

BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

January 9, 2019

Host/Hostess: Stan & Electa Beckner, Gwen Burk

Greeter: Joyce Asche, Patricia Dix

2019 Officer Installation Ceremony, Roberto Rey

Program: Changes to Tax Laws for 2019 tax year. Cheryl Moyer

Celebrating the Holiday

Violinist Herman Susser played a long program of traditional Holiday music much to the delight of the Chapter 1100 members & guests at the December 12 meeting of the Black Forest AARP Chapter 1100. Each selection was greeted with enthusiastic applause from the holiday assemblage seated at tables decorated with poinsettias & other festive decorations.

The catered meal of traditional turkey, dressing, ham, & mashed potatoes & gravy was expanded by many delicious side dishes, salads & an extensive dessert bar of items brought by the membership. A huge feast by any measure.

Chapter President Ray Rozak reviewed the many Chapter community service accomplishments which the members participated in during the past year. This included the annual free shredding, a blood drive, fire extinguisher & Driver Safety training, providing free transportation for those in need, free stroke & heart attack awareness instruction for the community, active participation in the Black Forest Festival, support of several Senior Resource Council events including the Holiday Dinner Dance, Silver Key outreach activities, providing wheel chair pouches to the Veterans residing at the Veterans Community Living Center in Florence, CO, filling Christmas stockings for The Salvation Army to distribute to children at Christmas time, & contents for Easter baskets for children of homeless individuals in the San Louis valley. The Chapter also participates in caretaking in the community and in community outreach through numerous local area expo's.

Several of the activities during 2018 were fund-raising events. The Chapter donated \$1,655 earned from the fund-raising activities to historic charities such as the Black Forest Community Log School Park Foundation, the Original Log Community Church in Black Forest, Hope Restored, the charity dedicated to assisting victims of events such as the Black Forest Fire, & Black Forest Cares food pantry. The Chapter also donated 636 pounds of non-perishable food to Black Forest Cares during 2018.

The short business meeting included the annual election of Chapter Officers for 2019. The Officers will be installed at the January 9 Chapter meeting by Mr. Roberto Rey from the AARP Denver office.

Poinsettias for the table decorations were furnished by Home Depot. They were distributed to lucky attendees along with wrapped gifts brought by the members & placed by Santa's sleigh. Every one of the persons present received at least one wrapped item to take home at days end.



Mr. Herman Susser performing a program of violin holiday karaoke music.



Chapter members & guests enjoy the Holiday atmosphere in anticipation of what is to come from Santa's sleigh & a multitude of presents in the background.

A Post Script to Stan Beckner's article on the Chapter Christmas lunch

We thank all the members who contributed their time to enable the Chapter to accomplish all the AARP sponsored activities & community service projects enumerated during the meeting.

The Chapter couldn't do all President Rozak mentioned without the members who contribute many hours to various causes and events. **THANK YOU!**

Thanks to member Bill Sanderman for the following Driver Safety article:



DRIVING AND DEALING WITH DISTRACTIONS

Driving a motor vehicle correctly and safely is a demanding task. While it usually does not require strength, it certainly needs dedicated attention. When the driver is not giving sufficient attention to the driving task, they are straying into the "Distracted Driving" area, which the Colorado Department of Transportation (CDOT) tells us is the most common causes of crashes and deaths on Colorado highways.

We need to be aware of the situations and devices that take our attention away from the road, and how to deal with the external attention demands placed on us as we drive. We can multi-task to some degree, but we need to give priority to our driving.

Passengers can often cause distraction with conversational activity at inopportune times, particularly when the driver's workload is high, such as during heavy traffic times or when making turns or entering high-speed thoroughfares. It is entirely appropriate for the driver to ask their passengers to limit their talking during high workload times. Children with their unpredictable behavior are often a major distraction. How many times have you seen a driver turn around and talk to their back-seat children while they are driving? Be sure the children are properly buckled up and limited in what they can do. Pets in the car should also be restrained and certainly do not need to be in the driver's lap.

Equipment in the vehicle can be an excellent source of distraction. Tuning the radio, manipulating the GPS, making or receiving phone calls or text messages take control of our attention and limit our awareness of the highway and traffic around us.

