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|  | ***THE CHRONICLE***  **RALEIGH-WAKE COUNTY CHAPTER #3689**  **http:AARPchapter3689.weebly.com**  **aarp3689@gmail.com**  ***Kelly Vick - Editor***  **March – April 2022**  ***Welcome Spring*** | | |
| **Speaker for Today**  **Greg Flynn, Chairperson**  **Wake County Board**  **of**  **Elections**  **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***    **Chapter Officers**  **Co-Presidents**  Gayle Gayton  Willi Webb  **Vice President**  Cordelia Blackwell  **Co-Secretaries**  Hannah Gathings  Claude Lee  Pat Toothman  Gwenn Weaver  **Co-Treasurers**  Cynthia Bradley  Claudia Harris  **Nominating**  Allan Younger  **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***    **Committees**  Community Service (OweidaCole)  Fundraising (Lorrie Berlenbach)  Legislative (Karen Clark)  Membership (Karen Youmans)  Program (Allan Younger)  Sunshine (Claude Lee)  Telephone (Pat Toothman)  **Staff Coordinates**  Ambassador (James Hines)  Historian (Thelma Blake)  Newsletter (Kelly Vick)  Reflections (Grace Krishnamurty)  Webmaster (Claudia Harris) | |  | ***MESSAGE FROM OUR PRESIDENTS***  ***Willi Webb & Cordelia Blackwell***   |  |  | | --- | --- | | https://press.aarp.org/image/Twitter-Card-400x400.jpg | **Updated Guidance – In-Person Meetings** |   March 25, 2022    Dear **AARP** Chapter Leaders,    I am writing to share an update about the status of **AARP** Chapters’ return to in-person meetings and public facing activity. The following guidance has just been approved for **AARP** Chapters:    With the Centers for Disease Control and Prevention (CDC) indicating that the majority of the country is now at a low or medium community level, effective immediately, **AARP Chapters can resume all normal activities and operations as long as the following guidelines are adhered to**:     * All local and venue guidelines and requirements must be followed.  It is the responsibility of the **AARP** Chapter Leader to actively monitor all State, Local and CDC rules and guidelines, as conditions might change.  Click [HERE](https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html#anchor_47145) for more information. Additionally, it is expected that the AARP Chapter Leader will use good judgement focused on the safety of Chapter members. * It is important to note that Chapters may only host in-person events for the public in locations that are at the low and medium community level designation according to the CDC tracker:  [CDC Community Levels -- Look Up by County](https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html). * Invitations and participation in **AARP** Chapter gatherings are voluntary; under no circumstances should anyone feel compelled to participate in an in-person meeting or event. All invitations should indicate the voluntary nature of the in-person request (i.e. by including language such as “In person attendance is completely voluntary and at the discretion of the individual.”)     **AARP** Chapter Leaders must continue to put the health and safety of their members as the main priority when deciding to convene a meeting or conduct a public activity.    Thank you for your continued engagement with **AARP**.  If you have any questions, please contact me by email at [volunteer@aarp.org](mailto:volunteer@aarp.org) or call toll-free **833-VOL-AARP (865-2277).**    With continued appreciation for you being an **AARP** Chapter Leader,  **Sharon**  Sharon Stewart  **AARP** Chapter Specialist |

**COMMITTEE REPORTS**

**SUNSHINE**

Birthday cards were sent to our members listed below who have birthdays in March and April and also one of our chapter members volunteered to make Birthday calls. A sympathy card was mailed to Cordelia Blackwell for the death of her sister in March and also to Brenda Bennett for the death of her mother in April. If you know of anyone who is ill or a bereaved family, please call Claude Lee (919-971-3317) or e-mail him at [claudealeejr@gmail.com](mailto:claudealeejr@gmail.com). We ask you to please contact our members when you can because several of them have daily challenges.

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| **MARCH BIRTHDAYS** |  | **APRIL BIRTHDAYS** |  |
| **George Gross (11)**  **Mattie Branch (12)**  **Barbara Faison-Ndyalvan (15)**  **Allan Younger (18)** |  | **Willi Webb (3)**  **Kelly Vick (13)**  **Oweida Cole (19)**  **Alan Tally (26)** |  |

**MEMBERSHIP**

If you have not renewed your 2022 membership, it is not too late. Our chapter membership dues are $10.00 per year. You must be a member of the National **AARP** and you will need your national membership card to complete the membership form. The membership form is on our website with instructions on where to mail it.

