



VISIT OUR WEBSITE: www.shepherdstownSAIL.org

Newsletter

Spring

2020

SAIL presents
Hear This! Stories Across Generations
An Evening of Storytelling



Thursday, March 12, 2020
7:00 pm Erma Ora Byrd Hall
Shepherd University

Stories Presented by Seniors and Students

Elinor Ross Nasser Achirou Chloe Johnson David Rampy
Betty Snyder Randy Underwood Jack Young and More....
Adam Booth, Master of Ceremonies

Followed by Decadent Sweets, Dessert Coffees, and Wine

Purchase tickets through SAIL office: 304-870-7245 or email: info@shepherdstownSAIL.org

President's Column

Greetings, fellow SAILers - all 114 of you! I am so pleased about our fast growth in membership, especially in the last few months. Welcome, newest members Mary Bell, Jaime Henriquez, Valerie and Clifford Smith, Ellen Jacobs and John Spears, and Lois and Fred Turco. Clearly, it is our members - both old-comers and newcomers - that are the heart and soul of SAIL.

It is always sad to report the loss of SAIL family members and that is certainly true for Duane Alexander, a much-loved member of both the Shepherdstown community and the SAIL community. We are so fortunate to have known and worked with Duane and will miss him sorely. Our sympathies and warmest love go to Marianne and her family.

Speaking of much-loved SAILers, our dedicated cadre of trained SAIL volunteers continues to provide all kinds of support and assistance - transporting members to appointments and events, visiting members who are home or facility-bound, recovering from surgery or in rehab, and providing respite care for members, among other services. Thanks to our Care of Members Committee (co-chaired by Susan Kern and Carolyn Rodis), our phone responders, and to Linda O'Brien for coordinating these volunteer services which are central to our main mission of enabling members to successfully age in place. Also, thanks to Winnie McGarty who sends SAIL cards to members for special occasions.

Other volunteers have been busy preparing interesting monthly Brown Bag Lunch programs for us (thank you, Dan VanBelleghem) and informative news releases and newsletters (thank you, Edwinna Bernat), and organizing fun activities and events (thanks, Eleanor Finn and her team of volunteers, as well as Ted Walton, Dotti Mozden, Nan Johnson, Margie Knott, and Winnie McGarty). SAIL's Trivia Team is practically unstoppable, thanks to coordinator John Burns.

An important SAIL undertaking is worthy of special note. Thanks to the ideas and efforts of our Fundraising Committee, co-chaired by Catherine Irwin and Marianne Alexander, and SAIL members David Rampy, Jack Young, Elinor Ross, and Betty Snyder, a unique and meaningful event - Hear This! Stories Across Generations: An Evening of Storytelling - will occur on Thursday, March 12, at 7pm. See details above in this newsletter and mark your calendars. This is an event you won't want to miss.

This is the beginning of my tenure as president of SAIL's Board of Directors and I am grateful to those who have served so ably before me - Vicki Thomas, Jack Young, and Carolyn Rodis, for their work in developing and sustaining such a healthy, vibrant organization for me - and other SAIL Board members - to lead. I am honored to serve and will do my best to make sure our SAIL community continues to grow and thrive in Shepherdstown.



SAIL News

Sail Receives Community Foundation Grant

Shepherdstown Area Independent Living (SAIL) is pleased to announce it has received a \$2000.00 grant from the Eastern West Virginia Community Foundation's "King's Daughter Charitable Fund" to support the work of SAIL.

Part of the grant will go towards supporting SAIL's new program of providing subsidized memberships to those who qualify and need assistance to join. SAIL will also be working with leaders in Berkeley County to help establish a similar organization there.

According to President Linda Spatig, "The grant will help us immeasurably as we work with seniors and community groups. We are also very enthusiastic about meeting with leaders in Berkeley County concerning ideas to build an aging-in-place program there." President Spatig has appointed past board member Catherine Irwin and Past President Jack Young to spearhead the initiative with Berkeley County.



