



# AARP Dulles Social Scene

Newsletter of

Dulles Area Chapter #4681



The power to make it better.

## 2010 Leadership Team Plans for Eventful Year

**As we begin** a new year of programs and activities, I want to thank Janet Carter, Sheila Hanz, Beth Terrell and Ron St. Jean for their past leadership to our local chapter. Their strong leadership and efforts enabled our chapter to grow in service to the community. Once again, our chapter award scholarships to two deserving scholars, Rose Antwi, GMU graduate nursing student, and Dawn Quimby-Whitmore, GMU undergraduate nursing student. It was wonderful to meet Rose, Dawn, and their husbands at our December celebration at the Rose Gallery at Lake Anne Community Center. The completion of another successful year was reason to celebrate at our annual pot luck dinner with a special recognition ceremony and to enjoy the superb vocal entertainment provided by the Chorus of the Old Dominion.

**Planning is underway** for our 2010 programs and events. The 2010 Classic Car

Show comes into its third year as our major event under the direction of Brent DeRobertis. This endeavor promises to bring us new opportunities to become a visible part of the community. It is work on projects like this that enhance our abilities to serve.

**I take the opportunity to reflect** on recent tragic events in Haiti. Our Fairfax County Fire and Rescue Team is to be lauded for the efforts to give immediate aid to the victims of the earthquake. We can determine ways for our chapter to be supportive of the relief efforts. Our thoughts and prayers are with those who are suffering from great loss in this human tragedy.

**With your help**, we can have another successful year. I look forward to working with each of you to continue our efforts to serve our community.

.Nancy Vollmer, President

## Hospitality Committee News

— Need A. Pearson

We are in search of a person to chair the Hospitality Committee. This person coordinates the volunteers who donate refreshments for the monthly meetings. There is a stock of supplies and a small



budget to replenish those supplies. If you are willing to serve in this capacity, please contact Nancy Vollmer for additional information or to serve in this capacity.

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### Upcoming events:

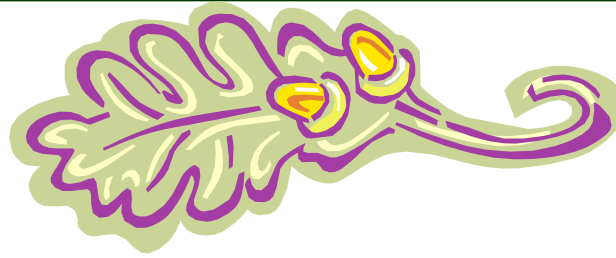
- Jan 21 Chapter Meeting
- Feb TBA Car show meeting
- Feb 10 Board Meeting
- Feb 18 Chapter Meeting

# Community Service News – by Nancy Vollmer

## JANUARY SERVICE PROJECT:

FOR JANUARY: Let's continue to help our neighbors by bringing canned goods and other non-perishable items to the January chapter meeting. The items will help stock the shelves at Reston Interfaith Relief's food bank.

Thank you for your support of the



## Chapter Charitable Projects

WINTER COAT DRIVE sponsored by Reston Interfaith Relief and Supervisor Cathy Hudgins. This pro-

gram began on November 14, 2009, and continues through March 13, 2010. The coats, hats and gloves are distributed from the Community Room at the Hunter Mill District Supervisor's Office

(North County Government Center) 12000 Bowman Towne Drive in Reston.

## Health –Pat Williams of Graceful Care

Trudy E. Bell, author of *Bicycling With Children* (Mountaineers Press, 1999), ticks off many reasons to cycle with your grandchildren. It's good exercise. It saves on gas when you do your errands together on bikes. But most important, "There is no greater intimacy or way to share time with your grandchildren," she says. "The child has your undivided attention. All you do is talk to one another, undistracted by anything else."

Peter Dean, president of Upside Over, a shop for outdoor gear for kids in Saratoga Springs, N.Y., suggests, "Always have a goal in mind and (let) the kids know what it is." For Bell, the essence of cycling isn't the destination, but the stops along the way. She says, "You can stop at a moment's notice; see the blackberries growing; hear the frogs." Cycling grandma Janie Arndt of Fort Collins, Colo., says, "We rarely pass up a playground." She advises limiting time

in a trailer for antsy preschoolers, and bribes her youngest grandson with jelly beans.

Ages 5 to 8 are perfect for trailer bikes, which attach to the seat of an adult bike. Children can pedal or not, as they wish. From 9 to 12, grandchildren can take the back seat of a regular tandem, or pedal independently on their own bikes.

