



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

Chapter Web Site: <http://aarpchapter1100blackforest.weebly.com>

April 13 2022

Black Forest Fire Preparedness

Deputy Fire Chief, James Rebitski, of the Black Forest Fire & Rescue, assisted by Administrative Officer Rachael Dunn, presented an outstanding program "Understanding Wildland Fire & Preparedness in Black Forest" at the March 9th AARP Chapter meeting. The presentation emphasized situation awareness on the part of the property owner. Key aspects of situation awareness, such as potential evacuation escape routes, personal medications, important papers such as insurance policies, & family notification lists were identified as basic items to be included in every disaster preparedness plan.

Chief Rebitski led a discussion of questions from the membership which covered many practical applications of situations encountered locally. He suggested individuals visit the Black Forest Fire & Rescue web site at <https://www.bffire.org/ready-set-go> to review the extensive list of emergency planning items which are available & should be considered. The Chief also noted the willingness of fire mitigation experts to visit properties & recommend ways which fire danger can be reduced on properties in Black Forest.

Mountain View Electric won't be coming tomorrow. Their 45 minute program would have to be done outside and our weather is not cooperating. They will get back to Ray with another date.

Driver Safety classes are scheduled to resume in mid-April. Watch for specific details.

Individuals of all ages are invited to attend Chapter 1100 meetings. Annual dues for 2022 are \$5. The Black Forest AARP Chapter meets at noon the second Wednesday of each month in the Fellowship Hall of the Black Forest Lutheran Church, 12455 Black Forest Road. Visitors are welcome. Contact Chapter President, Candace Lehmann, at 314.330.0411 or visit the Chapter web site at www.aarpchapter1100blackforest.com for more information.



Deputy Fire Chief James Rebitski discusses the mitigation of local Wildland fires

April 13th Host/Hostess: Lori & Jim Belk Greeter: Durrelle Pithey, Sandra Von Wormer
HOST/HOSTESS BRINGS ROLLS/BREAD AND BUTTER.

2022 MENU SCHEDULE:

APRIL: A thru D bring Dessert; E thru O bring Main Entrée; P thru W bring Side dish/Salad

MAY: A thru D bring Main Entrée; E thru O bring Side dish/Salad; P thru W bring Dessert

JUNE: A thru D bring Side dish/Salad; E thru O bring Dessert; P thru W bring Main Entrée

THE SENIOR SOCIAL will take place April 13th.



AARP Chapter 1100 Meeting Minutes, March 9, 2022

We stood & said the Pledge of Alliance, & then Pastor Ken said the prayer. I think it was the nicest prayer I've heard in a long time. He thanked God for the freedom we have in this country, of religion, to speak, to have food readily available. To be able to go to bed & know that you are safe. He asked that we pray for the Ukrainians, for their safety, for their courage, & mostly that this war will end very soon.

We're back to celebrating Birthdays again! Jim Belk, Stephen Blucher, Karen Buck, Waldo Pendleton & Vijay Verma. Happy Birthday to You!! We had guests, Candace Welch (who became a member), Dave Weaver, Administrative Officer Rachael Dunn & Deputy Fire Chief Jim Rebitski. Lunch was served & then the meeting began.

The Fire Department has a program called Ready-Set-Go. Chief Rebitski was here to explain it - it's so you can be ready in case of another fire. We have learned a lot from all the fires we have had, Waldo Canyon, Black Forest & Fire 117, these were all fires that were wind driven. With these types of fires there's no way to determine what will happen, the fire goes whichever way the wind is blowing. There are some things that might help if another fire happens again: Trim your trees 10' off the ground, keep them 30' from your house. Put rocks around the house, about 5-10' of rock. Make a list of items you need to HAVE like prescriptions (take enough for at least 1 week). Even better keep the bottles in a box so you'll have the pharmacist & the prescription number. Clothing, shoes, jackets - whatever the weather is pack for it. Find a place to go, some where your whole family knows about. DO not go back to your house if you forgot something, fire moves very fast & you could be driving into trouble.

What to do if your caught in the fire? Drive to a safe place, a parking lot or somewhere there are no trees or grasses to burn. Keep water, snacks & blankets in or by your car, ready to toss in if you need them. If you have a cistern let the Fire Dept. know where it is. It will only be used if you have a house fire.

There are fire gels available but they only last a few hours. The time spent spraying the house is better spent getting everything you need in vehicles to leave. Set up sprinklers, as long as you're not in the Black Forest or other places with well water. If/when the electricity gets turned off & you have no well?