SAIL President Linda Spatig and member Catherine Irwin display grant letter

The Community Foundation was established in 1995 and awards nearly \$1 million in grants and scholarships annually. With more than 225 endowed funds and assets of just over \$25 million, EWVCF, headed by Executive Director Michael Walton, is one of the largest grant-making organizations serving the Eastern Panhandle.



New Giving Program Announced



Catherine Irwin, Chair of SAIL's Fundraising Committee, has set up an account with Edward Jones, Shepherdstown, for the receipt of donations of stock to SAIL. A donation of appreciated stock will support SAIL and have the added benefit of being a tax deduction because SAIL is a non-profit organization. (Please consult with your tax advisor for details in any transaction.)

For anyone with an existing account with Edward Jones, an internal transfer of shares is very easy. Sign on to your internet account or give the office a call. Linda O'Brien at the SAIL office can give you the SAIL account number. With accounts located at other investment firms, a donation of shares to SAIL requires a request of transfer from the donor's brokerage to Edward Jones DTC 0057. Designate the SAIL account as the recipient.

A simplified description of the benefits: Mr/Ms XYZ invested \$1000 three decade ago. The investment has appreciated to a value of \$10,000. If XYZ cash out the account, taxes on the appreciated value (\$9,000) are due. If the stock is donated to a non-profit organization, XYZ is credited with a \$10,000 tax deductible contribution. The non-profit liquidates the stock for its full value without any tax burden. Win-win!

George W. Alwin, Financial Advisor at Edward Jones, is available to answer questions and/or assist in donating to SAIL. The Edward Jones office is located at 75 Maddox Square. Phone 304-876-1961.



Ali and Jack march in the Christmas parade

Ali Update

Sail members will remember Ali Jan who, through Jack Young, participated in a number of SAIL activities during his time in Shepherdstown. Ali completed his 16-week State Department Scholarship program in mid-December and returned to Pakistan. You may be wondering what Ali is doing since he returned to his home country. He and Jack still correspond via e-mail and he recently reported that he is working toward completing his law degree at Islamabad University.

Active SAILers Groundhog Day Dinner

Approximately 50 SAIL members and friends enjoyed the evening's festivities during our gala Pot Luck outing held Friday, January 31st. Featured after a bountiful buffet was a challenging "Jack Young Trivia Contest." Seven "table teams" competed to successfully answer 45 trivia "mind-boggling" questions. Pictured is the winning team which successfully answered 37. Winning team members were presented \$5 gift certificates from "Nutters"!



Winning team members (l-r) Elinor Ross, Mike Austin, Susan Kern, Betse and Bill Hinkley, and Maylene Reisbig

Bill and Betse Hinkley are shown receiving their gift certificates from SAIL's Trivia Czar Jack Young.



Opera Outing: Impressions of an Opera “Newbie”

By Joan Van Brunt



Opera goers Linda O'Brien, Susan Kern, Suzy Patrick and Joan VanBrunt enjoy lunch

Would a better description of me be a “nonaficionado”? Whatever, I was initiated into the world of the Metropolitan Opera via SAIL's trek to the Gettysburg Majestic Theater on Saturday, February 1, to experience the live transmitted performance of the Gershwins' “Porgy and Bess.” It was a mesmerizing experience filled with the drama of the story, the magnificent performances of the singers/actors, and the staging. How could the strength and endurance of love have been better expressed than by Porgy (Eric Owens)? Bess' (Angel Blue) beautiful voice and damaged character were no match for Crown's (Alfred Walker) evil power and Sportin'Life's slinky snake-like insinuating “dancing” (Frederick Ballentine). The production itself, performed at the Met for the first time in

over 30 years, involved a great number of singer/performers--no small task to accomplish--and accomplish it well they did! It was well worth the rainy drive up and being late for the very beginning due to a slow waitress at lunch (although a very good lunch).

There were two cars carrying eight of us who attended the show-- Linda O'Brien, Suzie Patrick, Dan Van Belleghem, Ted Walton, Diana Eldridge, Joan Van Brunt, Susan Kern and non-member, Kate Walsh. We enjoyed the day very much. Several of us were new to the experience but grateful that we went. And everyone in Linda O'Brien's car (Suzie, Susan and Joan) agreed that we would like to do it again. Thanks to Ted Walton for arranging the outing.