Speaking of the radio, what we listen to can and does have influence on our driving. Studies have shown that we commit more traffic violations while listening to fast-paced music as

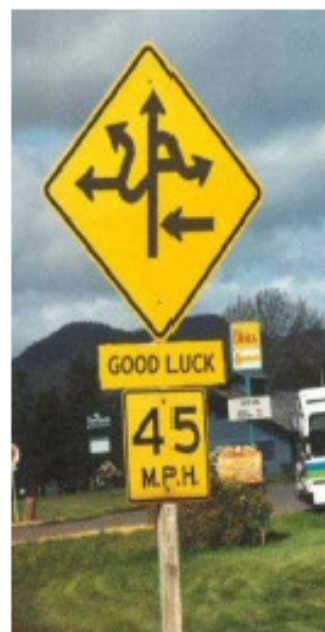
compared to soothing elevator-type music. Talk shows are often even worse.

Eating while driving is another way to divert your attention away from the essential driving tasks. Having a quick sip of coffee isn't too bad, if you do it during quiet driving times. However, chomping on a hamburger with catsup and mustard takes a lot of concentration.

Remember that driving takes your full attention to be safe. Tune out and ignore those things which are trying to divert your attention away from the driving task. If you must take that phone call, or reset the GPS, pull over and stop the driving while you take care of these other things.

By the way, it's a good idea to pull over and get out of the car for a few minutes every couple of hours. Get a little exercise and get the blood flowing in your extremities periodically. In the same vein, don't go through the drive-through at that fast food restaurant. Get out of the car and walk inside and let your body and mind rest for a bit, and avoid eating in the car.

Bill Sanderman



*Happy New Year
May the year of 2019 be the best
one ever for you and yours.*

Secretary's Report - December 12th meeting

President Ray Rozak called the meeting to order. He led us in the Pledge of Allegiance. An invocation was offered by Pastor Ken of Black Forest Lutheran Church.

Members who celebrated birthdays this month were Alberta Davis, Lavonne Hidy, Lexie Manfrin, Denny Wilson, & Ray Rozak. Don Dinwoodie & Elaine Gagne & Jacqueline & Larry Cook celebrated wedding anniversaries.

Guests included Herman & Kerry Susser, Cheryl Hayman & Michelle Saad.

A catered lunch included both baked ham & roast turkey & all the trimmings. During lunch we were treated to holiday music by Herman Susser in a violin concert.

After lunch Ray announced that dues of \$10.00 should be paid before February 28th. Members were asked to sign in & indicate service hours completed during the past month. Shirley Karlstrum will complete our annual report & will need those hours by December 31st.

Carolyn Jawarski's 15 year pin will be taken to her since she was unable to attend the meeting.

Thanks were extended to all who volunteered for the November 17th dinner dance. Despite the ice storm a number of our members attended & had a good time.

Ray requested that someone step up to fill the open slot on the Nominating Committee. Durelle Pithey will fill that slot. There was a final reading of the slate of officers & board members & members voted to accept those nominated. Ray also mentioned that we do not have a nomination for the National ERA Community Service Award & asked the membership to offer names.

A speaker from H&R Block will come to our January meeting to speak about the new tax laws & how they will affect our members. Anyone with a question was asked to submit it to Jim Belk in advance.

Stan Beckner asked members who haven't volunteered for an activity in the past to step up & participate in the coming year. Max Stucky asked that anyone with a bicycle or monetary donation please contribute to the Bob Telmosse bicycle giveaway for Christmas. He offered to pick up used bicycles & transport them to this event.

Lori Belk reminded members what needs to be brought for the January general meeting pot luck luncheon. Those with last names beginning with A-D should bring a dessert. Those with names beginning with E-P should bring a main dish & those with names beginning with R-W should bring a salad or side dish. This insures a balanced contribution of food.

Ray reminded us that officers for 2019 will be installed in January. Roberto Rey from the State Office will be here to officiate. Raffles were held & the meeting was adjourned.

Respectfully submitted,

Rita Fitzpatrick

(Editor: Thank you Rita for all your hard work for our Chapter and for others in Colorado Springs. We will miss you.)

FUNNY BIT OF INFO:

We are all 2018 today. Today the whole world is the same age.
Today is a very special day.
It happens only once every 1,000 years
Your age + your year of birth = 2018.
This is true for everyone.
It is both strange and inexplicable. Try it and see.
It will not happen again for another 1,000 years.
So..... HAPPY BIRTHDAY everyone !!

(and it does work! Helen)

As of the January 4, 2019 Board of Directors meeting we will no longer include the Chapter Financial Report in our monthly newsletter. Instead the Treasurer will update the membership as to the current account balances, income & expenses during the monthly meeting.

