



BLACK FOREST CHAPTER OF AARP #1100

"To serve, not to be served"

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

June 12, 2019

Host/Hostess: Patricia Dix, Lavonne Hidy

Greeter: Beverly Schaab

Program: "Fire Mitigation, Projects & Volunteers" Byron Spinney, Hope Restored



Thank you for volunteering for the **May 29th Health Fair at Affinity at Colorado Springs, on Tutt Blvd.** - Ray & Lin Rozak, Patricia Dix, Stephen Blucher, Bev Schaab, Electa & Stan Beckner.

AND THANK YOU TO THE FOLLOWING who worked at the **Senior Resource Council (SRC) Expo on Sat., June 1st at the Marriott:**

Ray & Lin Rozak, Chuck & Shirley Karlstrum, Helen Von Gunden, Vijay & Raji Verma, Stan & Electa Beckner.

A well run event with good crowds, a good variety of senior-related vendors, a good free box lunch & possibly a new member.



Secretary's Report - May 8th meeting

President Ray Rozak called the meeting to order then led us in the Pledge of Allegiance. An invocation was offered by Jerame Ryan of the Black Forest Lutheran Church. Wished a Happy Birthday to Rosemary O'Connell, Lin Rozak, Dick Cole, & Arthur Garcia. Anniversary greetings to Arthur Garcia and his wife.

After lunch our speakers were Erica Meyers & Kevin Holbrook from Mountain View Electric. Our electric company has been around since 1941 & the first board meeting was in the Black Forest. It serves 8 counties in a 5,000 square mile area - that's 56,000 meters & 48,000 members. They employ 151 to take care of about 6,000 miles of line. They buy their power from Touchstone Energy Cooperative, of which 1/3 is renewable energy resources.

The best way to save money on your electric service is by conservation, which is finding ways to use less energy. Lighting should be LED bulbs, turn off lights when not in the room or when there is sufficient light from outside. If you have a refrigerator in the garage with only a few items in it, can you put them in the refrigerator in your kitchen? Do you really need those items? If not, unplug the unused refrigerator (clean it & prop the door open or it's going to stink).

We have motion activated light switches, one in the laundry room which comes on when I enter the room & turns off a few seconds after I leave. These switches can be used anywhere you want them. Try not to use major appliances during peak times when power is more expensive. If you have to replace appliances be sure they are energy efficient, not only will you save money, but they could qualify for rebates from Mountain View. Insulated blinds or curtains block the heat or the cold and caulk the windows if needed - these are small ways to conserve energy. TVs should be turned off, not put in sleep mode, the same with your computer. Ceiling fans should be turned off when leaving the room for a long period of time. If you find different ways to save energy let us know, we all can benefit from your ideas. Mountain View has a web site www.mvea.coop, check it out. You can enter to win "Whole House LED Lighting" in the Country Life magazine, go on line to enter or when you get your bill.

"The Chapter and REA Unit Community Service Award" was presented to Herb & Pat Guild for "...for all the good you have done in your community...". Congratulations. Woo Hoo!

There was a Health Fair at Affinity at Colorado Springs, on Tutt Blvd.—a new 55+ apartment complex. It was their first time to hold one & the vendors that were there had a lot of information & they took time to set & talk with you. It was one of the nicer ones we've been to. Thanks to all of you who helped, you make a difference.

A word about the Shredding - Denver is not going to provide more T-shirts, but have sent vests to Stan for the workers that are by the shredding machines. Jim Belk has arranged for Marco's Pizza to deliver, & they have gluten free, that's a deal. If I didn't mention it, Jim thanks for all the effort & time you put in to make the event run smoothly. We all appreciate you & Lori for making this work.

Gwen is asking that you always check out the share table each meeting as there are some different items. If they're not taken after 2 months they get donated to organizations that can use them.

Our Senior Social was canceled again - the weather just is not cooperating with us. Let's try again this month.

The Black Forest Festival is still a go. We are in a different area this year - booth 203. Waldo has a 10 x10 tent he's going to bring so we will have some shade. Shirley is going to be Gwen's helper & organize the tables & the helpers. Thank you Shirley. Bring your items, already priced, early so they can get displayed.

On the health front, Wash Your Hands! Use the wipes that are available in all the stores, you don't know if the person ahead of you has had their kids vaccinated or not. Measles are at a record high this year. There have been more reported since the vaccine became available.

Lexie Manfrin's memorial was May 18th. After the service snacks were served downstairs, we sat around & remembered her & her many talents. Lexie will be missed.

Max has booked October for the presentation on the Black Forest Prayer Trees. Please tell friends about it, it should be one of the better events of the year.

I know many of us will have big family gathering this summer so I have a recipe that might be useful:

ELEPHANT STEW

1 MEDIUM ELEPHANT
BROWN GRAVY
SALT AND PEPPER TO TASTE
2 RABBITS (optional)

Cut elephant into bite-sized pieces. This should take about 2 months. Add enough brown gravy to cover the meat, add seasoning. Simmer about 4 weeks until tender. Serves about 388 people. If more people are coming then add the rabbits, but only if necessary, as most people don't like hare in their stew.

Respectfully submitted,
Lin Rozak, Secretary

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 May meeting totaled \$48.00. 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 recent activities Thank you Stan.

Sunshine: Electa sent get well cards to Rosemary O'Connell and Waldo Pendleton. (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 June 26th 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.

Free Shredding - MARK YOUR CALENDAR - the AARP FREE community shredding event will be from **9 AM to Noon on June 15th** at the **Black Forest Lutheran Church**, 12455 Black Forest Road. Three boxes or paper bags of unneeded personal & financial documents will be shredded, onsite, by a professional document shredding company. Reservations not required.

Fight Fraud – Shred Instead!



Door-to-Door Scams

Warm summer months often lead to more door-to-door solicitations. Regardless of if you believe the person at your door is a legitimate solicitor or not, it is important to remain skeptical & cautious, especially if they are trying to sell you something. Scammers often try & solicit donations for charity, offer a home repair service or pose as a utility worker. The following are some tips to stay safe:

NEVER...

- Do business on the spot! You can & should always get a second opinion.
- Give out sensitive personal or financial information to someone who shows up at your door unannounced.
- Pay for services in cash. Be wary of paying up-front for a product or service that will be delivered at a later date.
- Let a stranger invite themselves into your home.

BE AWARE OF...

- Scare tactics, like the solicitor telling you he smells a gas leak coming from your home.
- Deals that offer steeply discounted prices that seem "too good to be true" or not in line with your expectations.
- Remember that a receipt is worth nothing unless the business is valid & reputable.
- Before signing anything, be sure you read & understand exactly what you are signing.
- Don't be afraid to offend someone by asking them to leave.

It is easy to fake credibility. Do your research. Check with an objective third party to verify someone's identity. Don't hesitate to call the police if you feel threatened or contact AARP ElderWatch if you have any questions about a door-to-door solicitation or other potential scams. Door-to-Door Scams Recognize, Refuse, Report!

Call us Monday–Friday, 9 a.m.–4 p.m. 800-222-4444 Option 2 www.aarpelderwatch.org

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