



A Matter of Survival

"We didn't have any civil rights. It was just a matter of survival, of existing from one day to the next. I remember going to sleep as a girl, hearing the Klan ride at night and hearing a lynching and being afraid the house would burn down."

That Next Step

"Since I have always been a strong believer in God, I knew that he was with me, and only he could get me through that next step."

It's Up to Us

"Racism is still with us. But it is up to us to prepare our children for what they have to meet and, hopefully, we shall overcome."

Justice and Prosperity for All

"I would like to be known as a person who is concerned about freedom and equality and justice and prosperity for all people." (President Bill Clinton gives Rosa Parks the Presidential Medal of Freedom, 1996)



February Is Also For "Lovers!"

A married woman entered a Pharmacy, walked to the Pharmacist, looked straight into his eyes and said, "I would like to buy FAST KILLING POISON FOR HUMANS." The bewildered Pharmacist asked, "Why, what for?" The lady replied, "I need it to poison my husband." The Pharmacist shouted, "Lord Have Mercy, it's against the law! It's a sin!" "Absolutely not," shouted the lady. She reached into her bag and pulled out a picture of her husband in bed with the Pharmacist's wife. The Pharmacist looked at the picture and screamed ... "Why didn't you tell me you had a Prescription!"



Officers/Board Of Directors Will Meet At 9:15 a.m. * Everyone/Members - Please Bring/Pay 2017 Dues *** * Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend! ***

Wednesday - February 22, 2017 | 10:00 a.m.
Guest/Program: **Carla Redding-Andrews**
Executive Director/Otis Redding Foundation
Public Cordially Invited!



P.O. Box 7481
Warner Robins, GA 31095
www.AARPChapter1952.org
Tel: 478/318-0471



Choice

The Newsletter Of AARP Chapter 1952
(Houston County, Georgia)
— Established November 7, 1974 —
www.AARPChapter1952.org

February 2017
Volume 21 - 2
Monthly



Meeting Dates/Time: **Wednesday, February 22nd** (10:00 a.m.) and **Wednesday, March 22nd** (10:00 a.m.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Greg Davis	318-0471	Susan Sanders (Chairperson)	283-1887
Vice President	Frank Gadbois	953-7788	Sue Braun	302-5095
Secretary	James Erdmanczyk	(678) 246-4219	Catherine Butler	(803) 614-9620
Treasurer	Benedicta Edge	333-2310		
"Choice" Editor	Greg Davis	318-0471		

Birthdays For February

Marilou Gockman 5th Anita McDonnell 28th

Birthdays For March

Soledad White 14th Frank Gadbois 17th Sue Braun 22nd Elizabeth Warren 22nd
Mary Graf 23rd Jean Smith 29th Sheena Vickers 30th



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**

In Memory: Violet "Vi" Hanson (August 9, 1939 - February 8, 2017)



Born in Watseka, Illinois on August 9, 1939, Vi was of the Protestant faith. A career wife and mother, she loved serving the communities lived in. She was a 21-year resident of Warner Robins and enjoyed attending the Robins Air Force Base Chapel. She was a member of the member of the American Legion Auxiliary Post 172, the Protestant Women of the Chapel, the Protestant Activity Chapel, the Ted Wright Senior Citizens, and the Senior Citizens of Centerville where she was a program chairperson. A memorial service celebrating Vi's life was held on Saturday, February 11th at 11:00 a.m. at Christ Lutheran Church on Langston Road in Perry with visitation at the church one hour prior to the service.

In lieu of flowers, the family respectfully suggests memorial donations be given in memory of Vi Hanson to her son, Jon Hanson, 64 Red Fox Run, Warner Robins, GA 31088.

Sick/Shut-Ins: Ruth Davis, Mary Lappano, Trudy Deep and Agnes Partlow (Dogwood Forest Of Eagles Landing/Room 122 | 475 Country Club Drive | Stockbridge, GA 30281 | (770) 212-3601]

We wish health/wellness to all past/current members, family members and friends. **ggd ☺**



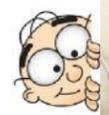
Highlights From The January 2017 Meeting: **JoAnn Alford-Robinette** (Administrative Manager) and **Jimmy Keesler** (Board Chairman) shared mission/vision/activities of **Rebuilding Together® Warner Robins**. The organization "transforms the lives of low income homeowner by improving the safety and health of their homes and revitalizing our communities." All work is done by volunteers and contractors, supported by the community ... never any cost to the homeowner. **Volunteer, Donate, Partner!** Please visit www.RebuildingTogetherWR.org or call 478/929-1476 for additional information!

Congratulation to our "newly installed" 2017 Officers/Board Of Directors: **Greg Davis**/President, **Frank Gadbois**/Vice President, **Benedicta Edge**/Treasurer, **James Erdmanczyk**/Secretary, **Susan Sanders**/Board Chairperson, **Sue Braun**/Board Member and **Catherine Butler**/Board Member!