Burn Permits – open burn or slash. We have been under drought condition for a few years so permits have changed. Currently the only time you're going to get a permit is in the winter when you have 3 ft. of snow around the fire pit. Call the Fire Dept. to come out & look at the area where you plan to burn. The permit is only good for 3 days. Get in touch with your local Fire Dept. since they have information on keeping your house & land fire wise. A while ago you could find Pet Stickers for your house, it had places for type of pet, and how many, the Fire Dept. is trying to find them & will let us know when they do.

Our AARP Chapter has been around for 50 years! President Candice is finding out what National & Denver are going to do, & what we can do.

Lavonne Hidy has suggested that we celebrate our members that are 80 & over. This would occur sometime over the summer, if you have ideas let her know.

You are asked to pick up donation letters from Stan so when you go to your favorite place to eat, or stores to shop ask if they can donate items or gift certificates (to their store) for our drawings. That's how we got the poinsettias for Christmas.

We have a booth for the Black Forest Festival. Now we have to decide what we're doing with it. All ideas are welcome.

Here's some information about eggs that I read in the 3/9/22 Gazette:

- ◆ Chickens are omnivores; they eat anything, bugs worms, lizards & frogs. They do not eat plants. If it says "vegetarian fed" it means they were kept indoors. "Hormone free & antibiotic free" are useless words in the U.S. There is a law that states you cannot give hormones to laying chickens, & very few farmers use antibiotics. "Cage-free" could mean they are kept in a warehouse with their beaks filed or cut down to keep them from pecking each other. "Free-range" could mean they are kept in a warehouse with the door open so they could go out if they wanted.
- ◆ You can freeze eggs but not in the shell. Whisk eggs until they are well beaten & pour them into an ice-cube tray that you have sprayed with non-stick spray. They can be kept up to 6 months - defrost before using.
- ◆ Refrigerated eggs will last 3-4 months. Do not leave eggs out for more than an hour, bacteria can enter the porous shell when it goes from cold to warm.

There is a lot more to this article but I think these are the important points to remember.

Respectfully submitted,

Linda Rozak, Secretary

April is Older Adult Finances Month! This year ElderWatch is again hosting a variety of events to shed light on this very important topic. In addition to those events we are reminding Coloradans of all ages to check their free annual credit report.

The following Smart Tips helps walk consumers through the steps of how & why to check their credit report at www.annualcreditreport.com. Please share with your friends & neighbors!

FREE CREDIT REPORT

In 2021, fraud-related losses totaled over \$5.9 billion in the United States. Identity theft has sat at the top of the list of consumer complaints filed with the Federal Trade Commission (FTC) for the past 2 years. Accessing & checking your free annual credit report is key to recognizing signs that your identity may be compromised.

- The Fair Credit Reporting Act guarantees you a free annual credit report from each of the 3 credit reporting bureaus – Experian, Equifax & TransUnion.
- Due to the ongoing COVID-19 pandemic, Equifax, Experian & TransUnion are all offering free weekly online credit reports through 2022.
- Visit www.annualcreditreport.com or call 1-877-322-8228. This is the only source for free credit reports guaranteed by law.
- When you access the site, ensure you have a secure internet connection, do not use public Wi-Fi. On the site, click request your credit reports. Then, fill out a form to request 1, 2 or 3 credit reports.
- You will be required to provide personal information & answer required security questions (this is okay!).
- Once you've received the first report, be sure to print it or save it as a PDF so you can access it again.
- To view your other reports, you will have to answer additional security questions.
- Be alert to any discrepancies in your report: an account you don't recognize, negative items that should be disputed, anything that would suggest your good name or identity are in jeopardy.
- If you do find discrepancies, contact all 3 credit reporting services to investigate further. Visit www.identitytheft.gov to file a report with the FTC & take steps to freeze your credit or place a fraud alert.

800-222-4444

www.aarpelderwatch.org

CHAPTER COMMITTEES

Health Care: Wash your hands. Waldo has a list of members willing to loan walkers, etc. so if you need one, or have one to loan, please contact him. If you have questions check with Waldo.

Sunshine: Get Well cards were sent to the following members: Sue Fletcher, Durelle Pithey, Bev Schaab & Chuck Karlstrum. (Electa is the Sunshine Committee & can be reached at 596-6787. Please call her directly so she doesn't hear about a member second hand.)

Visit the Chapter website at <http://aarpchapter1100blackforest.weebly.com/> so you too can see the latest Chapter information & upcoming events. **THIS IS ESPECIALLY USEFUL NOW. Stan has updated the website. Check it out!**

This newsletter was published and distributed with the assistance of the following merchants:

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