

Christmas Stamps: A blonde goes to the post office to buy stamps for her Christmas cards. She says to the clerk, "May I have 50 Christmas stamps?" "What denomination?" the clerk asks. "Oh my God! Has it come to this?" says the blonde. "Give me 6 Catholic, 12 Presbyterian, and 32 Baptist."

A man in Scotland calls his son in London the day before Christmas Eve and says, "I hate to ruin your day but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough." "Dad, what are you talking about?" the son screams. "We can't stand the sight of each other any longer" the father says. "We're sick of each other and I'm sick of talking about this, so you call your sister in Leeds and tell her."

Frantically, the son calls his sister, who explodes on the phone. "Like hell they're getting divorced!" she shouts, "I'll take care of this!" She calls Scotland immediately, and screams at her father "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up. The old man hangs up his phone and turns to his wife. "Sorted! They're coming for Christmas - and they're paying their own way."



According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December. Female reindeer retain their antlers till after they give birth in the spring. Therefore, according to every historical rendition depicting Santa's reindeer, every single one of them, from Rudolph to Blitzen- **had to be a girl.**

We should've known. Only **women** would be able to drag a fat-*** man in a red velvet suit all around the world in one night and not get lost!

Do You Know Santa's True Profession? Consider the following:

- You never actually see Santa, only his "assistants."
- Santa keeps his job until he decides to retire.
- Santa doesn't really do the work; he directs a bunch of helpers to do all his work for him, but he's the one who everybody credits with the work.
- Santa doesn't work anywhere near a 40-hour week.
- Santa travels a lot.

Santa is obviously a **senior faculty member with tenure!**

*** Happy New Year ***

Choice

December 2012
Volume 16 - 12
Monthly

The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia
"To Serve - Not To Be Served"
www.Choice1952.com

Meeting Dates/Time: **Wednesday, December 19th** (10:00 A.M.) and **Wednesday, January 23rd** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Jeanine Frey	922-5489	Charles Bell	361-3945
Vice President	Frank Gadbois	953-7788	William Hancock	923-7312
Secretary	James Erdmanczyk	918-0685	Harris McMillan	923-8369
Treasurer	John Echols	953-5060		
Chaplain	** Vacant **			
Choice Editor/Typist	Greg Davis	318-0471		

Birthdays For December

Lena Trussell	2 nd	Nancy Harrison	3 rd	Alexandra Talley	7 th	Betty Lou Lovain	10 th
Mitchell Nasser	12 th	Becky Kling	16 th	William Hancock	17 th	Ernest Braun	24 th
John Micek	26 th						

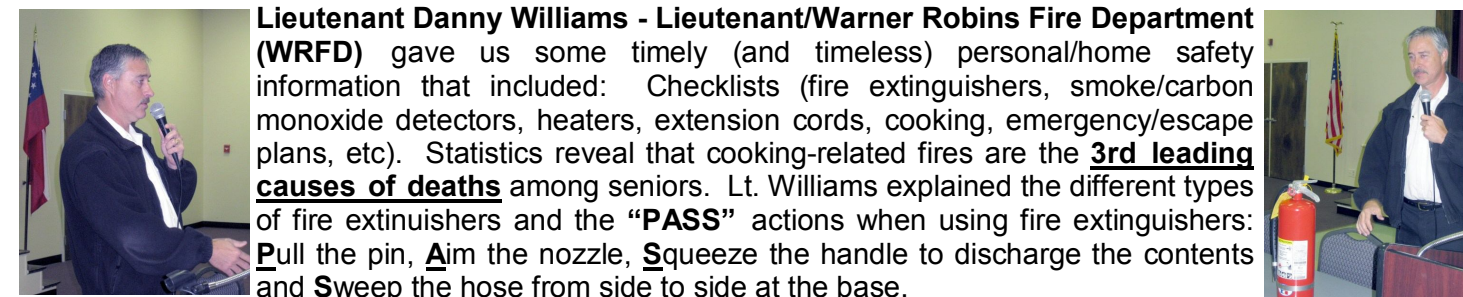
Birthdays For January

Suzanne Burgess	1 st	Bessie Howell	13 th	Carol Martin	19 th	Rosita Huckba	20 th
Billy Trussell	23 rd	Janet Morton	26 th	Gwen Watkins	26 th		

WE CARE

For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. **Ralph Waldo Emerson (1803-1882).** "Blessed are those who mourn, For they shall be comforted." **Matthew 5:4 NKJV** We wish health/wellness to all past/current members! ggd☺

Highlights From November's Meeting: Our Chapter - AARP Chapter 1952 "officially" approved the "RECYCLING" of our 2012 **Officers for 2013!** President/Jeanine Frey, Vice President/Frank Gadbois, Secretary/James Erdmanczyk and Treasurer/John Echols. **Board Of Directors:** Maureen Echols, Suzanne Burgess And Betty Lou Lovain. **Nominating Committee:** Sue Braun, Nancy Harrison and Harris McMillan. Congratulations to all! We also approved donations to **Meals on Wheels, Hospice** and the **Salvation Army.**



According to Lt. Williams the WRFD - being a "non-union" department has (for the past 15 years) been the #1 department in donations/contributions for the (local/annual) Muscular Dystrophy Association fundraising campaign in middle Georgia! Overall a very informative presentation! ggd ☺



Reminder: Our December 19, 2012/10:00 A.M. Meeting Will Be Held Across The Street At The Warner Robins Senior Citizen's Center - NOT At The Wellston Center!

