

Killington Active Seniors August 2018 Newsletter

**Plant seeds of happiness, hope, success and love.
They will come back to you in abundance.
That is the law of nature.**

-Steve Maraboli (Author)

Dear Friends,

It's hard to believe it's August already. Even with the rain and the few days of humidity, it has been a great summer and it seems to be flying by.

The most important event in the month of August is our annual summer picnic. It will be held on Thursday, August 2nd, at the Herbert L. Johnson Recreation Center on River Road. The event will start at 4:00 pm. As usual, we will provide hamburgers and hot dogs and all of us will bring either a salad or a dessert. There is nothing better than good food and good friends together in one place. The only downside is the weather is promising not to cooperate. The forecast is for rain and thunder storms. We will make a decision by 10:00 am on Thursday to either go ahead with our plans or to postpone the picnic until Thursday, August 9th.....same time and place. **I will be sending an email out on Thursday morning between 10:00 and 10:30 letting everyone know one way or another so please check your emails that morning.** I would like to remind everyone that the Killington Fire and Rescue donates the hamburgers and hot dogs, so please remember them when they have their annual fund drives.

Speaking of fund drives and supporting our town and each other, I would like you to know that both the Greater Killington Women's Club and the Rotary Club of Killington gave us generous donations this year. Please remember them when they are having events or selling raffle tickets. After speaking with Chet Hagenbarth, our interim town manager, the money will be put into a restricted fund to be used only by the seniors rather than being deposited into the general fund. This is a new policy and I thank Chet and Cathy Foutch, Parks & Recreation Director, for working with me on this.

In my past I was a magazine freak. If I did not subscribe someone else did for me. Then suddenly my interests changed, and they would come in the mailbox and just sit there. In my quest to throw away or give away anything I am not using or loving, I have tackled the stack of magazines. I am sure you are wondering how I and this stack of magazines were living together in my tiny condo. I was wondering, too, and that started my project of going through each and every one. If you are also wondering why I didn't just throw them away, it was because I thought I would miss something! Anyway, I have learned how to decorate, how to cook, how to be a friend, how to lose weight (there are no articles on how to gain weight) how to see the world etc. etc. etc. etc. The magazines are finally gone, and I have some things to share!

Homemade Irish Cream

**1 can (14oz.) sweetened condensed milk
1 cup heavy cream
1 cup Irish Whiskey
2T. choc syrup
1 ½ tsp. Instant coffee
1 tsp. Vanilla extract ½ tsp. almond extract**

Blend all the above and sip on the rocks, add to coffee or pour it over ice cream.
If you try this, let me know and I'll be right over because Bailey's is my favorite thing.

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Make Ahead Breakfast

½ cup oats
1T. chia seed
1 T. honey
2/3 cup milk

Cover, shake, refrigerate, and eat the next morning.

I tried this and have had it again several times.
I added 1T Flax seed because I happened to have them.
Delicious!

I also read that to keep squirrels out of your bird feeder, add 1 T. of cayenne pepper per 10 lbs. of Birdseed. The article said that the pepper is harmless to birds. They don't even sense it. I don't know about that. I became very attached to a mama bird who had two families in the wreath on my front door. I would not have tried this, but there it was in one of the magazines!

Last month our Book Club read **To Kill a Mockingbird by Harper Lee**. Noreen Binder made a Lane Cake for our group which is a famous Southern Cake served in many Southern homes and mentioned in the book. It was a four-layer cake that was absolutely delicious and no wonder since it called for 18 eggs. (yes, 18 eggs). For those of you who did not come....it meant a bigger slice for us. This month we are reading **Heart of Darkness by Joseph Conrad**. We will meet on Wednesday, August 20th, at 1:30 pm at the library. We are working on the PBS 100 Books We Should All Read list. I would also like to mention another book that I am currently reading. **30 Lessons For Living by Karl Pillemer, PH.D.** is based on the opinions of more than a thousand older Americans. They are labeled "experts on living" since they are in their 80's, 90's and some over 100. I have not finished the book, but the first chapter asks about a happy marriage. The answer was to marry someone with the same core values. The second chapter was devoted to raising children. Spend time with them was the advice. The third chapter addressed our choice of profession and they all agreed not to let money or potential income be your guide. That's as far as I have read but I learned something new that has nothing to do with books...There is such a thing called a random name generator. It is often used in research books when being anonymous is required. One more book suggestion. I haven't read it or seen it or know much about it, but the title has grabbed me in... Tinker, Dabble, Doodle, Try, by Harvard physician Srinii Pillay. I'll let you know next month.

Last month's riddle was People say I put Doctor's out of business. Sometimes I am sour and sometimes I am sweet. I can be eaten and also be drunk. I am an apple. This is the last riddle for a while. I will think of something else to keep our minds sharp. I also want you to know that I have not given up on Tai Chi, have not forgotten a CPR class with Steve Finer and have not abandoned our Vermont 251 Club. Family graduations and other obligations have just played havoc with my time and, yes, reading all those magazines took a lot of time, too.

The August Movies have not been chosen yet, but I will send them out in a separate email.

Bone Builders 10:00 am Monday & Thursday at Sherburne Memorial Library

Lunch Wednesday's at 12:00 at The Lookout with \$5 donation

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Primary Election Tuesday, August 14th – vote anytime 7:00am to 7:00pm at the Town Hall

Outdoor Concerts Thursdays at 6:00-7:30pm at Sherburne Memorial Library

In a recent study, Vermont did not come in first as the best place to retire. South Dakota took that prize with Vermont coming in at #26. However, our state came in #3 for low crime statistics and #2 for well-being and #1 for culture. The study also mentioned other things to consider when retiring such as relationships with friends. But the researchers found no evidence to support that children improve the life satisfaction of retirees. We should think long and hard about moving closer to our children if we must sacrifice our network of friends. The Killington Active Seniors is a special group of friends that we all should treasure and be thankful for every day. I know that I am very lucky to be a part of this group.

Best Regards
Gerrie

PLEASE NOTE: Additional documents included in the email with this newsletter were ‘10 Thoughts on Whole Living’ and a flyer for the Duck Derby fundraiser for the animal shelter that is being held in Pittsford on Sunday, September 30th. Please contact Gerrie Russell if you would like copies of these supplemental documents. Thanks!