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<< **LONGEVITY (Continued):** While cigarettes and port wine may not be the usual ticket to good health and youthful looks well into later years, all of these individuals were active and interested in different aspects of life, from traveling and art to cooking. Perhaps it is a testament to spending life enjoying your passions or simply to living life to the fullest. If one thing is certain, there doesn't seem to be a certain "secret" to longevity, but simply an array of positive thoughts and passions for living that the fountain of youth keeps flowing.

Wrong Color Suit: An old lady was very upset as her husband Albert had just passed away. She went to the undertakers to have one last look at her

dearly departed husband. The instant she saw him she started crying. The mortician walked over to comfort her. Through her tears she explained that she was upset because her dearest Albert was wearing a black suit, and it was his fervent wish to be buried in a blue suit.



The mortician apologized and explained that traditionally they always put bodies in a black suit, but he'd see what he could arrange. The next day she returned to the funeral parlor to have one last moment with Albert before the funeral the following day. When the mortician pulled back the curtain, she managed a smile through her tears as Albert was resplendent in a smart blue suit. She said to the mortician, "*Wonderful, wonderful, but where did you get that beautiful suit?*" "*Well, yesterday afternoon after you left, a man about your husband's size was brought in and he was wearing a blue suit,*" the mortician replied. "*His wife was quite upset because she wanted him buried in the traditional black suit.*" Albert's wife smiled at the undertaker. "*After that,*" he continued, "*it was just a matter of swapping the heads.*"

George Carlin once said ...

"I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me . . . *they're cramming for their final exam.*"

Choice

June 2009
 Volume 13 - 6
 Monthly

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

Meeting Dates/Time: **Wednesday, June 24th** (10:00 A.M.) and **Wednesday, July 22nd** (10:00 A.M.)
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Frank Gadbois	953-7788	Ivis Bedrick	923-4533
Vice President	Bob Watson	228-1206	Phyllis Blount	956-4134
Secretary	Eddie Brooks	922-4049	Harris McMillan	923-8369
Treasurer	John Echols	953-5060	Maureen Echols	953-5060
Chaplain	Winona Smith	923-6997	Rosalie Montes	952-7524
Choice Editor/Typist	Greg Davis	318-0471	William Hancock	923-7312
			Nancy Harrison	922-1526

Birthdays For June

Juanita Smith	3 rd	Frances Kobylinski	4 th	Franki Hodge	7 th	Nettie Mathe	20 th
Palmer Craig	20 th	Ruth Davis	26 th	Wynelle Sando	26 th		

Birthdays For July

Helen Daly	1 st	Trudy Deep	5 th	Winona Smith	11 th	Mable McCord	18 th
Sadie Holt	20 th	Ned Sanders	21 st	Maureen Echols	24 th	Judson LaRoche	27 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

Minutes From May's Meeting: President **Frank Gadbois** called the meeting to order at 10 a.m. Vice President **Bob Watson** did prayer. **John Patrick** led the pledge of allegiance. The Secretary read the minutes of the previous meeting. The minutes for April were approved by a majority of the members present and were entered into the record. Treasurer - **John Echols** gave the financial report for April 2009 and also stated that the (Chapter 1952) Insurance policy had been paid for June 2009 through June 2010. President **Frank Gadbois** stated that the AARP state meeting, which was held at Bloomsfield Baptist Church on April 29, 2009, was a success. It was reported that approximately twenty (20) people attended the meeting. (See President's Message).