AARP Tax-Aide: Contact 478/929-1066 **ggd ☺**

Members: Please UPDATE your local (Chapter 1952) membership ... still a "bargain" at only \$5.00/Year!
Advertisers/Sponsors: Your support of our newsletter is an exceptional value at only \$5.00, \$10.00, \$20.00, \$30.00 or \$40.00 PER MONTH - PRORATED and helps tremendously to offset printing/production/marketing expenses. *** Special Rates/Web Banner Spots Available As Well ***

Welcome New Advertiser: **Attorney Bonnie "Michelle" Smith!**
Welcome New Members: **Catherine Butler, Sheena Vickers and Jennifer West!**
Thank You Current Advertisers For Your Advertisement Renewals!



Thank You ... Thank You ... Thank You!

ALL: As Chapter President and Editor I'm open to suggestions for our newsletter!

So please, keep your membership status/information current and get your newsworthy information and/or photographs to me as soon as possible!

Sincerely,

Greg Davis ggd ☺ Tel: 478/318-0471 | E-Mail: gdavismail@gmail.com!

"Relevance!"

AARP Chapter 1952 ... We ARE "Forever Young!"

NOTE: With the exception of **November, December** and "**special events**," our (monthly) meetings are held on the **fourth (4th) Wednesday**. As such, the newsletter is (usually) printed/mailed the third (3rd) Tuesday or Wednesday. We're **ALWAYS "early"** for the following month's special days/celebrations and SOMETIMES we're "early" for the current month's special days/celebrations as well. **2017 Meetings/Events:**

1/25/17 - Rebuilding Together Warner Robins

2/22/17 - The Otis Redding Foundation

3/22/17 - Wesleyan College/Confucius Institute

4/26/17 - SPRINGO At Antebellum Grove

5/24/17 - Visiting Angels

6/28/17 - Summer Picnic/Membership Drive | Easter Seals of Middle Georgia

7/26/17 - Habitat For Humanity (Houston County)

8/23/17 - BBB Central Georgia

9/20/17 (Third Wednesday) | Walgreens

10/25/17 - Cherished Children (Warner Robins)

11/20/17 (Third Monday) | Business Meeting/TBA

12/18/17 (Third Monday) | Christmas Meeting/TBA

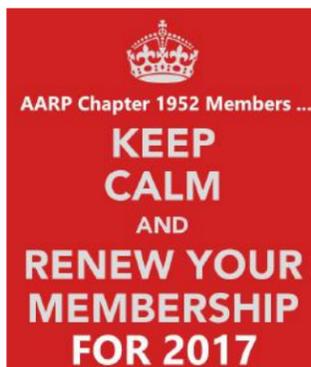
February 2017 ... Our "ABC" Issue!

February is **American Heart Month**, **Black History Month** and **(National) Cancer Prevention Month!**



The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life's precious moments. And we know that starts with taking care of your health. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

Together, we can build a culture of health where making the healthy choice is the easy choice. Why? Because **Life** is Why!



Did you know?

The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.

The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.

While **American Heart Month** is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year.

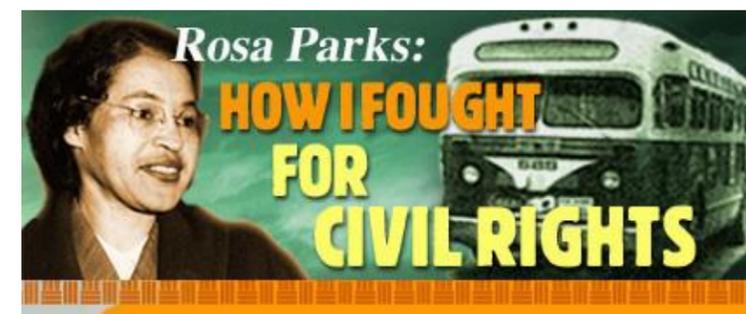
That number is expected to rise to more than 23.6 million by 2030.

"Think joining AARP makes you old? **Get over it!**"



AARP National + AARP Chapter 1952

FEBRUARY IS BLACK HISTORY MONTH



Rosa Louise McCauley Parks was an American civil rights activist, whom the United States Congress called "**the first lady of civil rights**" and "**the mother of the freedom movement**".

Since that infamous bus ride on Dec. 1, 1955, Rosa Parks' story has been told many times, but rarely in her own words. **Here are quotes from Parks throughout the years that speak to the event.**

A Way of Life

"I'd see the bus pass every day ... But to me, that was a way of life; we had no choice but to accept what was the custom. The bus was among the first ways I realized there was a black world and a white world."

A Seamstress by Trade

"I did not get on the bus to get arrested. I got on the bus to go home."

No More Tired Than Usual

"People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically, or no more tired than I usually was at the end of a working day. I was not old, although some people have an image of me as being old then. I was 42. No, the only tired I was, was tired of giving in."



I Had No Idea

"At the time I was arrested, I had no idea it would turn into this. It was just a day like any other day. The only thing that made it significant was that the masses of the people joined in."

It Was Just Time

"I did not want to be mistreated, I did not want to be deprived of a seat that I had paid for. It was just time ... there was opportunity for me to take a stand to express the way I felt about being treated in that manner."

Check out our website - www.AARPCChapter1952.org - and enjoy the newsletters in full COLOR! ggd ☺