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**Newsletter**

**Fall**

**2018**

In case you missed it, this article tells how our own Helen Burns conquered the C&O Canal Towpath. Thanks to Tabitha Johnston and the Chronicle!

## **Local woman, 89, completes journey across C&O Canal towpath**

Shepherdstown resident Helen Burns, 89, finished walking the C&O Canal in Cumberland, Maryland, on Monday, June 25, just over a year since she began her journey in May 2017.

As Burns completed the last 3.5 miles of the 184.5-mile towpath with her two friends, Rie Wilson, of Shepherdstown, Monica Raffel, of Martinsburg, and Burns' husband, John, cheered her on. Both Wilson and Raffel joined Helen Burns on the towpath at different times over the past year.

"Monica walked two of the longest segments with me, which was a big help, and Rie did quite a few with me," Burns said, mentioning that her husband contributed to her effort by helping her find the canal access points.

According to Burns, although the points are marked on the trail and listed online, they can be difficult to spot from a distance.

"To be honest, finding the exit points was the most challenging part, because they are down country roads and (are) not marked ahead," Helen said, mentioning walkers have two transportation options on the towpath.

"You either have to park at an access point, walk up to the next access point and then walk back the whole way, or you can hire a shuttle to take you to the next point, and then you can walk back to your car," Burns said. "Mostly, I just hiked back."

She said she didn't mind having to walk the same part of the trail twice to get back to her car.

"I really enjoyed the scenery," Burns said. "I've always enjoyed nature. I've always enjoyed walking. And it's just

*cont'd*



Ranger Stephanie Siemek and Helen

something I always wanted to do. It's just a lovely walk, a lot of it is right along the river - the trees make an arch overhead, there's turtles and frogs, and butterflies and birds," she added.



Monica, Helen and Rie

Wellness Center, eating plenty of veggies and limiting her fat and sugar intake.

Burns said having plenty of drinking water and sturdy footwear are two important things to remember when preparing to take a long walk. While on the towpath, she said she was surprised by rain, but that it didn't deter her from finishing it.

"Just dress for the weather, and if it does rain, you won't melt," Burns said, laughing.

Stephanie Siemek, one of the canal's interpretive rangers, awarded Helen with a bronze medal and certificate of completion when Helen reached the end of her journey.

Burns has never considered herself athletic, but has always maintained a healthy lifestyle, working out three times a week with weights and cardio at Shepherd University's

Burns said she built up endurance from the long periods of walking, and plans to continue distance walking in the future.

"I was definitely able to go further as I went along," Helen said. "I do hope to do more walking, although I'm not sure I'm going to undertake anything that long again."

## SAIL FALL PICNIC

Sunday, October 7, 2018

2:00 to 5:00

We are happy to announce that SAIL's Fall Picnic will once again be held at the home of Elinor Ross who has graciously offered her beautiful yard for our picnic again this year. This Picnic is a potluck with the main entrée being fried chicken and you are asked to bring an appetizer, salad, vegetable or dessert.



Please R.S.V.P on or before Thursday, September 21st to  
Linda at the SAIL office 304-870-7245

Please indicate which of the above dishes you will be providing.



Elinor's address is 2754 Shepherd Grade Road, which is across from Wild Goose Farm and before you get to NCTC. It is on the right side of the road. We will have balloons marking her driveway.

## President's Message

Welcome to new member Tina Michaelis! We are delighted to have you as part of our SAIL family. Our dynamic group continues to evolve to meet the needs of the community.

Congratulations to Linda Spatig, who serves as SAIL's representative on the Accessibility Advocacy Committee in Shepherdstown. She recently shepherded through a town council resolution in support of Shepherdstown's application to join the global network of Age-Friendly Cities and Communities! She has been a tireless advocate for increased accessibility to businesses and safer sidewalks in our community.

Judy Moore and Vicky Thomas, representing SAIL, are bringing their expertise in partnership with Shepherd Village to explore the possibility of opening an assisted living facility in Shepherdstown.

