a variety of special interests. Most of all, we just have a good social time together!

Here are a sampling of questions [and answers] in our most recent game, where we placed third out of nine teams. We got most of these sample questions correct.

Round 1 (easy)

What is the fourth letter of the Greek alphabet? [delta]

In grammar, which pronoun is the third person plural - he, she, or they? [they]

Round 3 (a little harder)

True or false - a rhinoceros' horn is made of bone. [false ... hair]

Which TV character owned a talking cat called Salem? [Sabrina Spellman]

In Marvel Comics, Steve Rogers was given a super-soldier serum and a shield, becoming what superhero? [Captain America]

Round 5 (even harder)

At 5-foot 4-inches, who was the shortest U.S. president? [James Madison]

Do dogs have more or fewer bones in their bodies than humans? [more ... about 100 more]

In what decade did China win its first Olympic medal? [1980s]

Round 7 (the killer)

What is the only baseball position not mentioned in Abbot & Costello's "Who's on First" routine? [right field]

In 1934, five years before his retirement, who became the first athlete to appear on a Wheaties box? [Lou Gehrig]

We welcome anyone who wants to join our team. If you'd like to be placed on our once-a-month email reminder list, please notify Martha Young, <JMYoung1@frontiernet.net>, or John Burns, <jfitzburns@gmail.com>.

Volunteer Training Session

By Jack Young

Fifteen SAIL members attended the special training session conducted at the St. Agnes training facility on Wednesday, April 18th.



The subject of the training was the SAIL Volunteer Training Manual and the contents thereof. SAIL President Carolyn Rodis facilitated the session. Attendees also were treated to a lunch provided by Suzanne Patrick and Martha Young. Member Maylene Reisbig was the lucky winner of a drawing for a beautiful hanging floral planter.

The next Volunteer Training Workshop will be held on June 20. The topic will be "Active Listening."

Walking Group

By Marg Knott

SAIL Towpath Walkers...it was a long drawn out winter and now that Spring is finally here, why not join the SAIL towpath walking group? We meet every Tuesday at 10:00 a.m. at the large parking lot

on the C&O Canal. We are a group of strollers, walking approximately 3 miles in about 1 1/2 hours. We enjoy each others' conversations, learn about the flowers blooming along the towpath, and even try to identify a few birds.

If being out in nature, getting a little exercise and meeting up with new and old friends sounds like fun, this might just be what you need to start off your Tuesday mornings. Come join us and see if it's a group for you. Afterwards, a few of us go out for coffee and a treat, either at LellyBelle Community Cafe or the Sweet Shop.

Volunteering Elsewhere



SAIL members Martha and Jack Young volunteer monthly as docents at the Historic Shepherdstown Museum. Pictured here is Tamia Hardy, a student at Spring Mills High School. Tamia visited the Museum on Saturday, May 13th, to learn more about the history of the Panhandle. Martha states that it is worthwhile and rewarding to contribute support for other community non-profit organizations. The Youngs are positive supporters of the Community Club, among others. Let us know about your volunteer efforts outside of SAIL.

Brown Bag Luncheon News

By Jack Young

April Luncheon

The April Brown Bag Luncheon, held at the Trinity Episcopal Church Fellowship Hall, was an extremely popular event - with in excess of 40 in attendance. The big attraction was guest speaker Lyn Widmyer, who presented highlights from her most recent book, Chasing Pills (I Must Be Getting Old - I Have A Pill Dispenser!) Lyn kept attendees laughing as she cited numerous hilarious excerpts from her book.



Lyn Widmyer

May Luncheon

In May, SAIL Members were treated to a very informative luncheon presentation by Mr. Curtis Jamison, a local representative of the WV Division of Rehabilitation Services. He is a Skills Trainer for the organization's Daily Living Skills Program. Curtis presented and demonstrated a wide variety of useful aids for people who have visual impairments.



Curtis Jamison

The aids are available free of charge if a person meets these three criteria: Resident of WV, 55 years of age or older, and has a referral citing diminished visual capabilities. Mr. Jamison can be called at his office in Martinsburg , (304) 267-0005 extension 51172, to make an appointment to discuss arranging for a capability assessment/visit.