## Birthday Corner– Sandi Wickham

### January



2	Dale Fukagawa				
15	Doris Bessor				
21	Polly Lung				
25	Joseph Wolfe				
26	Judi Mullenger				
28	Brent DeRobertis				
31	Stella Reading				

## 2010 Officers, Directors, and Committee Chairs

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**Officer and Board of Directors were installed at the December 18 meeting.**



**Officers:**

President: Nancy Vollmer  
Vice President: Brent DeRobertis  
Treasurer: Linda Andersen-Butler  
Secretary: Sandi Wickham

**Board Members:**

Julia Scoville  
Micaela Cella  
David Slater

**Committee Chairs:**

Membership, Sandi Wickham  
Hospitality, Open  
Program, Dave Slater  
Community Service TBA  
Publicity, TBA  
Legislative, Sheila Hanz  
Social, TBA

## Meeting Speaker/Entertainment News —by Dave Slater

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Various scams have become more prevalent . Our January 21 program will be presented by Michelle L. Thompson, a consumer specialist with Fairfax County. She is an educator on preventing identity theft, and a mentor for consumer awareness.

Mary Ellen Knecht is a registered nurse and a liaison to the Medical Team. At

our February 18 meeting she will discuss why old age is not for sissies. This will address brain health, diabetes, vision, and preventing falls.

In March we may take advantage of the Dulles Area Chapter's natural features. The March 18 meeting brings to us Reston's environmental resource manager and an internationally known bird-

ing advocate. Claudia Thompson-Deahl will discuss local trees and plants upon which birds and other wildlife depend for food and shelter.

Brian Beers will share his longtime enthusiasm for birding here and on other continents and how you to can join this popular hobby.

## Legislative Committee/AARP News —by Sheila Hanz

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**REMEMBER WHEN WE PARTICIPATED IN THE AARP/Ruritan National FOOD DRIVE?** Board members started our Food Drive - Each one Feed one - by bringing in three bags of food (30 lbs.) to our October chapter meeting. At that meeting, members took the pre-printed grocery bags and worked to fill those bags with food for Reston Interfaith Relief's food bank. You came through by bringing in more food at our next meeting. AARP Vir-

ginia's Pam Caldwell, Assistant State Director, Community Outreach, informed us that our efforts were rewarded as our chapter was selected to receive \$100 in a random drawing of those chapter's who participated in this drive.

Thank you for your continued efforts to support our monthly community service projects.





The power to make it better.

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***The Power to make it better***

*Dulles Area Chapter 4681, AARP was started in 1990 by a group of recently-turned-50s who were still working and lived in the Reston-Herndon-Sterling area. They wanted to learn more about things available to people in the pre-retirement and retirement age groups that could make lives better in their community, help plan for a better retirement, and give support to others who needed it. And have some fun while doing it!*

*The Chapter was incorporated in November, 1991 and its first public service project was to ADOPT-A-FAMILY from Loudon County for the Thanksgiving holiday. Since then it has been recognized in Fairfax and Loudon Counties for its many community service projects including planting seedling trees, clothing and food drives for shelters and those in need, cleaning a section of the W&OD Trail.*

*The first meeting was chaired by Pat Rhoads, First Vice President.*

**[www.AARPdulles.org](http://www.AARPdulles.org)**

## Membership Committee News—by Sandi Wickham



*Friendly Committee extends the Welcome Mat*

Welcome to the new year - hope everyone had a warm, safe and happy holiday season! In an effort to provide support, condolences or a pick-me-up, I ask that you let me know when any of our members are sick or in need. You can drop a line to my email, [sandrawickham@yahoo.com](mailto:sandrawickham@yahoo.com), or give me a call at 703-437-0862.

to do this yet, now is the time. Dues are \$10.00 for individuals, \$18.00 for couples.

See you at the next meeting on January 21st.

Sandi Wickham  
703-437-0862

**Please welcome new members:**

**Tom Mueller**

**Kathy DeRobertis**

**Arteila Fleming**

\*If you are not yet a National AARP member you may submit your application along with a separate check for National AARP dues. National AARP dues: \$12.50 for one year, \$21.00 for two years, \$29.00 for three years.

2010 membership dues are payable now - so if you haven't had a chance

### Membership Guidelines

*be age 50 or over*

*be a member of the National AARP\**

***Dulles Area Chapter dues are \$10.00 yearly.***

***Pay online [www.aarpdulles.org](http://www.aarpdulles.org)***