

The **first Sunday** in August is *American Family Day* and *Friendship Day*. It is also *National Kid's Day* which was created in 1994. Kid's Day is a day to spend meaningful time with children and coincides perfectly with *American Family Day* and *Friendship Day*. **National Night Out** is observed on the **first Tuesday** in August. This yearly event was introduced in 1984 and is a night for neighborhoods to get together with block parties, cookouts, parades and police visits. It is also a night that encourages participation in anti-crime efforts in towns and cities across America.



Four Historic Events in August - *The Social Security Act* (signed by Franklin D. Roosevelt (**August 14, 1935**), *The World War II bombing of Hiroshima* (**August 6, 1945**) and the Japanese surrender (**August 14, 1945**) - Victory over Japan (also referred to as **V-J Day**) on **August 15, 1945** ending **World War II**.

There are several monthly observances during the month of August including *Catfish Month*, *Eye Exam and Cataract Awareness Month*, *Golf Month*, *Immunization Awareness Month*, *Inventor's Month* and *Water Quality Month*! Famous people born in August include five presidents (**Bill Clinton**, **Benjamin Harrison**, **Herbert Hoover**, **Lyndon Johnson** and **Barack Obama**), several actors and actresses (Lucille Ball, Halle Berry, Sean Connery, Cameron Diaz, Robert De Niro, Dustin Hoffman, Jada Pinkett Smith and Patrick Swayze) and singers: Whitney Houston, Michael Jackson, Madonna, LeAnn Rimes and James Taylor. AARP Chapter 1952 "**celebrities**" include **Vi Hanson** (9th) and **James "The Senior Nonagenarian" Kling** (26th)! **ggd ☺**



As I was lying in bed pondering the problems of the world ... I rapidly realized that **I don't really give a rat's @\$\$!**

- If walking is good for your health, the postman would be immortal.
- A whale swims all day, only eats fish, only drinks water, and is **fat**.
- A rabbit only eats vegetables, runs and hops all day long, and **only lives 5 years**.
- A tortoise doesn't run and does nothing energetic, yet it **lives for 450 years**.

And you tell me to exercise! **I don't think so.** *It's the tortoise life for me!* **I'm retired. Go around me!** **ggd ☺**

The young man from **Mississippi** came running into the store and said to his buddy, "**Bubba, somebody just stole your pickup truck from the parking lot!**" Bubba replied, "**Did y'all see who it was?**" The young man answered, "**I couldn't tell, but I got the license number.**" ☺ A **Tennessee** State Trooper pulled over a pickup on I-65. The trooper asked, "**Got any ID?**" The driver replied, "**Bout whut?**" ☺ **Southern Sayin:** **Y'all kin say whut y'all want 'bout the South, but y'all never heard o' nobody retirin' an' movin' North.** (Thanks Miss Ivie!) **ggd ☺**

Choice

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The Newsletter Of AARP Chapter 1952
Warner Robins, Georgia
"To Serve - Not To Be Served"
www.Choice1952.com

Meeting Dates/Time: **Wednesday, July 24th** (10:00 A.M.) and **Wednesday, August 28th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
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Birthdays For July

Helen Daly	1 st	Trudy Deep	5 th	Winona Smith	11 th	Maureen Echols	24 th
Johnny Brown	26 th	Ruth Peck	29 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 June's Meeting: **Morgan Law (President/CEO Robins Regional Chamber Of Commerce - RRCOC)** - shared insightful information about the mission of the RRCOC. As the largest business advocacy organization in Middle Georgia, the RRCOC is a volunteer, member-supported organization working full-time to preserve, enhance and expand the opportunities for orderly growth of business, industrial, professional, and educational communities. The Chamber has its roots in the formation of the Warner Robins Chamber of Commerce in 1949.



Although throughout the years the name has changed, its core/foundational principles remain focused on generating positive business exposure, leadership development, a pro-active business voice, and valuable marketing opportunities for its members. Each year, the Robins Regional Chamber of Commerce, the Perry Area Chamber of Commerce, and the Peach County Chamber of Commerce team up to survey all chambers' members, then develop a joint Legislative Agenda to communicate positions on key issues in a unified voice to the Legislative Delegation for Houston and Peach counties. These three chambers (combined) comprise the **largest** business legislative voice in the State of Georgia outside of Atlanta! Enhanced advocacy with Georgia Chamber of Commerce, customer service improvements, refocused efforts on membership benefits plus *cross-chamber networking* stand out among the many initiatives of the RRCOC whose "**business is business!**" For additional information please visit www.RobinsRegion.com and/or call 478/922-8585. Following business and Morgan's presentation we all enjoyed a nutritious "**calories not included**" summer "picnic!" **ggd ☺**

Welcome - **New Member: Brenda Lawrence!** Additionally, **CONGRATULATIONS** to **Trudy Deep** and **Dave Forman** on their recent engagement/announcement!