Meeting Date/Time: Wednesday - December 19, 2012/10:00 A.M.
Location: Warner Robins Senior Citizen's Center (NOT The Wellston Center)
Guest Speakers: David Hackney/Tina Walker
Topic: Home Remodeling/Projects



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Editor's Notes: **Members:** 2013 is literally "just around the corner!" Please UPDATE your local (Chapter 1952) member ... still a "bargain" at only \$5.00/Year! **Advertisers/Sponsors:** Your support of our newsletter is an exceptional value **STILL** at only \$4.00 (or \$8.00)/Month [**\$48.00 (or \$96.00)/Year - Prorated**] and helps tremendously to offset printing/production costs. **Thank You ... Thank You ... Thank You!**

ALL: As **your** Editor I'm open to suggestions for our newsletter! So please, keep your membership status/information current, get your newsworthy information and/or photographs to me as soon as possible and - collectively - we'll get/keep advertisers/sponsors!

I can be reached at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

Sincerely,

Greg (Formerly Known As "Da Baby") Davis ggd ☺

Longevity ...

Source: Wikipedia - the free encyclopedia.

The word "**longevity**" is sometimes used as a synonym for "**life expectancy**" ... especially when it concerns someone or something lasting longer than expected such as an ancient tree, for example. Generally speaking - "**longevity**" refers to the average number of years that a single person lives, whereas "**life expectancy**" refers to the number of years that the average population lives. This is illustrated by the fact that a drastic increase in life expectancy (due to a larger portion of the population beginning to live longer) may be accompanied by a small increase in the overall longevity of the population.

Besse Brown Cooper: A 116-Year-Old's Secrets for Longevity. **Miss Besse** - who recently passed away (December 4, 2012) at age 116 in Georgia was remarkable not just because she was the oldest person on the planet, but because she was for long one of the **healthiest**. She was born in 1896 in Tennessee and lived in a log cabin as a young girl. She not only lived to become one of eight documented individuals who reached the age of 116 but also made it through virtually her entire lifespan without any serious illnesses or ailments. "**She never had surgery in her life,**" Cooper's 77 year-old son **Sidney** told George Health News in August 2012.

In fact, she'd never even been in a hospital at all until she checked in at age 33 to have the first of her four children. And Cooper remained mentally sharp and still possessed what her son described as "**amazing**" long-term memory. She ably conversed with **Georgia Governor Nathan Deal** when he visited to honor her with a proclamation in 2011.

Centenarians have been increasing in numbers in recent years. In 2010, the U.S. Census found 53,364 people age 100 or older in the U.S., an increase of 5.8 percent since 2000 - making it to Cooper's age is a level beyond that. At **110+** years **Miss Besse** was among a handful of "**supercentenarians!**"

So how did Cooper, one of the few people ever to live in three different centuries, manage to stay so fit and vital? Articles about Cooper over the years reveal a few of her secrets:



Besse Brown Cooper turned 116 August 25, 2012. She is shown at her home in Monroe (GA) with Guinness World Records representative Robert Young holding a copy of the 2013 records book that identified her as **the world's oldest living person.**

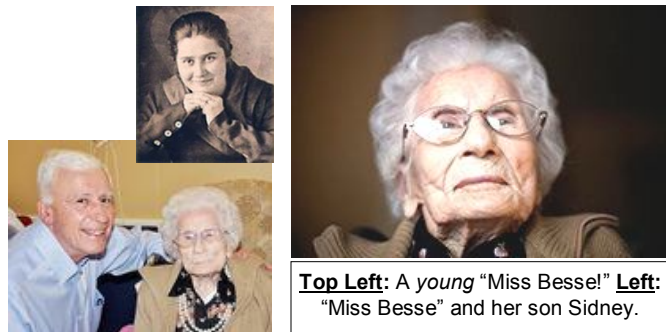
Eat a balanced diet, but don't be afraid to enjoy what you like in moderation. Cooper's son told *Georgia Health News* that while his mother ate lots of vegetables and generally avoided "junk food," she occasionally had a few potato chips, as well as fried chicken and bacon-and-egg breakfasts, the sort of stuff that nutritional purists abhor.

Do your own yard work. Cooper enjoyed being outdoors and raked her own leaves and did other yard work for decades.

Don't assume that genes are everything. While scientists have found evidence that generic factors play an important role in exceptional longevity and that the trait may be inherited. Cooper proves there are exceptions. Neither of her parents made it past age 72, and her seven siblings all died in the sixties and seventies.

Solitude may have its benefits. Cooper's husband Luther died in 1963, when Cooper was in her late sixties. But she didn't remarry, instead choosing to live alone for nearly another half-century.

Have a sense of humor. At a ceremony to commemorate the naming of a local bridge after Cooper, her son Sidney noted that his mother's wit seemed to keep growing sharper as she got older. When she was informed about the honor, Cooper reportedly responded, "**I'm glad I gave 'em a reason to name it.**" ggd ☺



Top Left: A young "Miss Besse!" **Left:** "Miss Besse" and her son Sidney.

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Brain/Body Exercise: While sitting, lift your right foot off the floor and make **clockwise** circles. Now, while doing this, draw the number "**6**" in the air with your right hand. **Your foot will change direction** ... and there's nothing you can do about it! Have fun! ggd ☺