Salute to Bob

No, it's not Billy Joel ! It's SAIL's own Piano Man - Bob Gerstmyer! If you have attended any of SAIL's monthly Brown Bag Luncheons, you have enjoyed Bob's talents at the keyboard. A big THANK YOU to Bob for sharing his musical talents with all !



Above: SAILers enjoy the music - Linda O'Brien, Jane Tuckerman, Ted Walton, Vicky Thomas and Tabitha Johnston, Chronicle Reporter.
Right: Bob Gerstmyer



Health and Wellbeing

Because SAIL is dedicated to helping members “age in place,” we like to present information in the newsletter that helps us stay healthy in mind and body. In the following four articles, our Newsletter reporters, Joan Ergin and Marty Amerikaner present some helpful and interesting information.

Grandparenting and Well-Being: Two Vantage Points

by Marty Amerikaner

In discussing a possible topic for this issue, our esteemed editor suggested that I consider grandparenting. I liked that idea, and thus I'll briefly discuss findings from two research studies that focus on grandparenting and psychological well-being. The first looked at the association between grandparent involvement and the well-being of adolescent grandchildren, while the second article looked at how the “centrality” (or overall importance) of the grandparent role is related to the well-being of the grandparents themselves. Reader Alert- the results may seem, at first blush, to be contradictory!

In the first study, researchers examined how the degree of involvement that grandparents had in the lives of adolescent grandchildren impacted the young people's (age 11-16) psychological well-being. Over 1500 young people completed questionnaires that measured various dimensions of psychological health and problem areas, as well as the emotional closeness they felt to grandparents, the degree of involvement the grandparents had in the adolescent's lives, and the make-up of the

adolescent's family (e.g. both biological parents, single parent, step family).

The results indicated that for these adolescents, more involvement with their grandparents was associated with better psychological functioning, fewer psychological and adjustment problems and more frequent pro-social behavior. However, the type of family make-up was important to understanding these results. Although kids living in all three types of families reported basically similar amounts of grandparent involvement, the impact of that involvement did seem to vary depending on family structure. More specifically, grandparent involvement- though positive in all circumstances- was more strongly tied to positive emotional/ psychological functioning within the single parent and step family arrangements. It seems that although grandparent engagement was valuable to all of these kids, it was particularly important for grandkids living in single parent- and step- family homes.

The second study turned the focus around, and looked at the well-being of grandparents themselves. Building on prior studies showing that in some (but not all) circumstances, grandparenting contributed to grandparents' life satisfaction, the researchers studied how the “centrality” of the grandparent role—that is, the degree to which being a grandparent was the central focus of the grandparent's life – influenced the well-being of the grandparents. Perhaps

surprisingly, they found that the centrality of the grandparenting role was not, in general, associated with the well-being of the grandparents. Further, they found that the more central that the grandparenting role was – particularly if being a grandparent was the only significant role in their lives -- the MORE symptoms of depression were reported by the grandparents.



Of course, both studies are more complicated than I can discuss here, but I think these results are not as inconsistent or paradoxical as might appear on first reading. On one hand, it appears that frequent, loving connections with grandchildren- particularly adolescents as studies here- are positively related to the psychological health of young people. However, the second study seems to suggest that frequent contact with grandchildren is not in itself a recipe for well-being of grandparents; rather, it seems that older adults who have many active roles and relationships (including their connections with grandkids) are likely to feel and function better than those whose focus is limited—whether by choice or a sense of obligation or “duty” – only to their role as grandparents.

References:

[Attar-Schwartz, Shalhevet](#); [Tan, Jo-Pei](#); [Buchanan, Ann](#); [Flouri, Eirini](#); [Griggs, Julia](#). (2009) Grandparenting and adolescent adjustment in two-parent biological, lone-parent, and step-families [Journal of Family Psychology](#) 23,1,67-75.

[Ziva Muller](#) and [Howard Litwin](#) (2011). Grandparenting and psychological well-being: how important is grandparent role centrality? [Eur J Ageing](#). 8,2, 109–118.

?? Should I, Shouldn't I ??