Christmas Parade

It was a chilly, brisk morning but the participants and onlookers enjoyed another stellar Shepherdstown Christmas Parade on Saturday, December 7th. The parade featured several marching bands, horses, lots of dogs, and a wide variety of local organizations. Once again, SAIL was well represented, with a number of members marching in the parade. All in all - it was a gala outing for all involved.



The parade route - German Street



The Grinch with Jack Young



SAIL's marching contingent

December 2019 Rotary Ball

By Catherine Irwin



Ball attendees Carolee Youngblood, Debra Cole and Catherine Irwin. Standing, Rotary member Ken Mann and Dan VanBelleghem.

The Shepherdstown Rotary Club held a marvelous Holiday Charity Ball again this year. With the theme, "Under the Big Top," the event drew a wide variety of charities that joined in the festivities to raise money for their organizations. The evening included dancing, great food and a live auction.

SAIL had a strong showing at the ball, filling two tables which were sponsored by generous gifts from Jack Young, in memory of Martha, and Dan VanBelleghem and Catherine Irwin. Each of the guests at our tables made generous donations as well.

In keeping with the Big Top theme, both of our tables were decorated with wreaths designed by Jane Tuckerman and featuring darling circus animals on each one. Thanks to Monte Cole, we had a slide show about SAIL. This show will be presented, thanks to Carl Moore, at the Rotary Club meeting on March 10th, when Catherine Irwin will deliver an address about SAIL.

We're very pleased to report that a recent note from Rotary stated that we will be getting \$2,055 from donations at the event. We also sent thanks to Michell Casuccio who was the chair of the ball.

Brown Bag Lunches

December Luncheon: Nearly fifty SAIL members and friends turned out for our Christmas get-together to enjoy the fun and festivities associated with the Annual Chinese Auction Luncheon - conducted in the Fellowship Hall of the Trinity Episcopal Church. Eleanor Finn and her support team ensured no one went away hungry! The auction ensured that everyone had fun and went home with a surprise gift!



Master of Ceremonies
Ted Walton helps
Eleanor Ross open her gift



Marty Amerikaner selects his present



What Eleanor's shirt said behind that basket

January Luncheon: January's Brown Bag Lunch featured SAIL Board member Monte Cole leading a spirited discussion on the use of internet technology and social media for monitoring our health and well-being. Describing himself as an early adopter of technology, Monte outlined some smartphone apps that helped save his life by early detection of a heart attack. Ted Walton agreed that technology can help in monitoring our fitness by tracking heart rate, steps walked, and calories burned. Winnie McGarty mentioned her success in tracking her sleep apnea, which led to healthier sleeping habits for her.



January presenter Monty Cole

If you missed it, look for Monte at other SAIL events for further advice on how to get more out of your technology.



Presenter Karen Rice

February Luncheon: Approximately 30 SAIL members and friends attended the February luncheon. Karen Rice, Director of Shepherd University's Lifelong Learning Program, provided an enlightening overview of program offerings - which will commence in March.

Eleanor Finn and her team members ensured attendees had plenty of snacks and cakes to accompany their brown bag lunches.

Trivia Nights By John Burns



SAIL's crack trivia team was victorious once again ! On Tuesday, February 18th, our trivia team competed with other assembled teams at the Clarion Hotel. The teams compete during the evening by attempting to correctly answer 70 questions. At the February session, our SAIL team correctly answered 68 of the 70 questions asked.

The runner-up team answered 67 correctly.



L-R Friends Burt and Becky Lidgering, and Kate Walsh, Members Susan Kern, Jack Young, Elinor Ross, Maylene Reisbig, Tom Lewis, and John Burns, Friend Bruce Lapham, and Member Paul Kradel.