**TELEPHONE**

The Telephone Committee has been restructured.  There are currently three callers (Claude Lee, Pat Toothman and Cordelia Blackwell who has recently volunteered). The calls will continue on a monthly basis. We will continue to keep in touch with members by calling or mailing “thinking of you” cards to those who are more isolated than most due to medical conditions.  It is a way to keep members informed and receive any suggestions they may have.

**COMMUNITY SERVICE**

The Community Service Committee’s membership has dwindled somewhat during the pandemic; however, in spite of the number of volunteers, we continue to work diligently doing "what we do".

AARP members as well as people in the neighborhood are continually donating clothing, shoes, sleepwear, blankets as well as boxed snacks. The committee alternated the distribution of these items to different agencies such as Healing Transitions, Salvation Army and Loaves and Fishes.  This being said, I would like to thank those of you who made contributions this year; they were greatly appreciated, even though I may not have called you by name. In addition, if you have clothing or shoes that you no longer want or need, you may give me a call. It appears that the Women's Center is no longer accepting clothing, only sweatpants..........

Claude Lee and Oweida Cole continue to volunteer at the Food Pantry on the second Monday of the month and in some instances, whenever they need volunteers if they are short on any particular day. Last Monday we served approximately 50 clients. Our task consist of packing groceries, meats and vegetables, as well as bread and pastries and taking them outside to be loaded into automobiles. Let me know if/when you are ready to volunteer, usually from 8:30 to 10:30.

"Nothing is Impossible........The word itself says I'm possible....."

**NOMINATING**

We have one vacancy for a Co-President. This person will be working in partnership with another person as the leaders of this Chapter.

**FUNDRAISING**

A Fundraising Committee meeting is scheduled for May 10, 2022 at 7:30 pm.  A link will be sent out.  If anyone is interested in joining us, please send an email to Marilyn Pearson at [**mp\_dc@yahoo.com**](mailto:mp_dc@yahoo.com)**.**

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**LEGISLATURE**

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| https://image.email.aarp.org/lib/fe9c157375620c7c75/m/1/42df565d-e0e7-4d54-af2c-87b9d8c5aadd.jpg | In Recognition of  Women’s History Month |



March was Women’s History Month. We would like to take it back to the beginning and talk about our founder, Dr. Ethel Percy Andrus.  
  
[**TELL US YOUR WHY**](https://click.email.aarp.org/?qs=67506f6a0105bb0c1e456209a1ff127b9d1218a71a47916eb019a2250b5ba8e26e9eaba9c7d39d426c3f7bc76ab3dd0733bab118a7f52a81ff7c6682e742db45)  
Dr. Andrus was an educator, a visionary, and a social justice warrior who founded **AARP** to address an immediate need. One evening, Dr. Andrus came upon a retired teacher who was living in a chicken coop because she could not afford housing or health care benefits. Dr. Andrus then jumped into action, mobilizing her friends, colleagues, and like-minded freedom fighters to bring people together.  
  
From this vision, **AARP** was founded in 1958 to promote independence, dignity, and purpose for older persons and to enhance their quality of life. Dr. Andrus dedicated herself to the motto **“to serve, not to be served”**. This was Dr. Andrus’ **“Why”**.  
  
Today, **AARP** fights for affordable and accessible healthcare, affordable prescription drug coverage, protecting Social Security and Medicare, affordable housing, and many other issues to help to empower people to not just live with dignity, but to thrive.   
  
[**TELL US WHY VOTING IS IMPORTANT TO YOU?**](https://click.email.aarp.org/?qs=67506f6a0105bb0c1e456209a1ff127b9d1218a71a47916eb019a2250b5ba8e26e9eaba9c7d39d426c3f7bc76ab3dd0733bab118a7f52a81ff7c6682e742db45)  
As we look ahead to the upcoming elections, we want to know your voting **“Why”**. Why do you vote? Who benefits when you exercise your civic duty? We know that your voting rights are a top priority for you. Now we want to know your **“Why”**.