Volunteers: save the date of October 24 at 1:00 p.m. for our next volunteer training workshop. You will receive, and we will discuss the newly-revised Volunteer Handbook. Thanks to Marty Amerikaner, Marellen Aherne, Diana Eldridge and Ardyth Gilbertson for revising the handbook in accordance with your suggestions at earlier workshops.

Do join us for our popular brown bag lunches. In August, 9 SAILers recounted memories of living through World War II. September 21 features our own Judy Moore discussing how to navigate the complexities of buying and selling real estate. On October 19, our own Eleanor Finn will explain the in's and out's of the upcoming November election: who and what is on the ballot. Mark your calendars: November 9 – the second Friday rather than the third – is the date for our Annual Meeting.

*Carolyn Rodis*

## Active SAILers

Here are some things our SAIL members have been doing over the past three months.

### SAIL Trivia Team Brings Home the Bacon!

SAIL's Trivia Team was victorious in the Trivia Contest conducted at the Clarion Hotel's Rumsey Tavern venue on Tuesday evening, August 21st. In the closely contested evening's competition the "SAIL'ers Have More Fun" team fought off 10 other competing teams to win and Bring Home the Bacon for the third time! The team had 68 correct answers out of the 70 questions asked! The SAIL team was comprised of ten members and friends.

### Lunch Bunch

On Tuesday, July 10th, Luncheon Coordinator John Burns arranged for 10 SAIL members to gather at the Blue Moon Restaurant in Shepherdstown. The weather cooperated and the group was able to enjoy a delicious meal in the shady outside seating area.

On Tuesday, August 14th, seven members enjoyed lunch at the Main Cup



John & Helen Burns



Restaurant in Middletown, MD. All enjoyed the meal, the ride, and the camaraderie, arranged by Lunch Bunch Coordinator John Burns.

### **SAIL Members Are A Balanced Bunch!**

SAIL members regularly take advantage of the Shepherd Wellness Center's weekly free Exercise/Balance Class, conducted every Friday at 11 AM. No sign up is necessary -- just show up! Instructors Suzy Munnis and Joshua Nelson keep things moving. Take a health and social break! Join in the fun!

Back Row: Instructor Joshua Nelson, Duane Alexander, SAIL friend -David Drennen, Hal Snyder, Marianne Alexander, Jack Young, Jack Kendall, Instructor Suzy Munnis  
Front Row: Martha Young, Tina Michaelles, Susan Kern, Betty Snyder, Elinor Ross



### **SAIL Members Attend A Class Reunion!**

In November 2017, SAIL sponsored a special training offering related to "Improving Your Memory." It was a highly successful class facilitated by SAIL member Bill Carrigan.

Two of the class members, Marianne and Duane Alexander, recently invited other class attendees to a "Class Reunion" type gathering at their home in Shepherdstown. "Eat healthy" was the Pot Luck Dinner Theme.

Bill has presented this program twice, and, because we have always had more applicants than permitted, there is a possibility that he will be asked to do it again. Bill has his doctorate in psychology, which he received from SUNY at Buffalo. He became interested in presenting this class when he learned that the work was based on many of the ideas of Donald Hebb, an influential psychologist in the mid-twentieth century.



Class Leader  
Bill Carrigan



Duane & Marianne  
Alexander



Carolyn Rodis leads the volunteer session

### **Volunteer Training Session**

Approximately twenty SAIL Members/Volunteers took part in the special training session conducted June 20<sup>th</sup> at the St. Agnes Training Facility. SAIL President Carolyn Rodis facilitated the session which addressed the subject of the importance of "Active Listening." Following the general information presentation, attendees participated in lively role playing scenarios. The training session was extremely well received by attendees.

Ted Walton, Linda O'Brien, and Martha Young provided refreshments.



## SAIL Quarterly Pot Luck Dinner

Last quarter's potluck dinner, held on Friday, June 22nd, at the Fellowship Hall of Trinity Episcopal Church, was a salad bonanza.