We weren't so lucky in January. Here's the lineup we had for that Tuesday evening: Me (John Burns), Teresa Forsyth, Jack Young and daughter Beth, Susan Mills, Susan Kerr, Kate Walsh, Elinor Ross, Maylene Reisbig, Esther and Tim Murphy, and Marlene Gallo. Out of seven teams, we finished in the middle, tied for third. Not too bad.

We missed six out of 70 questions total. Even the best team missed at least four. Here are the questions that I think we missed. The "oops" are real boo-boos. Thanks to Maylene for record-keeping.

What state will host the 2020 Super Bowl? [Florida]
We said Miami ... oops - they wanted the state.

Was Nebraska part of the Louisiana Purchase? [yes] We said no.

Who was first Chancellor of re-unified Germany? [Kohl]

Where was the UN charter signed? [San Francisco] We said NYC, as it is the HQ city.

What country hosted the first Disney Park outside the US? [Japan] We said France ... oops - we knew better

What city had the first cable car system in US in 1873? [San Francisco] We said St. Louis ... oops - we knew better.

The boo-boos are a result of a large committee trying to get an answer sheet submitted on time.

SAIL Volunteer Recognition and Training

Thursday, April 16, 2020 1 to 3 pm

By Linda O'Brien

During National Volunteer Week we take the opportunity on Thursday, April 16 to thank all of our volunteers with a luncheon recognizing their dedication of time to assist SAIL members and serve on various SAIL committees. This will be the first of two Volunteer Trainings in 2020. These trainings provide an opportunity (while maintaining member confidentiality) to learn from one another what has been successful and what may have been problematic. By sharing experiences, volunteers get new ideas for expanding their own volunteer assignments. Volunteerism also builds new friendships.

Ted's Picks

Productions by the Metropolitan Opera at the Majestic Theatre in Gettysburg, PA. All theatre tickets are \$23.

- Saturday March 14th, at 1:00 "The Flying Dutchman."
- Saturday, April 11 at 1:00 "Tosca."
- Saturday, May 9 at 1:00 "Maria Stuarda."

We meet at 10:00 am in the Christian Caine parking lot and carpool to the Majestic Theatre in Gettysburg, which allows time for lunch before the show.

At Shenandoah University, "The World of the Piano" at Armstrong Recital Hall, \$18.00.

- March 29 Anne-Marie McDermott at 2:30 pm
- April 19 John O'Connor at 2:30 pm

Also at Shenandoah, Noel Coward's "Blithe Spirit," Thursday, March 26, at 7:30 pm. Performed at the Glaize Studio Theatre, 620 Millwood Ave., Winchester, VA. Tickets are \$11.00.

Please let Ted Walton know if you'd like a ride or can offer transportation by calling 1-304-282-0694. If no answer, please leave a message, and Ted will get back to you.



Workshop for “Hear This!” Storytellers

Featured storytellers for the upcoming “Hear This!” fund-raiser honed their skills over two Saturdays at Shepherd University, when Adam Booth, master of the craft, led the group in an intergenerational storytelling workshop. The seven storytellers, ranging in age from twenty to ninety-two, will present their stories publicly at SAIL's “Hear This! Stories Across Generations” event on March 12. (See ad on page 1)

“Hear This” will feature stories by three Shepherd students, Chloe Johnson, Randy Underwood, and Nasser Achirou, and four SAIL members David Rampy, Elinor Ross, Betty Snyder, and Jack Young. Make sure you get your tickets and attend this delightful evening.



SAIL storyteller Dave Rampy



Master storyteller Adam Booth

Coming Up

Psychology of Aging Class

By Carolyn Rodis

It's spring semester at Shepherd, which brings us the opportunity once again to interact with students in Dr. Dobish's Psychology of Aging class. We are trying an exciting, different format this semester. Instead of the students coming to us at a BBL, we will be going to them, attending their classes. This is in response to your feedback and that of students. In past years, some of you who participated before have said you would like continuing conversations with the students, rather than limiting our interaction to one day.