Shingles and Shingles Vaccines

By Joan A. Ergin

In our last newsletter we looked at influenza which was especially prevalent during 2017 – 2018. Now I think it is timely to think about shingles and the shingles vaccines. As we age, it is important to consider exploring protection from shingles because one in six people 60 years old and older will get shingles.

Shingles is caused by the varicella zoster virus, the same virus that causes chicken pox. If you have had chicken pox you are at risk for getting shingles. After recovery from chicken pox, the virus can enter the nervous system and lie dormant for years. Shingles generally manifests itself by a painful, blistering skin rash. The rash can occur anywhere on the body. Most often it appears as a single stripe of blisters that wraps around either the left or right side of the torso. It may also occur (less frequently) around one eye or on one side of the neck or face. Usually the symptoms last for 2 to 6 weeks. The most common complication is severe pain (postherpetic neuralgia) where the rash was located. This pain can be debilitating and may last for months. Unfortunately, there is no effective treatment or cure for this pain. However, antiviral drugs can speed healing and reduce the risk of complications. As this description demonstrates, the course and severity of shingles can be quite variable.

The reason for the development of shingles is not clear. One thought is that it may be due to lowered immunity to infections as we age. The risk factors are as follows: being older than 50 years; having certain diseases, eg. HIV/AIDS and cancer; cancer treatment with radiation and/or chemotherapy; taking medications which prevent the rejection of transplants; and taking steroids.

The best way to protect yourself from shingles is to be vaccinated. Not all physicians recommend this course, so be sure you understand the health provider's rationale and seek a second opinion, if you feel the need to do so.

There are now two options for the vaccines: Zostavax and Shingrix.

Zostavax, which was approved by the Food and Drug Administration (FDA) in 2006, has been shown to provide protection against shingles for about five years. It is a live vaccine given as a single injection, usually in the upper arm.

Shingrix was approved by the FDA in 2017 and is usually the preferred alternative to Zostavax. Studies suggest that Shingrix provides protection against shingles for more than five years as it causes the immune system to produce more antibodies resulting in a stronger immune response. It is a nonliving vaccine made of a virus component, and is given in two doses, with two to six months between doses. The second dose is provided for long-term protection.

Shingrix is approved and recommended for healthy adults age 50 and older, including those who have previously received Zostavax. Zostavax is not recommended until age 60.

The most common side effects of either vaccine are redness, pain, tenderness, swelling and itching at the injection site, and headaches. The side effects are temporary, lasting 2 to 3 days.

New Medicare Cards: 5 Things You Need to Know

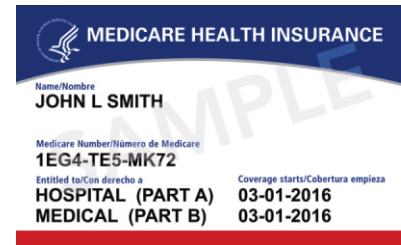
Reprinted from the National Council on Aging's Bulletin, My Medical Matters

Beginning April 2018, the Centers for Medicare and Medicaid Services will be sending new Medicare cards to beneficiaries. The new cards are being sent to decrease Medicare beneficiaries' vulnerability to identity theft by removing the Social Security-based number from their Medicare identification cards and replacing it with a new unique Medicare Number.

Here's what you need to know before they arrive.

Medicare cards will be sent between April 2018 and April 2019. Make sure your address is up to date because Medicare will be sending it to the location associated with your Social Security account. To update your address information contact Social Security at 1-800-772-1213 or go online.

Your new card will no longer include your Social Security number. It will include your name, new Medicare number, and the dates your Medicare Part A and Part B coverage started.



Start using your new Medicare card once you receive it. Destroy the old one immediately, since it contains your Social Security number. If you happen to lose or misplace your card you can get a replacement, but you can also access your new Medicare number on a Medicare Summary Notice or through Medicare.

Keep your Medicare Advantage, Part D prescription, and/or Medigap. Continue using your health or drug plan's card when you get health care or fill a prescription, but know you will also get the new Original Medicare card.

The Railroad Retirement Board will issue new cards to Railroad Retirement beneficiaries.