Vice President **Bob Watson** briefly spoke about the AARP state meeting and its topic (Healthcare Reform). He encouraged all members to visit the new hospital here in Warner Robins. He, later introduced our guest speaker - **Paul Boyer** (Owner/Operator - Pet Plantation Funeral Home And Crematory). **Mr. Boyer** - a funeral director for twenty-five years - along with his wife **Pamela** have been the owners of Pet Plantation for six (6) years. He gave a brief insight concerning the various types of services offered such **cremation** (private/semi-private), funeral, memorials, and pet obituaries. On average there are about 7 cremations per day. Today, there are about 12 veterinarians within the middle Georgia area that have done cremations on animals such as, cats, dogs, snakes, etc. **Mr. Boyer** stated there is a place in Atlanta (Georgia) where you can even have a horse cremated! In conclusion, the **Mr. Boyer** stated that his goal at Pet Plantation is to help families during their time of bereavement over their beloved pet(s). For additional information please call 478/971-4112 or visit their website at **www.PetPlantationHome.com**. With all in favor the meeting adjourned at 10:30 a.m.

Provided By Eddie Brooks (Thank You!) [ggd](#) ☺

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AARP
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President's Message: On April 29th John Echols and I attended an AARP training session in Macon. The theme was 2009 Health Care Reform. AARP supports comprehensive reform that gives all Americans access to quality affordable health care. Our criteria are : More affordable and accessible coverage for people 50-64; Elements that Strengthen and Improve Medicare; Improvements to Long Term and Chronic care; and fair and responsible financing.

Frank W. Gadbois, President—AARP Chapter 1952

Editor's Notes: Newsletters will be available at our meetings and will continue to be mailed to our advertisers and sponsors. As we continue to update our membership roster please renew/update your membership ... still a "bargain" at only **\$5.00/year!** **Thank You Trudy Deep** for volunteering to manage our membership roster! Additionally, **Thank You Helen Daly** for your foundational support/service to keep our rosters updated!

For advertisers, your support of our newsletter is an exceptional value at only \$4.00/Month (**\$48.00/Year - Prorated**). If you know **ANYONE** who may be interested in advertising in/supporting our newsletter please contact me!

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 help me (us) get new advertisers!

Please contact me at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

Sincerely,

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

Lessons In Longevity!

Lessons from the lives of the world's longest living people

While many people consult doctors and plastic surgeons for the secret to a long, youthful life, many of the world's oldest people will tell you that it's more about simplicity than secrets. While fancy supplements and super foods claim to keep you going for years, the following individuals are proof that sometimes a good attitude and an apple a day are all you need.

Myrtle Jones, 111 years old, South Africa: Ms. Jones loved to bake and lived independently until the age of 109. Known as having a sharp memory and sense of humor, she did not smoke or drink. Myrtle advised, "An apple keeps the doctor away. An onion a day keeps the cold away." These are pretty simple tips from someone who saw Halley's Comet not once, but twice!



Busten Martin and Euphemia Cameron: Busten retired from work when he was 97 years old, but had to get a new job washing vans because he was bored. In 2008, at 102 years old, Busten trained for the London marathon and now holds the record for the world's oldest 5k, 10k and half-marathon competitor. He finished the half-marathon in five hours, a time that includes a stop for a beer and a cigarette. Euphemia Cameron also believes that staying active is the secret to a long life. While celebrating her 100th birthday in 2009, she declared, "I don't like to sit about, I keep myself busy. I don't know what a hobby is – I'm far too busy!"

Beatrise Farve, 113 years old: Described as a "soft, smiling lady," Farve was healthy her entire life without suffering any medical conditions or taking medications. She lived in the state of Georgia and sold beauty products until she was 100 years old. Her friends and family called her "Mama B" and say that her philosophy was "Work hard and eat a good breakfast." True to form, Farve started every day with a plate of fried bananas and bacon.

Jeanne Louise Calment: Having lived to the age of 122, Ms. Calment has the longest confirmed lifespan in history. She was "discovered" at the age of 113 when she became known as the last living person to have met Vincent van Gogh. At 85 years old, she took up fencing and was still riding a bicycle regularly at age 100. Calment's secret? Garlic, vegetables, cigarettes, red wine and "avoiding brawls." She credited olive oil for her fairly youthful complexion and said she poured it all over her food and rubbed it on her skin. Last, Calment swore by port wine and two pounds of chocolate every week.

SEE LONGEVITY >>

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