The owner of a golf course in **Georgia** was confused about paying an invoice, so he decided to ask his secretary for some **mathematical** help. He called her into his office and said, "**Y'all graduated from the University of Georgia and I need some help. If I wuz to give yew \$20,000, minus 14%, how much would you take off?**" The secretary thought a moment, and then replied, "**Everthang but my earrings.**" ☺ (Thanks Miss Ivie!) What would you do if you smashed your toe? **Call a toe truck.** Also ... What kind of dog tells time? **A watch dog.** And (just when you thought it was "safe") ... Why did the golfer wear two pairs of shoes? **In case he got a hole in one. "Bada Bing!"** **ggd ☺**



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Wednesday - July 24, 2013/10:00 A.M.



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Editor's Notes: **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 **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 ☺



FOR YOUR HEALTH



Sweltering summer temperatures continue throughout this summer with the National Weather Service issuing an excessive heat warning for a wide region stretching from the Washington, D.C., area to the Ohio Valley.

Health officials warn that the high temperatures and oppressive humidity mean older adults, in particular, need to take precautions. **People age 65 and older** are more prone to heat-related problems, says the Centers for Disease Control and Prevention, because their bodies don't adjust as well to changes in temperature.

Seniors are also more likely to have a chronic condition that can affect their ability to deal with high heat, especially if they don't have air-conditioning at home.

Older adults — and friends and family members who check on them — need to be aware of the signs of dehydration, heat exhaustion and heat stroke. These include nausea, dizziness, muscle cramps, weakness and rapid breathing and pulse.

In addition, here are steps older adults can take to protect their health during this hot, sticky season:

- Drink cool, nonalcoholic beverages. Avoid caffeine.
- Take it easy. Don't engage in strenuous activities.
- Take a cool shower, bath, or sponge bath, or place cool, wet cloths on your neck and under your armpits.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall, public library or one of the cooling stations that many cities are setting up to help residents.)
- Wear lightweight clothing and a brimmed hat to shade your face.
- Cover windows that get direct sun that can heat your home.
- If possible, remain indoors during afternoon hours, the peak heat of the day. Do errands in the early morning.
- Check on older neighbors or relatives at least twice a day for signs of heat stroke or heat exhaustion.
- **Don't forget about your pets!** Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful to not over-exercise them, and keep them indoors when it's extremely hot.

August - Exciting Month/Interesting Facts/Amazing Events And History



When you think about the month of August do late summer days and back to school sales come to mind? There is a lot more to August than buying school supplies and end of summer fun. There are several monthly observances, many famous people celebrate their birthday in August, and many historic events took place during the eighth month of the year.

In ancient Rome, August was the sixth month of the year. The month was originally named **Sextilis** which means six in Latin. When the Gregorian calendar was adopted, it became the eighth month of the year and was renamed in honor of Augustus Caesar. August is one of the seven months with thirty one days.

The most *common birthstone* for August is the **peridot**. Most people think of a light lime or olive colored stone when they think of **peridot**. However, **peridot** also comes in yellowish green and even brown. Another birthstone for August is **sardonyx**. It is a form of onyx and was popular among ancient Romans and Greeks. It is actually *the traditional birthstone* for the month of August. Jade is also one of August's birthstones. Jade comes in many colors, although most people think of a green stone when they hear the word jade.

The *flower* for the month of August is the **gladiolus** which symbolizes remembrance, *sincerity and strength of character*. The flowers were named after the gladiators because the tall stalks they grow on resemble a sword.

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Gladiolus is easy to grow and comes in a wide variety of colors. **Leo** and **Virgo** are the astrological signs for August. Birthdays from August 1st through the 22nd fall under the sign of Leo. August 23rd through the 31st birthdays fall under the sign of Virgo. Although there are no major holidays celebrated in August, there are many observances throughout the month such as **Respect for Parents Day** and **Sister's Day** ... both observed on **August 1st**.