



**2022  
NEXT  
MEETING**

Friday  
December 9th

11:30AM University Inn Best Western+

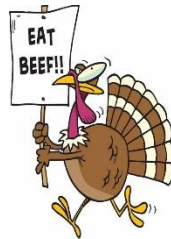
Elected Officials have been invited and we will have music entertainment

Lunch is \$16

If you are a chapter member and the calling tree misses you, phone Carolyn Strong at 208-875-6889 by noon Wed. Sept. 28th to reserve a place for the luncheon.

Reservations **MUST** be made for 11:30am lunch.

**Alert...If you make a reservation and do not show, you may be billed \$16**  
ALSO you may attend and not have lunch.



### **December is Elections Time**

Due to Covid and AARP restrictions, we have Not had a December Member Meeting since 2019. We are meeting in 2022 on Friday, December 9. Please attend as we have a great program planned; And, there will be entertainment, **And, it's time to do Elections!** Our bylaws are quite specific: Our elections must be held in December, in person, and office holders will *'hold'* their positions unless and until they are replaced in a subsequent election, or they resign their

position. Due to both deaths and relocations, we have several vacancies on our Latah AARP Board and as Officers. Currently, we have openings for FOUR Board Members and a Second Vice President. In addition, some of our officers (including President Louise Regelin) would like to be replaced. Your Board has appointed Karen Richel to serve as a Board Member, but there are still FOUR openings. Please consider serving on our Chapter Board as either a Board Member or an Officer. Or, consider who amongst your friends and acquaintances might be capable and willing to serve. Current Board Members & Officers are listed at the end of this Newsletter. Feel free to contact any of them regarding either a position or duties. The Board normally meets in February, April, August and November. Other meetings may be called as necessary. Member meetings are usually January, March, May, September, October, and December. Special meetings may be called if deemed necessary by your Board. You may contact President Louise by phone at **208-882-2789** or email at [regelinl@genesee-id.com](mailto:regelinl@genesee-id.com) to provide information or ask questions.. You may also be nominated from the floor to any position at our December meeting. We ask for your consideration and participation.

AARP is a nonprofit and nonpartisan organization that doesn't endorse candidates or make contributions to political campaigns or candidates. Its members come from across the political spectrum, and AARP has a long record of making sure that elected officials from both parties address the issues that matter to all Americans aged 50-plus, including protecting Social Security and Medicare

## Important Dates for Your Calendar

November 28, Mon, 10-12: Idaho Food Bank Distribution at Fairgrounds

December 3 & 10, Sat, 9-1:00: Winter Market @1912 Ctr

December 7: Last Day to Choose/Change Your Medicare Insurance

December 8: UI Retirees Assn Meeting/Program: Latah AARP there

December 9: Fri, 11:30: Latah AARP Chapter Meeting/Program/Election

December 9: UI Kibbie Dome Holiday Concert

December 13: 5-8:00 Alternate Giving Market at Fairgrounds

December 17: Latah City Hist. Society Victorian Christmas

January 9: Idaho Legislature Convenes

January 20: Noon: Latah AARP Meeting at UIBW

February 2: 10:00, Latah AARP Board Meeting

March/April: Latah AARP Hosts SCAM Jam!

“Old people shouldn’t eat health foods. They need all the preservatives they can get.” – Robert Orben ... So enjoy your Thanksgiving desserts!



## Latah AARP Does Food Drive/Door Prizes

Latah AARP has traditionally done Two Things at Our Member Meetings. First, anyone purchasing lunch & attending the meeting is given a 'raffle ticket' and there are usually 4-6 drawings for items on a display table. We have also done a 'food drive' and the items have been distributed to various area food banks - - that includes Deary, Genesee, Juliaetta/Kendrick, Moscow, Potlatch & Troy. We plan to resume that practice with our December meeting. Please consider bringing Non-perishable Food items and Personal Hygiene items. We have added a new element: Those who bring food (if they wish) may have a second raffle ticket for the Door Prize drawings. At this time, we have several items to 'give away'. They include some AARP items, a UI Banner, and a jigsaw puzzle. Who knows what might be added before December 9? Suggestions? Ideas?

Please contact President Louise - - **208-882-2789** or [regelini@genesee-id.com](mailto:regelini@genesee-id.com).





## AARP Lifts Limitations/Return to Normal

We may Not quite remember what 'normal' was, but effective October 17, 2022, National AARP removed all restrictions and/or requirements on what local AARP Chapters can have/be/do. This is good news for Latah AARP. We must still abide by any local or state limitations.