Here is the schedule of dates and topics:

- March 6 - Social Relationships and Isolation
- March 27 - Engaging with Technology
- April 3 - Difficult Conversations
- April 10 - Coping Skills
- April 17 - Identity and Purpose

Please put these dates on your calendars. Dr. Dobish and I hope that a core group will be able to attend all the classes, to provide continuity and for us to get to know each other and share ideas across the generations. If you can attend some, but not all, that's great, too. Please let Linda O'Brien, (304-870-7245) know the dates you can attend. I plan to be in class for all of them if I can. We'll send reminders closer to the dates.

Class takes place on Fridays from 10:10 - 11:00 in Room 210 of Stutzman-Slonaker Hall, at the corner of King and High streets. (I know it conflicts with exercise classes at both the Wellness Center and the Clarion. It can't be helped.) Email Carolyn, cjrodیس@yahoo.com, if you have questions.

Regularly Scheduled Activities

Brown Bag Lunches

Lunches are held at the Episcopal Church hall, starting at 11:30

Friday, March 20, Dr. Dave Didden, speaker

Friday, April 17

Friday, May 15



Coffee and Conversation

Jack Young continues to host Coffee and Conversation at his home, 260 S. Tamarac Drive, Shepherdstown, to introduce prospective members to SAIL. If you know of someone who would benefit by being a member of SAIL, please invite them to join us. Call Linda O'Brien at the office, 304-870-7245, to register. Meetings are held at 10:30 on the third Tuesday of the month.

Lunch Bunch

Winnie McGarty is now hosting our Lunch Bunch. To make your reservation, contact Winnie at winniemcgarty@hotmail.com or call 703-887-0093. Please tell Winnie if you would like to carpool – it's always more fun!

March 10 - Alfredo's Mediterranean Grille, 735 E. Washington St., Charles Town, WV

Phone: 304-724-9992

Menu: alfredosmedcafe.com

April 14 - Rik's Cafe, 1065 Maryland Avenue, Hagerstown, MD

Phone: 301-302-7541

Menu: rikscafexperience.com

May 12 - The Main Cup, 14 W. Main Street, Middletown, MD 21769

Phone: 301-371-4433

Menu: places.singleplatform.com/the-main-cup-2/menu?ref=integration#menu_653399

Trivia

"SAILers Have More Fun" is the name of our team that competes on the third Tuesday of each month for Trivia games held at the Rumsey Tavern in the Clarion Hotel. The game starts at 7:00 pm, but many of us have dinner beforehand. The game is over before 9:00. Most of all, we just have a good social time together! For more information, contact John Burns 304-876-9146.

Tuesday, March 17

Tuesday, April 21

Tuesday, May 19

Walking Group: Margie Knott tells us that the walking group, which meets every Tuesday, will gather at 1:00 through the winter months at the large parking lot of the C&O Towpath.

T'ai Chi: The beginners group meets on Thursdays at 9:30 at the Train Station.

The advanced class meets on Tuesdays at 9:00 also at the Train Station.

Balance Class meets on Fridays at 10:00 at the Wellness Center.

Kayaking: Nan Johnson tells us that kayaking is over for the winter. Watch for an announcement in the spring.

Health and Well-Being

Age-Friendly Shepherdstown Committee Report

By Linda Spatig

The advisory board met on January 22. We now have three SAIL members in the group – Marty Amerikaner, Jack Young, and me. I gave an overview of the results of the five community listening groups. We briefly discussed five major themes/concerns that were raised. Two of those concerns – 1) the need for more local transportation options and 2) the need for better streets, alleys, bike and walking paths - were raised by individuals in all five groups. The other three concerns – 3) need for better communication, 4) need for more mixed-income housing, and 5) need for more community green spaces - were raised by individuals in four of the five groups.

Based on these identified concerns, the board discussed possible projects we could initiate to begin to address one or more of them. We agreed to start with a focus on our five town parks: Bane-Harris, Cullison, Rumsey, Viola Devonshire, and the Boat Dock. We would like to connect them – through bike and walking paths – with each other as well as with the C&O towpath. We would also like to install signage so that people are aware of the parks and how to get there. In addition to coming directly from community members' expressed needs and concerns, this project is consistent with Shepherdstown's Comprehensive Plan and it builds on a pre-existing proposal for Shepherdstown riverfront development.