In Unity and Action  
Reshma Mehta

Director, **AARP** Grassroots Advocacy

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**The following Article was submitted to The Chronicle**

**by the 2014 Chapter President “George Gross”.**

**George is a faithful member of this chapter.**

**This brings back old memories.**

***(Karen Youmans suggested to resubmit this article)***

**THE KIDS WHO SURVIVED the 30’s 40’s 50’s 60’s and 70’s**

First, we survived being born to mothers who may have smoked and/or drank while they carried us:

* They took aspirin, ate tuna from a can and didn’t get tested for diabetes.
* Our baby cribs were covered with bright colored lead-based paints.
* We had no child proofing and when we rode our bikes, we had no helments, not to mention the risks we took hitchhiking.
* As children, we would ride in cars with no seat belts or air bags.
* Riding in the back of a pick-up on a warm day was always a special treat.
* We drank water from the garden hose, not from a bottle.
* We shared one bottle of pop with four friends and no one actually died.
* We ate cupcakes, white bread, real butter and drank pop with sugar in it, but we weren’t overweight because; WE WERE OUTSIDE PLAYING!
* We would leave home in the morning and play all day, as long as we were back when the street lights came on. No one was able to reach us all day and we were OK.
* We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. We learned to solve the problem.
* We didn’t have video games, cable, DVDs, surround sound, cell phones, or personal computers.
* We had friends and we went outside and found them!
* We fell out of trees, got cut, broke bones and teeth and there were no lawsuits.
* We ate worms and mud pies. The worms didn’t live in us forever.
* We were given BB guns and made up games with sticks and tennis balls.
* We rode bikes or walked to a friend’s house and knocked on the door, rang the bell, or just walked in.
* Little League had tryouts and not everyone made the team. Those who didn’t had to learn to deal with disappointment. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! This generation has produced some of the best risk-takers, problem solvers and inventors ever! We had freedom, failure, success and responsibility, and we learned **HOW TO DEAL WITH IT!**

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| **Recipe Corner**  See the source image  **Mrs. Hill’s Pound Cake**  **¾ cup (l-1/2 sticks) butter**  **3 cups cake flour**  **½ cup (1stick) margarine**  **3 cups sugar**  **5 large eggs**  **1 cup evaporated milk**  **1 teaspoon vanilla extract**  **1 teaspoon lemon extract**  **1 teaspoon rum (or rum extract)**  **1 teaspoon brandy (or brandy extract)**  **½ teaspoon salt**  **Measure all ingredients and let stand at room temperature. (This will help margarine, butter, sugar and eggs cream well. If all ingredients are out, you will not have to stop the mixer.)**  **Grease pan with part of butter and flour with part of cake flour.**  **Cream margarine, butter and sugar in mixer. Add eggs one at a time. Alternate adding flour and milk beginning with flour. Add vanilla, lemon, rum and brandy flavorings and salt. Mix well.**  **Put into cold oven and set at 300 degrees. Bake 1-1/2 hours. Do not disturb while baking. Let stand until just warm and then turn onto waxed paper. When cool, turn top side up. This can make either 1 large tube pan or 2 (9-1/4-by-5-1/2 inches) loaf pans.** |  | ***A GREAT Book To Read for The Spring***  The Enchanted April  **The Enchanted April**  **by**  [**Elizabeth Von Arnim**](https://www.goodreads.com/author/show/2098.Elizabeth_von_Arnim)  **A recipe for happiness: Four women, one medieval Italian castle, of plenty of wisteria, and solitude as needed.**  **The women at the center of *The Enchanted April* are alike only in their dissatisfaction with their everyday lives. They find each other—and the castle of their dreams—through a classified ad in a London newspaper one rainy February afternoon. The ladies expect a pleasant holiday, but they don’t anticipate that the month they spend in Portofino will reintroduce them to their true natures and reacquaint them with joy. Now, if the same transformation can be worked on their husbands and lovers, the enchantment will be complete.  *The Enchanted April* was a best-seller in both England and the United States, where it was a Book-of-the-Month Club selection, and set off a craze for tourism to Portofino. More recently, the novel has been the inspiration for a major film and a Broadway play.** |

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| ***If you have a story or great ideas that you think of interest to our members, please e-mail them to Kelly Vick at sandkvick@nc.rr.com and your point of interest will be listed in The Chronicle. See Examples below:***  ***Silver Lining Story***  ***Favorite Recipe***  ***Statement about something special and exciting that happened to you.*** |