These are just a few quick tips to keep in mind as new Medicare cards are issued. You can find additional information on the release of Medicare's new card on Medicare.gov.



Smiles



Three SAIL moms are sitting around a table playing bridge and bragging about their sons.

"My Freddie," said the first, "Everyone should be so lucky to have a son like my Freddie. Once a week he brings me a huge bouquet of flowers, he's constantly bringing me out to restaurants to eat, if I so much as hint that I want something the next morning it's on my doorstep."

"That's very nice about your Freddie," says the second one, "but with all due respect, when I think about the way my Richie takes care of me, it just can't compare. Every morning as soon as I wake up he greets me with bacon and freshly brewed coffee. Every lunch he comes over and cooks me a gourmet meal, and every supper he brings me to his house to eat. He truly treats me like a queen."

"Well," says the third, "I don't want to make any of you feel bad or anything, but wait until you hear about my Harry. Twice a week he pays someone \$200.00 an hour just so he can lie on their couch and talk to them. And who do you think he speaks about at those prices?" she asks with a big excited smile. "I'll tell you who he speaks about! ALL HE SPEAKS ABOUT IS ME!"

Coming Up

SAIL's 1st Annual Salad Bonanza Potluck

Friday June 22nd 5:30-7:30

Trinity Fellowship Hall

What's in a salad?

Well it can be whatever you want to put in it and we know you will tell us when you bring it to our June potluck. We do have categories and hope you will choose your favorite salad and let us know what it is when you R.S.V.P. by Monday, June 18th.

What's in your salad?

Pasta - Chicken - Grain - Eggs - Veggies - Potatoes



Brown Bag Luncheon Dates

June 15th - Cris Kinsella - *"Redistricting vs. gerrymandering"*

July 20th - John Splaine - *"How TV news is constructed and how we can all be more critical news consumers"*

August 16th - SAIL members - *"Memories of the effects of WWII on our lives"*

September 21st - Judy Moore - *"How to select a real estate agent when selling/buying a home"*

Trivia Dates

June 19, July 18, August 21, at the Rumsey Tavern. The game starts at 7:00 pm, but many of us arrive at 6:15 or so, so that we can order dinner. The game is over well before 9:00.

Coffee and Conversation

June 21, July 18 and August 22 at the home of Jack and Martha Young.

Lunch Bunch

Here is our plan, but folks need to watch the SAIL emails, as public opinion can cause changes.

June 12 Alfredo's Mediterranean Cafe

July 10 Blue Moon Cafe

Aug 14 The Main

Shenandoah Summer Music Theatre 2018

Shenandoah Summer Music Theatre offers three musicals this June and July.

Saturday, June 23, at 2:30 p.m.

Newsies. Set in NYC at the turn of the 20th century, Newsies is the rousing story of Jack Kelly, a charismatic newsboy and leader of a ragged band of teenaged 'newsies; who dreams only of a better life than the hardship of the streets. But when Joseph Pulitzer and William Randolph Hearst raise distribution prices at the newsboys' expense Jack finds a cause to fight for and rallies newsies from across the city to strike for what is right.

Saturday, July 7, at 2:30 p.m.

West Side Story. Shakespeare's Romeo and Juliette is transported to mid-century NYC as two young, idealistic lovers find themselves caught between warring street gangs, the 'American' Jets and the Puerto Rican Sharks. Their struggle to survive in a world of hate, violence and prejudice is one of the most innovative, heart-rending, and relevant musical dramas of our time.



Saturday, July 21, at 2:30 p.m.

Mama Mia! A mother, a daughter, and three possible dads, and a trip down the aisle you'll never forget! On the eve of her wedding in a Greek island paradise, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

Senior tickets for each show cost \$30. If we go as a group discounts are available:

20+ Senior tickets @ \$27.50, an 8% discount

30+ Senior tickets @ \$25, a 17% discount

40+ Senior tickets @ \$22.50, a 25% discount

Please call the SAIL office 304-870-7245 or email with your preferences. Be advised that while West Side Story and Mama Mia have plenty of seating at this time, the Newsies is filling quickly, so please make your reservations soon.