Various board members agreed to take the lead on moving forward with the project. We decided to begin raising funds to support this project by applying for a 2020 AARP Community Challenge Grant. The town of Shepherdstown could apply on its own, but the board felt it might be a stronger application coming collaboratively from the town and SAIL.

Old business items were revisited at the end of the meeting. Construction of the new WVU medical facility near Sheetz is underway. Plans to paint safety stripes on steps at Shepherd University are still on the front burner. We were assured by Jim King that it would be taken care of as soon as weather permitted.



To Think About

There is actually a difference between coffins and caskets – coffins are typically tapered and six-sided, while caskets are rectangular.

Sunflowers can help clean radioactive soil. Japan is using this to rehabilitate Fukushima. Almost 10,000 packets of sunflower seeds have been sold to the people of the city.

If you point your car keys to your head, it increases the remote's signal range. This works by using your brain to act as a radio transmitter.

An Italian banker, Gilberto Baschiera, is considered a modern-day Robin Hood. Over the course of 7 years, he secretly diverted 1 million euros to poorer clients from the wealthy ones so they could qualify for loans. He made no profit and avoided jail in 2018 due to a plea bargain.

During the Prohibition era, the U.S. Government allowed whiskey to be sold through pharmacies. As a result, Walgreens grew from 20 retail stores to almost 400.

Features

Poetry Page

Editor's note: Ever since I took over as editor of SAIL's newsletter, Betty Snyder has served as our poetry page editor. I thank her for that and appreciate all the great contributions she sought out and presented to us during that time. Betty is now retiring from that position, so I'm looking for another poetry lover to continue this feature. We had originally thought we would find poets among our membership whose poetry would grace our pages and encourage others to try their hand. Unfortunately, that didn't work, so let's try another tack. Do you have a poem you especially love? If you do, let us know and we'll make it our featured poem. Until then, here's one I fell in love with when I first read it in my 21st year.

Ode on a Grecian Urn

by John Keats

Thou still unravish'd bride of quietness,
Thou foster-child of silence and slow time,
Sylvan historian, who canst thus express
A flowery tale more sweetly than our rhyme:
What leaf-fring'd legend haunts about thy shape
Of deities or mortals, or of both,
In Tempe or the dales of Arcady?
What men or gods are these? What maidens loth?
What mad pursuit? What struggle to escape?
What pipes and timbrels? What wild ecstasy?

Heard melodies are sweet, but those unheard
Are sweeter; therefore, ye soft pipes, play on;
Not to the sensual ear, but, more endear'd,
Pipe to the spirit ditties of no tone:
Fair youth, beneath the trees, thou canst not leave
Thy song, nor ever can those trees be bare;
Bold Lover, never, never canst thou kiss,
Though winning near the goal yet, do not grieve;
She cannot fade, though thou hast not thy bliss,
For ever wilt thou love, and she be fair!

Ah, happy, happy boughs! that cannot shed
Your leaves, nor ever bid the Spring adieu;
And, happy melodist, unwearied,
For ever piping songs for ever new;
More happy love! more happy, happy love!
For ever warm and still to be enjoy'd,
For ever panting, and for ever young;
All breathing human passion far above,
That leaves a heart high-sorrowful and cloy'd,
A burning forehead, and a parching tongue.

Who are these coming to the sacrifice?
To what green altar, O mysterious priest,
Lead'st thou that heifer lowing at the skies,
And all her silken flanks with garlands drest?
What little town by river or sea shore,
Or mountain-built with peaceful citadel,
Is emptied of this folk, this pious morn?
And, little town, thy streets for evermore
Will silent be; and not a soul to tell
Why thou art desolate, can e'er return.

O Attic shape! Fair attitude! with brede
Of marble men and maidens overwrought,
With forest branches and the trodden weed;
Thou, silent form, dost tease us out of thought
As doth eternity: Cold Pastoral!
When old age shall this generation waste,
Thou shalt remain, in midst of other woe
Than ours, a friend to man, to whom thou say'st,
"Beauty is truth, truth beauty,—that is all
Ye know on earth, and all ye need to know."