Thirty SAIL members and friends attended the festive and highly successful event. The table was overloaded with a wide variety of salads and desserts provided by the participants.

Following the meal, Jack Young challenged attendees to "put on their thinking caps" and participate in a challenging Trivia Contest. The competition was lively as five table teams scrambled to answer the sixty brain-teasing questions.

All in all it was an enjoyable and mind-challenging evening! Attendees expressed their appreciation to Martha Young and her Party Committee for arranging another successful culinary event.

## Fourth of July Parade

Left:  
Salads galore



Right:  
Marie-Tyler McGraw,  
Catherine Irwin,  
and Martha Young



Seven dedicated SAIL members braved the scorching heat to participate in the Shepherdstown annual 4th of July parade. The parade boasted a huge turnout of participants and onlookers. It was a gala event!



SAIL Marchers (l to r) Edwinna Bernat, Jane Tuckerman, Catherine Irwin, Diana Eldridge, Ted Walton, and Melinda Landolt. Also present but not pictured- Martha Young.

## Brown Bag Lunches

Approximately twenty-five SAIL members attended June's Brown Bag Luncheon at Trinity's Fellowship Hall. Attendees were treated to an informative presentation by Cris Kinsella, who is the Co-Chair of the Voter Services segment of the Jefferson County League of Women Voters. She presented an overview of issues related to Voter Districts and re-districting actions. Particular emphasis was directed to the impact of gerrymandering-- not only in WV, but also across the country.

More than forty members and guests attended the July Luncheon which featured Dr. John Splaine, Associate Professor Emeritus, addressing the topic of "Media Literacy."

Dr. Splaine invited several out-of-town guests to attend the luncheon and participate in his presentation and discussion. Two of the guests traveled from Montgomery County, MD.

As SAIL Members themselves, John and wife Pamela brought local flavor to the lively presentation and discussion. John recruited SAIL members to help him illustrate some of his concepts, keeping interest level high. Thank you, John.

SAIL's August Brown Bag Luncheon proved to be a very popular and informative event. Nine SAIL members volunteered to relate memories of their experiences growing up during World War II. They reminisced about life as experienced by every-day folks—such things as air raids, ration books, savings bonds, paper collections and milkweed pods, as well as the military service of friends and relatives. Presenters also brought memorabilia related to their stories. Almost forty SAIL members and friends were in attendance to enjoy the memories. Brown Bag Luncheon “piano man,” Bob Gerstmyer, entertained attendees with many songs popular back in the '40s, including “Don't Sit Under the Apple Tree With Anyone Else but Me” and “The White Cliffs of Dover.” All in All - it was another SAIL entertaining and interesting event!



June presenter  
Chris Kinsella



John with guests Jeffrey Grim and  
Justin Gro at the July BBL



August Panelists L to R Back row - Jean Neely, Joan Fisher,  
Vicky Thomas, and Jack Young Front Row - Elinor Ross,  
Winnie Bernat, Helen Burns, Suzy Patrick, and Wendy Moseley

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## Health and Well-Being

### Good News on Shepherdstown Accessibility!

Linda Spatig

At its August 14, 2018 meeting, the Shepherdstown Town Council voted unanimously in favor of a resolution supporting Shepherdstown's application to join a global network of Age-Friendly Cities and Communities. The network was initiated by the World Health Organization (WHO) and is affiliated with the AARP.

Mayor Auxer is fully supportive of the application as well. In a strong letter of support, the mayor described Shepherdstown as the oldest town in West Virginia and expressed his commitment to promoting policies and practices so that “all of our residents can live and age with dignity.”

SAIL has played a major role in this initiative. The resolution specifically stipulates that the mayor and town council will support and encourage the activities of SAIL and the Shepherdstown Accessibility Committee to join with AARP WV and the WHO and become part of the Network of Age-Friendly Communities.

The network includes cities and communities throughout the United States and around the globe. If Shepherdstown is accepted into the network, we will be the second city in West Virginia to do so. At this time, only one WV city—Charleston—is a part of the network.



## Psych Notes

By Marty Amerikaner

Some fellow SAILers may have heard an interview with John Day, MD, on NPR's "People's Pharmacy" which prompted me to read his book: ***The Longevity Plan: Seven Life Transforming Lessons from Ancient China*** in which he focuses on Bapan, a small isolated village in rural China.



Bapan native

Dr. Day-- a cardiologist-- was fascinated with China, and learned about Bapan: located near China's border with Vietnam, Bapan's population has nearly 1 in 100 people over 100 years of age (whereas the US proportion is about 1 in 5700!) And, these elders were not simply living long lives, but were remaining exceptionally active, healthy and engaged in their communities.

Day made yearly visits to the village attempting to understand this healthy longevity. This village had no resident health professionals, and little access to medicine or medical interventions of any kind. And, yet, the population had virtually no diabetes, obesity, hypertension or similar conditions so prevalent in the West.

Day organizes his conclusions into what he calls 7 "lessons." It's not typical medical science research-- i.e. no "double blind" experiments. Rather, his lessons are based on observations and on many interviews conducted with

residents of Bapan, with whom he developed close relationships. You may agree with me that several of his lessons resonate with SAIL's mission.

What are these "lessons?" I don't have space here to discuss them all, but he suggests that multiple dimensions of Bapan's environment are critically important. It will surprise no one that a key lesson is the food – fresh and grown in their fields—that makes up all of Bapan's diet. It's largely veggies, fruit, legumes and nuts, with some fish pulled out of the nearby river, and occasionally meat. A staple discussed in detail is what villagers call "longevity soup." He emphasizes that although food is plentiful, the idea of "dieting" is unknown-- there's no food shortages, and they eat. A lot. And joyously. Leading to lesson 2.....

....which grows from Day's observations about activity levels. He describes a culture where being continually active is valued and common – again, at all ages. No gym workouts 4 times per week in Bapan; rather, people of all ages seem to be physically active almost continuously. Elders well past 100 work in the fields and carry baskets of crops back into the village most every day. But this physically active life is apparently not experienced as oppressive; rather, Day suggests that villagers find their work to fit rather seamlessly into dimensions of life expressed in other key lessons....

Villagers are extremely connected to one another, helping each other continuously at all ages. Elders get out and assist neighbors with rebuilding structures as well as caring for children. The norm seems to be that everyone benefits when each person's life matters to everyone in the village.

Balance and routine – what Day calls "finding a rhythm"— seem important. He notes how villagers' lives are organized around regular patterns and timeframes which lend themselves to plenty of rest to counterbalance their ongoing movement at other times.



Last, but certainly not least, are two more psychological lessons. These focus on villagers' cultivation of a positive "mindset" and on their continuously evolving sense of purpose. Similar to what some Western psychologists propose, Day writes about how villagers--well into their 90's and 100's-- absolutely expect their lives to be rich and rewarding as years go by, seeming to have no real fear of the negative connotations associated with aging here in the West. Further, they express a continuing priority of reaching goals and living out their values. Their priorities change through life, but Day's emphasis is on how villagers evolve new purposes, or new ways of pursuing meaningful goals, as their lives change.

It's a fascinating read--part anthropology, part medical primer and part social psychology. He works to apply these lessons to modern Western life through clinical vignettes documenting his and his patients' gains from lifestyle changes based on these lessons. Of course, we have to be cautious as we consider Dr. Day's conclusions--it's not simple to generalize from Bapan to Shepherdstown and it's important to recognize that research links a variety of variables to longevity. On the other hand, he openly challenges genetic hypotheses about longevity by showing the negligible impact in Bapan of "bad" genetic markers within the centenarians he studied. His ideas have a certain resonance, and I think that SAIL may provide a local framework through which several key "Longevity Lessons" can be realized-- connectedness, activity, and purpose being chief among these.

## About Us

*You may recall that in the last newsletter we asked SAIL members to tell us about themselves. Happily, our own Diane Kradel volunteered to start us off. I hope more of you, with your interesting backgrounds and stories, will follow suit. Here is Diane's story.*

### My life by Diane Kradel



I am one of the few native West Virginians in SAIL. I was born and raised in New Martinsville, WV by my mother (a nurse) and my father (a physician). New Martinsville is a small town located alongside the Ohio River. My parents had four children. We attended the Christian Church (Disciples of Christ). After high school I enrolled in Bethany College (WV). I graduated from Bethany College with Distinction (Cum Laude) in my major. Later on I earned a Master of Social Work (MSW) at West Virginia University. Years later I earned an MA in Education (Learning Disabilities). I was a teacher for 27 years and taught adult education classes and learning disabled students. I taught for 20 years in Berkeley County.

At Bethany I met a boy named Paul Kradel. In 1967 at age 21 we married and moved to Fort Worth, Texas where he was in seminary at Texas Christian University (TCU) - Brite Divinity School. West Virginians always come back to West Virginia and we did exactly that after TCU. Along the way we had two children: Adam (1973) and Matt (1976). Adam is an Episcopal priest in Carlisle, PA. Matt is a Financial Advisor at First United Bank in Martinsburg, WV. Both graduated from Martinsburg High School. I have six grandchildren: 4 boys and two girls. Each of our sons has three children. They range in age from 12 - 3 years of age. We just celebrated our 50th anniversary.

My husband and I have lived in Fort Worth, Texas and throughout West Virginia our entire married life. We lived in Elkins,

WV from 1972-1986 and then moved to Martinsburg in 1986. We built a house in Shepherdstown 20 years ago. I have been a school social worker, a child mental health specialist, an adult education teacher, and a teacher of intermediate school-aged learning disabled students. LD students have a level of intelligence, but have problems learning. In my professional life I have faced many challenging situations with discouraged students and parents. I retired at the age of 60 due to health problems. Lyme Disease exacerbated my Osteoarthritis and has caused many of my health problems.

In my retirement, I do volunteer work with several community activities: Shepherdstown Visitors Center, church activities in both the Presbyterian and the Episcopal Church, and SAIL. Recent health problems have made my life more complicated.

We have now lived in Shepherdstown for twenty-two years and enjoy the life and cultural resources that a college community has to offer. My plan is to continue participating in community activities and programs for the rest of my life.



## Coming Up

### Annual Meeting



#### New: Award to Be Presented at Annual Meeting

SAIL's annual meeting will take place November 9 in Trinity Fellowship Hall, at 11:30.

A special event at this year's meeting will be the presentation of the "Community Service Award." The board established this award as a way of recognizing and thanking individuals or organizations that have furthered SAIL's mission of enabling members to remain active, connected, independent and in their homes and community, as long as possible. In July the board solicited SAIL members to nominate possible recipients and will make the final selection from among the nominations.

You won't want to miss the meeting to find out who will receive SAIL's Community Service Award for 2018. This will be an annual event, so be on the lookout for possible nominees for next year!

### Monthly Lunch Bunch

Several of us meet for lunch at noon on the second Tuesday of each month. We rotate among several restaurants in the area.

For more information, contact John Burns.

Upcoming lunches will be on

11 September -- Mezzaluna Café, Charles Town NOTE TIME CHANGE: 12:30

9 October -- Rik's Café, Hagerstown

13 November – Casa Visone, Martinsburg

11 December – Bavarian Inn

## Monthly Trivia Games

SAILers Have More Fun is the name of our team that competes in the Trivia game held at the Rumsey Tavern in the Clarion Hotel. Although the Trivia game is held at the Clarion 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.

For more information, contact Martha Young.

Upcoming games will be on

18 September

16 October

20 November

18 December



Trivia contestants Mary Ruth, Maylene Reisbig, Martha Young, Margaret Turner, and John Burns

## Brown Bag Lunch



September 21: Judy Moore will give us the ins and out of buying and selling real estate.

October 19: Eleanor Finn will emphasize the importance of voting.

November 9: The annual meeting

SAIL President Carolyn Rodis greets Brown Bag Lunch attendees

## Coffee and Conversation

Join Jack and Martha as they introduce others to our SAIL community. Dates for future Coffee & Conversations –

September 19

October 10

November 14

## Lighter Side

A physicist, a mathematician and a philosopher were asked to name the greatest invention of all time. The physicist chose fire, which gave humanity power over matter. The mathematician chose the alphabet, which gave humanity power over symbols. The philosopher chose the thermos bottle.

“Why the thermos bottle,” others asked

“Because the thermos keeps hot liquids hot and cold liquids cold.”

“Yes, but so what?”

“Think about it,” said the philosopher. “That little bottle—how does it know???”



## The Poetry Corner

Betty Snyder

This poem is one that I dreamed about and just woke up and wrote down. I promise to do a better job of finding other poets in the future. It would help if some of you closet writers would let me include your poetry. I really, really want to hear from you. My phone number is (304)876-6208 and my email is bhsnyder13@comcast.net.

### THE ROAD

Betty Snyder

We continue to climb  
The road is narrow  
But the summit is ahead.  
Don't look down  
It's scary this high  
Just keep moving  
Surely by now you're close to the top.

Finally, you see it  
With hurried steps and eager anticipation  
You arrive.  
But where's the joy, the sense of accomplishment  
Why this lonely feeling.

You can't stay here  
Looking behind you, others are making the climb  
With that same look of determination.  
So without another backward glance, you begin your slow descent.  
Then the road widens and there are beautiful vistas on both sides.  
Kindred souls walk beside you  
And on occasion, you tarry  
And allow your senses to rejoice in the beauty surrounding you.

You know the road must end  
But you're in no hurry  
Rather enjoying the view and the companions around you.

Then from some long-ago memory  
Comes a fragment of a poem.  
One that your head once understood  
And now your heart and your very soul understand.

Oh, poor fool  
To so late clearly know  
That it's not the destination,  
It's the journey.



## Movie Review: BLACKKLANSMAN (2018)

By: Marellen Johnson Aherne



I saw this movie twice in a week and would see it twice more. Spike Lee's latest movie, BLACKKLANSMAN, is provocative, disturbing, and at times belly-laughing funny. Based on the 2014 book, "Black Klansman" by Ron Stallworth, the movie relates the improbable and fascinating story of an African-American police detective becoming a member of the KKK.

In 1972 Stallworth became the first African-American to join the Colorado Springs, CO, police department. Several years later Undercover Detective Stallworth noticed an ad, in the local newspaper, seeking members for a new Colorado chapter of the KKK. Posing as a racist white man, Stallworth succeeds in impressing the local chapter leader of his purity of purpose and a face-to-face meeting is arranged. Needless-to-say, Stallworth, himself, could not make that meeting.

For the next nine-months, Stallworth and a white undercover colleague worked a subterfuge that allowed them to infiltrate the local KKK chapter and, by phone, develop a relationship with David Duke, the Grand Wizard of the Ku Klux Klan.

The story is, magnificently, brought to life by Lee. The cast is competently and delightfully led by John David Washington, son of Denzel Washington, in the role of Stallworth. The dynamic between Washington and Adam Driver playing Flip Zimmerman, the other Ron Stallworth, is complex and charming. Topher Grace as David Duke and his relationship with both Ron Stallworths will make you laugh till you cry and then freeze your blood in fear. Star turns by Alec Baldwin as a maniacal racist and Harry Belafonte as a truth teller are spellbinding.

Don't miss this movie. It is currently playing at the Regal Theaters in Hagerstown and Frederick, and at the Alamo in Ashburn, VA. Watch for its streaming release.



### To Think About

In Italy, for thirty years under the Borgias, they had warfare, terror, murder, and bloodshed, but they produced Michelangelo, Leonardo da Vinci, and the Renaissance. In Switzerland, they had brotherly love, they had five hundred years of democracy and peace—and what did they produce? The cuckoo clock. (Quote from "The Third Man")

The next time you wake up in the middle of the night and can't go back to sleep, consider this: Before the 1800s, people had a "first" and "second sleep." They would sleep 3-4 hours, wake up for 2-3 hours to do some type of activity, then go back to sleep until morning.

## Recipe Corner

### Introducing Our Recipe Corner!

The Recipe Corner will be a part of our future Newsletters, so I will be calling on some of our Gourmet SAIL members to contribute their favorite recipes. To plan ahead, we will feature cookies for the Winter Newsletter, as many of us will be baking for the Holidays. Happy Cooking,  
Martha Young

### Broccoli Salad

Kris MacNichols

6 cups broccoli florets, cut into small pieces  
½ c. chopped red bell pepper  
½ c. chopped yellow bell pepper  
1/3 c. finely chopped red or yellow onion  
¼ c. chopped pecans  
¼ c. raisins  
3 Tbsp. coconut flakes

#### Dressing

In a small bowl, combine the following:

½ c. mayonnaise (preferably Dukes)  
1 Tbsp. fig preserves (mix in well)  
¼ c. orange juice

Combine above ingredients in a large bowl.  
Add the dressing to the salad ingredients and mix well.  
Cover and refrigerate over night  
Toss, and serve the next day

### Mock Potato Salad

By Ted Walton

#### Ingredients

1 medium rutabaga  
1 Tbsp. apple cider vinegar  
1/2 c. dill pickle relish  
½ c. chopped onion  
1 c. chopped celery  
1 c. mayonnaise  
4 hard boiled eggs, chopped

#### Directions

Peel rutabaga {slice off one end, then cut down the sides to remove wax and skin.}  
I usually dice the rutabaga or cut it into quarters before boiling.  
Drain and place the chopped rutabaga into a salad bowl.  
Sprinkle with the vinegar. Allow to cool.  
Add other ingredients and toss well.  
Add the chopped boiled eggs.  
You may increase the mayonnaise and relish if needed.  
To add color, sprinkle with paprika or turmeric.  
Enjoy!!





# Birthdays

## September Birthdays

Margaret Turner  
Irene Klein  
Esther Murphy  
Dan VanBellegem  
Tim Murphy  
Mike Austin  
Marty Amerikaner

## October Birthdays

Sandra D'Onofrio  
Jane Tuckerman  
Judith Briod  
Susan Mills  
Marc Briod  
Lara Engebretson  
Catherine Irwin  
Jim Bauman  
Bill Brown  
Suzie Patrick



## November Birthdays

Wendy Moseley  
Bill Drennen  
Dotti Mozden  
Ted Walton  
Helen Moore  
Cynthia Spanier  
Joan Fisher  
Susan Smith  
Hulda McLachlen  
Eunice Earle

## December Birthdays

Norma Siler  
Marellen Aherne  
Jeffrey Wilson  
John Splaine  
Carl Moore  
Vicky Thomas  
Linda Spatig  
Howard Wachtel



## Help Wanted



### Vendors

Caroline Rodis has sent a plea for members to recommend vendors for the vendors list and also to give feedback to the office on recommended vendors they have used.

### Drivers

Once again, we are looking for drivers who can take members to appointments, SAIL activities, or on errands in general. If you can help, call Linda at the office, 304-870-7245.

### Board and committee members

If you want to become more active in SAIL, please talk to one of the board members.

## In Closing

And so we wrap up another issue of your newsletter. Again, congratulations to Helen Burns on her C&O trek. If you can't do the C&O, you still might want to join our Tuesday morning walkers!

Thanks always to Melinda Landolt and Agnes Freund for their unparalleled skill at the computer, without whom this newsletter would never see the light of day. Thanks, too, to our contributors; and remember, we would like to hear from you as well.

Finally, I urge you to attend the picnic on October 7 and the annual meeting on November 9, where SAIL will present the new Community Service Award.

Edwinna Bernat, Editor