CHAPTER COMMITTEES

Community Service Committee: Donations to the Black Forest Care food bank from the December meeting totaled \$63.21. Thank you to all who made this possible.

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.

*** Max Stucky has 3 walkers if anybody needs to use one. Please talk to him.

Notification: Thanks to Pat Guild & Anita Wolfe for their work on the monthly telephone member notifications & thank you Patricia Dix for notifying members via e-mail.

Public Relations: PSAs were sent to 9 local newspapers, the Gazette blog & posted to our website regarding Chapter related activities like the Chapter's Christmas luncheon. Thank you Stan.

Sunshine: Electa sent get well cards to Linda Siebe, Lavonne Hidy, Bev Schaab, Kathy Miller, Don Dinwoodie, and Ruth Scharzman. 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. Many people visit our website during the month & our members find it useful.
- **REMINDER OF CHAPTER MEETING CANCELLATION POLICY:**
If School District 20 cancels classes, or is on late reporting, Chapter meetings will not take place.
- **Senior Social** - The Senior Social will be held on January 23rd in the Meeting Hall of the Black Forest Lutheran Church. Join other seniors for various games, or just visit.
- **REMINDER ABOUT THE MONTHLY DOOR PRIZE DRAWINGS** - The new person in charge (?) of this activity will need items for the monthly door prize drawings, a Chapter fund-raising activity. Those who attended the July Picnic enjoyed food purchased with money collected through these drawings rather than from the Treasury.

FEBRUARY 13 HOST, HOSTESS AND GREETER:

Host, Hostess: Chuck and Shirley Karlstrum Greeter: Waldo Pendleton

'Forever' Stamps Will Soon Cost 55 Cents - Starting Jan. 27, the U.S. Postal Service is rolling out updated mailing & shipping rates, including a 10% increase in the cost of 'forever' stamps, from 50 to 55 cents.

Link to updated mailing and shipping rates: http://about.usps.com/news/national-releases/2018/pr18_086.htm

The single-piece additional ounce price will be reduced to 15 cents, so a 2-ounce stamped letter, such as a typical wedding invitation, will cost less to mail, decreasing from 71 cents to 70 cents.

Outbound International Letters (1 oz.) remain at \$1.15 and Domestic Postcards remain at 35 cents.

January 2019

Dear Members,

Last year we decided to divide up the lunch menu so everyone brings something different each month. I've divided up the groups according to the last names on our membership roster so that each group will be about the same size (we have a lot more members with last names at the beginning of the alphabet).

Following through from last year, here is the schedule for 2019:

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

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

MARCH: Meeting is at the Country Buffet (801 N. Academy Blvd.)

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

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

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

JULY: This is our annual picnic at Black Forest Park. The Entrée & Sides are provided by the Board. Members are asked to bring a dessert to share.

AUGUST: NO Meeting

SEPTEMBER: Meeting is at the Country Buffet (801 N. Academy Blvd.)

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

NOVEMBER: Our Main Dinner is catered. A thru K bring Side dish/Salad; L thru W bring Dessert

DECEMBER: Our Main Dinner is catered. A thru K bring Dessert; L thru W bring Side dish/Salad

Rotating a bit for 2020 so everyone gets something different for the months:

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

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

Thank you,

Lori Belk, Luncheon Coordinator

(Editor: Thank you Lori for the great job you're doing as Luncheon Coordinator. We look forward to 2019.)

WELCOME TO TWO NEW CHAPTER MEMBERS:

Joyce Asche and Michele (Frechette) Saad who joined in December.

Stay Scam Free in 2019!

It is common to encounter scam attempts over the phone, online, through the mail & even at your door. While scams can take many forms, there are often "red flags" that are common to many scam attempts. Recognizing red flags will help you Stay Scam Free in 2019! The following are some of the most common red flags that a scammer may use to try & steal your money, personal information or financial information:

- * You receive unsolicited contact from a government agency, business or other entity that is unexpected & unprofessional
- * You are requested to provide or verify critical information such as a bank account number or your Social Security number
- * The request is urgent in nature, often with a timeline to ensure there is not time to verify its legitimacy
- * You are asked to send payment in a non-traditional way, such as via pre-paid gift card, wire transfer or cryptocurrency
 - The offer seems "too good to be true" or not in line with market value for the product or service
 - There is little or no contact information for the organization & third-party reviews are limited or don't exist.

If you have a question about the red flags of scams or if you have been the victim of a fraud or scam, contact an AARP ElderWatch volunteer specialist to talk you through the situation. **Stay Scam Free in 2019!**

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