Birthdays

June	Marianne	Alexander
	Jack	Young
	Larry	Pardue
	Sidney	Lewis
	James "Pug"	Puglisi
	Catharine	Wilson
	Kristina C.	MacNichols
	Gary	Engbretson
	John	Burns
	Albert "Al"	Pratt
July	Steve	Schatken
	Melinda	Landolt
	Maurice	Smith
	Jean	Neely
	Anne "Scotty"	Turner
	Elinor	Ross
	Eleanor	Finn

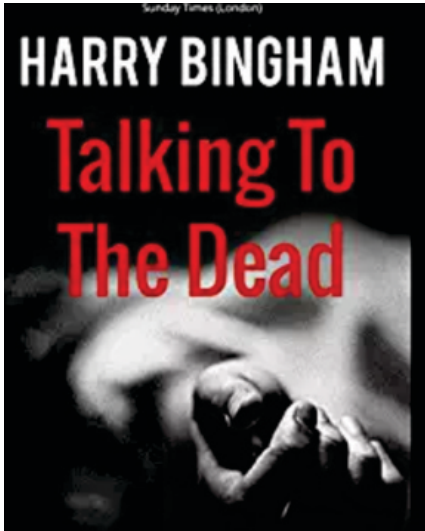


August	Deborah	Cole
	Jill	Schatken
	Duane	Alexander
	David	Kemnitzer
	Diane	Steece
	Joseph	Adams
	Thomas "Tom"	Lewis
	Judith	Jones
	Nanette "Nan"	Johnson

Book Review

Meet Fiona Griffiths

By: Marellen Johnson Aherne



Fiona Griffiths is a humdinger of a character. At age 26 she ranks as a lowly Detective Constable in Cardiff, Wales' Criminal Investigation Department. But there is nothing naive about this character's investigative skills. She is a bit of a savant and a decidedly strange duck. Hospitalized in her late teens with a rare dissociative condition, Fiona struggles to stay in touch with knowing she is alive. Though she can name feelings, it is difficult for her to actually experience them. It is no surprise that relationships with her colleagues are often challenging and confusing. Fiona is a delightful riddle.

Each of the novels in this 6 volume series by Harry Bingham seeks to solve three mysteries that are intertwined. There is the regular mystery type story with a crime, an investigation, and a denouement. Then there is the mystery of understanding and relating to Fiona herself. And, lastly there is the mystery of Fiona's origins.

Fiona, at the age of 2-1/2, mysteriously is found sitting in the backseat of a car with a camera around her neck. She is adopted by the family in whose car she was found, and is raised in a loving home. But it's not quite that simple. Fiona's father is a well-known Cardiff criminal who has gone straight. An owner of Gentlemen's Clubs, he remains a 'character in question' who Fiona occasionally calls upon for information about a world he is ostensibly no longer a part of.

The regular mysteries are deliciously complex. "Talking to the Dead," the first of the series begins with discovering a young prostitute and her 6-year-old child dead in a Cardiff squat. At first appearances this looks like a pretty straightforward crime of opportunity. But as with all things Fiona nothing is ever that simple. When the platinum credit card of a local millionaire is found near the body the complications begin. Enjoy the ride!

Did You Know???

An atomic clock is accurate to within 1 second in 1.7 million years.

After the French Revolution of 1789 selling sour wine was considered against national interest and the merchant was promptly executed.

The oldest inhabited city is Damascus, Syria.

Lightning strikes men about seven times more often than it does women. (Blame it on golf???)

Eskimos use refrigerators to keep food from freezing.

From the Middle Ages until the 18th century the local barber's duties included dentistry, blood letting, minor operations and bone-setting. The barber's striped red pole originates from when patients would grip the pole during an operation.

Poetry

By Betty Snyder

Hello poetry lovers. This month's column has two poems that were written in appreciation of spouses.

The first one was written by Sherman Ross to Elinor in 1991 on their 45th wedding anniversary.

The second one is a poem I wrote for my husband, Hal, after going through some difficult encounters with cancer.

If you have a favorite poem you'd like to share, either your own or one that spoke to you, please let me know. My phone number is (304)876-6208 and my email is bhsnyder13@comcast.net.

THE THOROUGHBRED AND THE MULE

And just the same as from eighteen to sixty-three.
For either path we use, at any point arrived
The distance traveled is the same for you and me.

We have our separate rhythms, each a different speed;
Your steps are quick, efficient, prompt, while as a rule
My tread is more deliberate, of a slower breed.
You're more the thoroughbred, I have more of the mule.

And thoroughbred and mule both have much work to do:
It's cook, and wash, and shop, stroke Rocky lest he pout,
Feed birds, haul wood, stoke fire, clear snow from driveway too,
Make beds, sweep floors, pay bills, and get the garbage out.

Everything must be done, and in all kinds of weather,
But thoroughbred and mule will get it done...together.

Amo sine finis (Love without end)
Inscribed inside their wedding rings

Sherman Ross, 1991



YOU WERE THERE

When the world was bright and sunny
And laughter bubbled from my lips
You shared my joy.

When many things were possible
And I marveled at my choices
You smiled at my excitement.

When someone spoke favorably
About my meager talents
You were proud of me.

When doubt surrounded me
And clouded my mind
You saw only the good in me.

When life's pain rushed at me
And threatened to knock me down
You planted your feet firmly behind me and held me up.

The world is not perfect, nor are we,
But through it all, my dear one, you were there.

Betty Snyder, 2009



Help Wanted!!!

SAIL's own classified ads

Calling all public speakers! Are you enthusiastic about SAIL? Want to help publicize our organization and our commitment to our members and the community?

SAIL has had great success letting the community know about us through short presentations to community groups and government bodies. In the past several years, SAIL has grown and expanded our services and contributions to the community. We need to again get the word out about the important services we provide.

SAIL members have put together materials for presentations – and you could be one of our ambassadors!

Please contact Emeritus Board Member Jack Young, jmyoung1@frontiernet.net with questions or to get started.

SAIL Vacancy Announcement

As a youth, did you enjoy making a scrapbook? If your answer to this question was in the affirmative, then you may be interested in volunteering to become SAIL's Historian. Over the past 7-8 years, various news articles and other related historical information about SAIL have been collected but not "organized." It would most beneficial to have a member volunteer to lead an effort to prepare the SAIL SCRAPBOOK - thus, capturing the SAIL Success Story as a permanent

record of the team effort that went into the establishment of the organization and the ongoing actions related to SAIL's continuing growth and success as a "Valued Asset To Its Members and the Local Community." SAIL Board Member Emeritus Jack Young will be available to lend assistance, as required, for the historian effort.

If you would be interested in leading this effort, please contact Linda O'Brien in the SAIL Office.

SAIL Drivers Needed--While we have 22 drivers on our list, on any given day we may not have enough who are available. So I am looking for more volunteers who are willing to also be drivers taking members to appointments, SAIL activities, grocery shopping and/or doing errands for them.

If you are interested, you will be required to complete an authorization form for SAIL to run a motor vehicle report for the last three years, as well as provide proof of your current driver's license and insurance.

Please call me at 304-870-7245 or email if you are interested.
Thank you, Linda O'Brien

If you are interested in becoming a board member or working on a committee, please contact Carolyn Rodis (cjrodis@yahoo.com) As members' terms expire we are always looking for active, interesting people to move into position.



Hard-working board members: L. to R. Jane Tuckerman, Carolyn Rodis, Dan VanBellegem, Woody Garrett, Carl Moore, Edwinna Bernat and Joan Ergin. Wouldn't you like to join them?

Reporter wanted! Can you write news releases? Or do you just like to write? SAIL's Public Relations Committee needs a person to write up SAIL activities for the local newspapers. If you are interested or would like to know more, contact edwinnabernat@gmail.com.

Post script

It was suggested at the recent volunteer training workshop that we have a column in the newsletter for members to post anything they would like other members to know about themselves. I'm not sure how this would work out. I'll leave it up to you, dear readers; send me your ideas.

Again, I send a big "thank you" to Agnes Freund for formatting our newsletter in her inimitably creative style and to Melinda Landolt for her perfectionism as our proofreader. And, of course, many thanks also to all our contributors.

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