This change has/will impact what Latah AARP does in 2023. We will elect new Board Members and Officers in December. Please consider participating in this 'return to normal' by becoming involved & serving. This involves two actions by You. First, please make sure your dues are paid (\$10/year). They are due in January. Second, consider what ideas/energy/assistance you can offer Latah AARP.

Some items that may be up for discussion/decision in 2023 are the following:

- Do we wish to amend our by-laws to deal with some of the issues Covid caused?
- Would we like to change the composition or duties of our Board and Officers?
- Should we amend our by-laws and policies to allow voting by mail?

- Or, other than in December? Might we wish to change our meeting Schedule and/or Meeting place & time &/or location?
- Would we want to add any activities or projects to our schedule?

All of these topics/issues will be on the agenda for our February 2 Board meeting. Members are encouraged to attend. We would value your ideas & energy & willingness to participate.

### Extension Service Hosts Financial Conference

University of Idaho Extension Service has announced the presentation of their **Financial Conference 2023** to be held at the University Inn Best Western in Moscow on **Friday, April 7, 2023**, from 8 till 3:30.

Please note: This is Good Friday. More information should be available at our January meeting. Please mark your calendar for this important and instructive event.

Idaho AARP will be a major sponsor and Moscow Chapter members will be staffing one of the tables. Latah AARP Board Member & UI Extension Faculty Karen Richel is organizer of the Conference. She will keep us updated as details increase and become final.

We hope you can attend.

**The older I get, the better I used to be." – Lee Trevino**

## Latah AARP President's Memo

It's been an *'interesting year'* as we've seen many changes in society, health issues, politics, and AARP. We are pleased National AARP has cancelled our previous limitations and requirements. We celebrated this by having a great Candidate Forum in September and an informative program in October. Now, as we prepare to celebrate the Holidays on December 9 and the Arrival of 2023, I want to share some thoughts.

First, thank you to the Board, Officers and members who have been so responsive and helpful to me and our Chapter over the past three years. We have struggled and improvised, and We Have Survived. Latah Chapter looks forward to 2023 as we prepare for an new and productive year.

Second, we will be electing board members and officers at our December 9 meeting. Please consider offering to serve. Your ideas, energy and time are needed. In addition, please consider inviting friends to attend the meeting, join Latah AARP and asking them to become officers or board members. You may contact current board members or me for more information.

Third, 2023 May see some major changes in our local chapter - - this could include bylaws revisions, meeting schedule changes, and more. We must face the fact; we will never return to the *'normal'* of 2018 and before. What do we do now? Are there new projects or events we might adopt or participate in? Something You would like to suggest, promote, or organize? Think about it! Call Me? ? ?

Fourth, after 4 years as president, I would like to *'retire'* and return to a Board Position. I would wish to continue to be

*'involved'*, but in a lesser capacity. Who do you think should be our next President? Feel free to contact me to discuss Your Potential Nomination - - Or, to suggest another person. If I can't be replaced this year, consider this notice that 2023 will be my Last Year as President.

Fifth, I would like to close this Memo by requesting you read all this Newsletter and consider what You can Do? Also, Ponder this thought: "What Would You Like People To Remember About You?" We have All 'been places & done things' - - What do You find of particular value, fun, pride, or importance to You - - and to Others? ? ? Christmas and the end of the year is coming, it can be a time of remembering, saying thank you, making plans, providing for others, or changing your life. Think About It? !

***All Best Wishes, See You December 9,  
Louise Regelin, President***

## TIPS FROM THE EXPERTS ON BEING A GRACIOUS GUEST

1. Talk before the visit about any concerns you have about food, house rules, COVID-19 restrictions or relationships.
2. Be a helper but respect how they want things to be done. If they don't want you loading the dishwasher, then don't.
3. Bask in your children's competencies and accept that they are trying to create their own household traditions. Give them space to work out the kinks. Be open to new ideas.
4. Not sure about a dish? Ask in a noncritical way that invites explanation: "Oh, I've never had this before; tell me about it." Then, try it. At least a bite. Just as you told your kids to do when they were young.



5. Seek common ground. Post-dessert chat getting too political? Ask everyone to tell what makes them feel grateful or to tell a story about their favorite gift.

6. Bring a gift that reflects your host family's interests, not yours. And respect their boundaries on gifts for grandchildren.

7. Write a thank-you note. Always.



## Skillet Green Beans with Pecan Browned Butter (serves 4)

### Ingredients

- 4 tablespoons butter, divided
- 2 tablespoons olive oil
- 1 pound green beans, tipped, tailed and stringed (if necessary)
- 4 tablespoons chopped pecans
- Freshly ground black pepper
- 4 teaspoons fresh thyme leaves

### Instructions:

1. