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Newsletter

Spring

2019



Hear This! Sharing Stories Across Generations

By Marianne Alexander

Do you have a story to tell? "Hear This!" is a new SAIL project that connects its members with Shepherd University students to share experiences that have made a difference in their lives. The project will match a SAIL member with a student and each will interview the other. These interviews will be the sources of stories that will be crafted and told to community audiences by both SAIL members and students next winter.



"Hear This" committee members Maylene Reisbig, Marianne Alexander and Catherine Irwin

Stories will be collected this spring through oral history interviews. To participate in the project, students and SAIL members were required to attend a special two-day Oral History Workshop. The first was held on March 2. The second will be held on Saturday, March 23 from 9:30 – 2:30 on

Shepherd University's campus. The workshops are led by Dr. Elizabeth Perego, Assistant Professor of History at Shepherd University, and are designed to prepare participants to conduct, record and preserve oral history interviews.



Elinor Ross, Sidney Lewis and workshop leader Elizabeth Perego

SAIL members participating in two sessions of this March workshop will learn how to conduct and record oral history interviews and understand some of the ethical questions and advantages of this research technique. The workshop also offers participants practice in conducting

interviews.

In the fall, SAIL members participating in the project will be asked to attend a second two-part workshop led by Adam Booth, a nationally acclaimed storyteller and SU faculty member. This workshop will offer an opportunity to learn how to craft and tell one's own story to a public audience.

SAIL members are encouraged to sign up by contacting the "Hear This!" Project Administrator Maylene Reisbig at ssag25443@gmail.com or 304-876-9446.

There is no charge for either the March or fall workshops. Lunch will be provided. The SAIL Fundraising Committee is coordinating the "Hear This!" Project and is seeking additional support for the project from local foundations.



"Hear This" workshop participants

President's Column

Carolyn Rodis

SAIL members got a jump on spring by celebrating Groundhog Day at our annual potluck dinner the evening before Punxsutawney Phil didn't see his shadow.

I am pleased to welcome new member Sue Collins to our SAIL family.

Bill Carrigan is again offering Boost Your Brain and Memory free to SAIL members and for a modest fee to the community. Please look for details in this newsletter and in your email and sign up soon. This popular program is limited to the first 15 who sign up and commit to attending all 8 sessions.

Your Board of Directors has approved a pilot project to offer five supported memberships in 2019. Please call the office for details.

We will have our annual Intergenerational Communication Session with Shepherd students on March 22. Look for details in this newsletter and in your email.

SAIL is partnering with Shepherd students in another storytelling project entitled "Hear This! Sharing Stories Across Generations." Members of SAIL will connect with students to collect, preserve and share stories of events and people who have made a difference in their lives. Shepherd professors will conduct workshops on how to collect stories and how to craft the information into written and oral stories.

SAIL mourns the losses of Martha Young and David Kemnitzer and send condolences to Jack, Sue and their families.

Active SAILers

Christmas Party



Marty Amerikaner checks out the presents

As you can see by the pictures, dozens of SAILers turned out for the annual Brown Bag Christmas party. The afternoon's entertainment was a game called Chinese Auction, where members would swipe gifts that other members had already selected from under the Christmas tree. A furious exchange ensued with people claiming popular gifts such as baskets, pottery and wine. At the end, when Edwinna Bernat was the last to choose, everyone waited with baited breath to see which treasure she would claim. Instead, she held up her dish towel and candle and stated that she was perfectly happy with what she got. As was just about everybody else at the end of a fun afternoon!



Hal & Betty Snyder



Party-goers show off their treasures.



Trivia Host Jack Young

Groundhog Day Potluck Dinner Gala, Friday, February 8th

Approximately fifty SAIL members and friends attended the Annual Groundhog Potluck Dinner held in the Fellowship Hall of the Episcopal Church. In addition to the wonderful meal, attendees participated in a lively Trivia competition hosted by Jack Young. The

winning team was presented with individual \$5 gift certificates from Nutter's Ice Cream in Sharpsburg. Now it doesn't get any better than that!!



Successful Trivia Team: Standing - Duane Alexander, Jane Tuckerman, Clara Castelar, Bill Brown, Tom Lewis, & Maylene Reisbig. Seated - Marianne Alexander, Cathy Lewis, and Elinor Ross

A special thank you for Eleanor Finn and her support team in planning and conducting the successful evening outing.

A Trivia Win for Martha!

By John Burns



L to R in the photo
Cathy Lewis, Kate Walsh, Joan Ergin, & Erdem Ergin

Hello Trivia-philés and others,

We won again on Trivia Night, December 18th, with a small cadre of just six! We did this for Martha!!! Playing were Tom Lewis, Susan Mills, John Burns, and Becky and Burt Lidgerding. There were eleven teams competing. This made four victories for SAILers in 2018.

We weren't so lucky on February 19th. There were nine of us there, and we took third place out of eight teams. Playing were John Burns, Kate Walsh, Jack Young, Erdem and Joan Ergin, Bruce Lapham, Paul Kradel and Tom and Cathy Lewis.

Jack took this picture of our Trivia team contemplating answers to tough questions!

January and February Brown Bag Lunches

The speaker at the January Brown Bag Lunch, Bob O'Connor, is a full-time author and local novelist, Civil War historian, and producer of the weekly podcast – The Chronicles of the American Civil War. His six, well-researched novels take place in and around our own part of West Virginia's Eastern Panhandle. He has published fourteen books, mostly about the American Civil War, and has been named finalist four times in national book competitions. His latest book is a children's book about a Civil War drummer boy.

While Director of Tourism in Washington County, MD, Bob initiated two of the area's most popular annual events: the Independence Concert at Antietam Battlefield in July and the Memorial Illumination at Antietam Battlefield in December.



Bob O'Connor

The luncheon, held at the Byrd Center on the Shepherd University campus, was attended by some 30 SAIL members, and was hosted, as usual, by Eleanor Finn and her crew.

And in February...



Steve Warner

At our February Brown Bag Lunch, over 30 interested SAIL members attended and enjoyed Shepherdstown's own musician and troubadour, Steve Warner. Steve has written songs that are spiced with humor, emotion and color that typically strike a universal chord for listeners. He has numerous credits and awards, including multiple covers of his songs by other artists. He has released four CDs and his music is played in many countries on folk, country and Americana programs. Warner has a smooth voice and engaging style with just-right instrumental flourishes...on guitar, ukulele, mandolin and harmonica. He has taught and judged songwriting and is the founder and host of First Friday Coffeehouse, a popular concert series featuring touring artists and local talent.

Coming up—Mark your Calendar

Intergenerational Communication Session scheduled

Our annual Intergenerational Communication gathering with Shepherd University students will take place on March 22 from 11:30 – 1:00 in Room 102, Erma Ora Byrd Nursing School building. We have found a larger room due to the popularity of the program. Last year, it was standing – and sitting on the floor – room only. This interactive program features discussion and a chance for the students to test their hypotheses about aging in the “speed dating” portion of the program. Please note there is no food or drink, other than water, allowed in the classroom.

SAIL-Sponsored Boost Your Brain and Memory Workshop

Bill Carrigan



Bill Carrigan

You've seen SAIL announcements, you've heard people talk about it, so jump on board the eight weeks of the Boost Your Brain and Memory Workshop. Spring is here and it is time to grab some new growth for yourself. SIGN UP!

The good news for the class is that there are no rules, other than attendance. We are all too old to worry about rules. More good news is: no quizzes, no tests, no final and no term paper! However, there is homework which you will design and do for yourself.

What is this all about and what goes on? The dominant theme puts you front and center and in charge of your cognitive and memory health. The first goal is to establish new and reinforce old behaviors which lead to brain growth and cognitive reserve. To accomplish this we'll explore six areas: physical, intellectual, social, nutritional, spiritual and emotional. A second goal is directed toward memory enrichment. Each week we'll learn different strategies which prompt memory growth to practice at home.

To accomplish these goals we'll make use of videos, workbooks, handouts, lectures and class discussion. A class atmosphere of joy in learning and fun together are important elements in reaching behavioral change. We oldies CAN do this. To bring about this change we'll need support from and trust in each other. We all need help in establishing new behaviors. For the class to work best we need regular attendance so don't schedule conflicting appointments for Tuesday afternoons.

Location: Byrd Center for Congressional History and Education, Multi-purpose room, downstairs from 2:00-3:30 pm on Tuesdays starting May 21 and ending July 9. Most university classes will be over for the summer and you may find metered parking on King Street or free parking in the lot at the corner of High and Princess Streets.

Class size is limited to 15. The class is free to SAIL members and, for non-members, there is a \$25 cost of materials fee. To register please call Linda O'Brien at the SAIL office 304-876-7245.

The program is facilitated by Bill Carrigan who led the previous two workshops for SAIL. If you have questions, call Bill at 304-876-8137. We look forward to seeing you!



Ongoing Activities



- The Balance Class meets on Fridays at 10:00, at the Shepherd Wellness Center.
- Coffee and Conversation meetings will be held at Jack Young's house, 260 Tamarac Drive in Fernbank. The next ones will be held on these Wednesdays: April 24 and May 22 at 10:30. Come and bring a guest.
- Margie Knott reports: The SAIL towpath walkers meet every Tuesday at 1:00 during the winter months. Starting the first of April, we'll begin our walks at 10:00 a.m. on Tuesdays. We meet at the large C&O parking lot. We walk at a leisurely pace for about 2 1/2 miles; afterwards those who want to, go out for coffee, a snack and conversation. Here's my email, Margie.Knott@yahoo.com, in case anyone wants to contact me with questions.
- Trivia nights for the next three months are March 19, April 16 and May 21, at the Clarion Hotel. The game starts at 7:00 pm but the "SAILers Have More Fun" gang usually comes early to have dinner together.
- Brown Bag Lunches: Our March Brown Bag Lunch will comprise our annual Intergenerational Communication Session with Shepherd Students from the Psychology of Aging class. (See earlier article.) In April, longtime officer of the Shepherdstown Community Club, Mike Austin, will relate his view of the last days of Saigon in the Viet Nam War era. This lunch will be held on April 26 at the Trinity Parish Hall.
- The Lunch Bunch will be meeting at 28 South in Hagerstown on Tuesday, March 12 at noon. Watch your email for the April and May locations.

To Think About...

There are more lifeforms living on your skin than there are people on the planet.

Men are 6 times more likely to be struck by lightning than women.

New York drifts about one inch farther away from London each year.

Earth has traveled more than 5,000 miles in the past 5 minutes.

...and for those of you who have tried to obliterate these creatures: A mole can dig a tunnel that is 300 feet long in only one night.



Health and Well-Being

Our Age-friendly Community

Shepherdstown is now part of an international movement committed to making our town an “age-friendly community.” The group behind this effort is the Shepherdstown Accessibility Advocacy Committee.

This national movement was initiated by AARP, the American Association of Retired People, and is heavily supported by the Village to Village Network, of which SAIL is a member.

SAIL's representative on the Accessibility Committee is Linda Spatig, who attended AARP's annual Livable Communities National Conference in November. While there, she received a certificate of Shepherdstown's enrollment in the “Network of Age-friendly States and Communities,” which she presented to Mayor Jim Auxer in December.

Becoming part of this network implies that Shepherdstown is “committed to becoming a more age-friendly community under the criteria established by AARP and the World Health Organization.” The criteria address such topics as transportation, housing, and social participation among others. Ms. Spatig gave examples such as multigenerational parks and playgrounds, downtown outdoor seating, and “love your block” initiatives to show what other communities are doing.

SAIL is very much behind the movement. According to SAIL president Carolyn Rodis, “The age-friendly community concept dovetails nicely with the major goal of SAIL, which is to help our members age in place, and to stay in their own homes as long as possible.”

Currently, the Shepherdstown Accessibility Advocacy Committee is focused on the next steps in the Age-friendly Network process: forming an advisory committee, surveying the local population, and developing an action plan. Community members who are interested in learning more about this program should contact Ms Spatig at 304-617-5318 or spatig@marshall.edu.



Features

Movie Review: VICE

By Marellen Johnson Aherne



This Oscar season I had two hands-down favorite movies. I wrote recently about one of them, *BlackKkKlansman*. And, now I'm writing about the other.

VICE, written and directed by Adam McKay, is a biographical comedy-drama starring Christian Bale as former Vice President Dick Cheney. Bale's remarkable portrayal of Cheney is augmented and enhanced by wildly good performances by Amy Adams as his wife Lynne, Steve Carell as Donald Rumsfeld, Sam Rockwell as George W. Bush, and Tyler Perry as Colin Powell.

Cheney's life is explored from his origins in Wyoming to his ascendancy to Vice President of the United States. His transformation from a drunken ne'er-do-well to a Washington operative and ultimately to the office of the Vice Presidency is a fascinating tale of cunning, creativity, and tenacity. The movie's depiction of Cheney's strategy around achieving the vice presidency and his manipulation of George W. Bush is both funny and disturbing—a description I would give to much of the film.

The Cheney marriage is a major character in the story. Amy Adams's spot on performance as the powerful and ruthless Lynne and the dynamics of their marriage are propelling forces in the film.

Roger Ailes and the founding of Fox News factor in the story line as well. The cinematic portrayal begins with efforts to abolish the Fairness Doctrine during the Nixon Administration and takes us through to Ronald Reagan who eliminated the need for the media to present both sides' opinions in reporting straight news. Out of the ashes of the 1987 veto of the Fairness Doctrine emerged Fox News.

Like *BlackKkKlansman*, I have seen this film more than once and would rush back to see it again. By all means do not miss it.



Birthdays

March: Clara Castelar, Maylene Reisbig, Jack Kendall, Jerry Thomas, Erdem Ergin, Ted Ewing, Hal Snyder, Winnie McGarty, Karen Gerstmyer, Carolyn Rodis, Pam Splaine

April: Susan "Sue" Kemnitzer, John King, David Rampy, Judy Moore

May: Bill Carrigan, Joan VanBrunt, Stephen "Steve" Altman, Helen Burns, Janice Carper, Monte Cole, Robert Gerstmyer, Geraldine "Gerry" Smith

Recipe Corner “Martha's Favorites”

by Suzy Patrick

Martha Young initiated this Recipe Corner in the SAIL Newsletter a few months ago. In this edition we want to give tribute to Martha, not only for her contributions to this Newsletter but also for the refreshments she provided for many, many SAIL events. She planned, organized, set up, cleaned up and worked for endless Brown Bag Lunches, Potluck Dinners, monthly SAIL Conversations and on and on. Jack has graciously shared two of Martha's recipes for this Newsletter. Take Note: the Orange Cookies may be appearing at an upcoming BBL.

Chicken Pot Pie

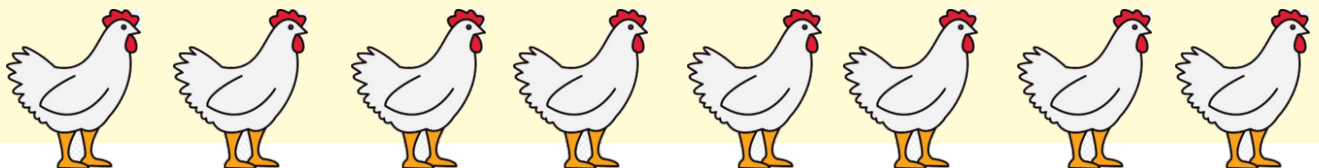
3 T. Butter
¼ Cup Flour
¼ Cup Chicken Broth or Bouillon
1 Cup Milk
2 Cups Cubed Cooked Chicken
1 Cup Carrots, slightly cooked
2/3 Cup Frozen Peas
½ Cup Each Chopped Onion and Chopped Celery
Salt to Taste, 1/8 tsp. Pepper, ¼ tsp. Poultry Seasoning
Pastry Crust (Pillsbury, Martha's choice)

Melt butter in a large heavy saucepan. Blend in flour. Cook over low heat until bubbly, stirring constantly. Gradually add milk and broth. Cook until thickened, stirring constantly. Spoon mixture into a 1 ½ quart casserole or a pie pan. Top with pastry crust. Turn pastry edges under and press firmly to rim of casserole. Cut slits in top of crust to allow steam to escape.

Bake at 400 degrees for 30 minutes or until crust is brown.

Orange Cookies

Cream together: 1 ½ Cups Sugar and 1 Cup Shortening. Add 2 Eggs
Combine: 1 Cup Buttermilk and 1 tsp. Baking Soda. Add to Egg and Sugar Mixture
Combine: 2 tsp. Baking Powder and 3 Cups Flour. Add to the Batter.
Add 1 large Orange, ground fine.
Drop by teaspoonfuls on greased cookie sheet.
Bake at 375 for 12 minutes. Frost when cool.
Frosting: 1 box Powdered Sugar, 1 T. melted Butter, Orange Juice and Orange Zest
Spread on cooled cookies.



The Poetry Corner

Edited by Betty Snyder

We are pleased to have a poem for this newsletter by SAIL member Stephen Altman. Thank you, Stephen. I hope this entices other SAIL members to contribute. We'd love to hear from you.

Against Irony (In Memory of Paul Kalanithi)

You're gone and unaware of me
And others who have read your book.
While under chemotherapy,
What pains you took.

Confronting the appalling fact
Of death appearing in the wings,
You could despair or you could act.
You did two things.

A kind of blazing of the path
Was one. We unafflicted hate
To do the necessary math
Until too late.

But you were not afraid to reach
A solemn reckoning with death,
To tally life and loss with each
Remaining breath.

No fiery vision filled your eyes,
No signal of divine intent.
Just those who loved you; their goodbyes;
Then off you went.

But there was this: You and your wife
Conceived and brought into the world
The remedy for death: new life.
A brand new life.

And so: a book, a baby girl.
Who could, at close of day, desire
A richer leaving of the world?
Who could aspire?

Paul Kalanithi was a neurosurgeon in training at Stanford when he was diagnosed, at age 36, with stage-4 lung cancer. Before his death, he wrote an account of his final months, entitled When Breath Becomes Air. He died in March 1915.

Stephen Altman

Help Wanted!

Eleanor Finn has taken on the responsibility of enlisting volunteers to help with the various SAIL events. Please read her suggestions for ways you might volunteer your time to add to the success of our activities—ed.

Responsibility Descriptions for SAIL BBL's, Potlucks and Picnics

Brown Bag lunches (BBL)

We need two people for set up/clean up. Could be the same folks: Arrange chairs, put out placemats, start coffee. Clean up same. Provide baked or bought sweets, cookies/brownies/fruit. We also need someone to set up the microphone and nametags.



Eleanor Finn

Brown Bag Lunches are monthly, usually the third Friday at Trinity Fellowship Hall. Set up begins at 10:30 am and usually ends by 1:00 pm.

Pot lucks/Picnics

These involve more time. We need SAIL men and women for these. Besides bringing a dish to share, there are tables and chairs to set up for the picnic. That may mean helping to move tables/chairs to and from the location and helping to return the furniture. You can volunteer for various parts of this. Potlucks set up at 4:00 p.m., with attendees arriving at 5:00, ending at 7:30.

Pick and choose what you might like/what month and I'll try to put together a schedule which is not too taxing for anyone. More volunteers needed, of course, for the picnics and potlucks.

2019 "Catering Committee" responsibility calendar for this quarter

Mar 22	BBL and intergenerational meeting with Shepherd students
Apr 12	Volunteer recognition/training at St. Agnes Aux site (yellow house/green shutters)

Thank you for your interest and response. Eleanor

Post Script

In spite of the "Spring" title for this issue, winter seems to continue to hold us in its grasp. I hope the good times and interesting tidbits in this newsletter will help brighten your spirits.

We have some new folks to thank for their contributions to this issue. First, Suzy Patrick has kindly taken over Martha Young's recipe corner. Her fitting initial column is a tribute to Martha, a wonderful member who did so much for SAIL. Another of Martha's responsibilities was managing the treats for all our parties and luncheons. Thankfully, Eleanor Finn has volunteered to do this. She needs help, however, so I hope members will respond to her call for help above. Dan VanBelleghem has assumed responsibility for arranging speakers for our Brown Bag Lunches and Marlene Gallo has done the same for the Lunch Bunch crowd. Thanks to all for your input.

And remember, if you have something to say and would like to write something for the newsletter, please let me know: edwinnabernat@gmail.com.

Edwinna Bernat, SAIL newsletter editor