RECIPE CORNER **SPRING GREEN**

by Suzie Patrick

Spring is here ...or if not, the following recipe will bring spring to your table. This Cucumber and Dill Quiche was served by Eleanor Finn at a luncheon last year and we all agreed, it looked like a round of fragrant dill, it smelled like early morning after a rain and it tasted like **SPRING**.

Get a head start on the season and whip up the following recipe.

CUCUMBER AND DILL QUICHE

From: Great American Cooking Schools Quiche and Pate, 1982, by Peter Kump

9-inch prebaked quiche shell
4 medium-size cucumbers
3 tsp. salt
1 cup heavy cream
½ cup chopped onions
3 T unsalted butter
1 tsp. white wine vinegar
2 large eggs
4 T minced fresh dill



Preheat oven to 375 degrees.

Wash the cucumbers carefully to remove any sprays or wax - scrub with hot water if necessary. Peel the cucumbers, reserving the skins. Cut them lengthwise, then run a teaspoon down the centers to remove all the seeds. Grate the cucumbers by hand or in a food processor, sprinkle with salt and let drain well in a sieve for 20 to 30 minutes.

Put the cucumber peels and the cream in a saucepan over medium heat and simmer for 5 to 10 minutes until the cream tastes of cucumber. Put the cream and peels in a blender and blend until the peels are completely pureed, then pass them through a fine strainer to remove any coarse bits.

Sauté the onions in the butter for about 5 minutes until translucent - do not let them brown.

Squeeze the cucumbers with your hands to remove excess water, pat them dry with paper towels, then add to the onions and sauté several minutes until they begin to brown and any water is evaporated. Add vinegar and turn off the heat.

Mix everything together, making certain that the eggs are well beaten and that there is at least a cup of cream. Add the fresh (important fresh) dill. Pour into the quiche shell and bake 25 to 35 minutes, or until set and browned on top. Serve right away.



Help Wanted

SAIL Executive Director Position Open: After months of planning, the SAIL Board is now seeking a part-time Executive Director to provide oversight of administration, programs and future plans. Other duties will include fund-raising, marketing and outreach. The Executive Director will report directly to the Board of Directors. This is an exempt part-time position. SAIL is an Equal Opportunity Employment (EEO) non-profit.

To respond and receive more information regarding the position job description: Email your resume and a cover letter to sailstaffing@gmail.com. We will contact you if there is a suitable match.

Artists Needed: SAIL is looking for artists who create greeting cards, specifically birthday cards. All members currently receive birthday cards. We would like to encourage artists to participate in this program by providing individual birthday cards for our members.



Sample of hand-made birthday card by Rebecca Ayraud.

For more information, please call the SAIL office.

Birthdays

March Birthdays

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



April Birthdays

Susan "Sue" Kemnitzer
Judy Moore
Sue Pellish
David Rampy
Nancy Stewart
Abby Streu



May Birthdays

Steve Altman
Helen Burns
Janice Carper
Bill Carrigan
Monte Cole
Gerry Smith
Joan VanBrunt



Post Script



We printed our first story about "Hear This!" in the Winter 2018 issue. Since then the event has been featured in each of the subsequent five issues. I mention this to emphasize how long and hard the team has been working toward the culmination of their efforts. That will take place, as noted on page 1, on March 12. Now fellow SAIL members, we need to do our part and get tickets to attend this delightful event. Congratulations to our SAIL storytellers, Eleanor Ross, David Rampy, Betty Snyder and Jack Young, and to all those who worked to put the show together.

Again, thanks to all our contributors, especially Jack Young whom I now consider to be not only our peripatetic photographer, but reporter as well. Agnes Freund as always does a great job formatting our newsletter; and while our usual proofreader Melinda Landolt nurses a new knee, I want to thank Marty Amerikaner for stepping in to do the honors.

Edwinna Bernat, Editor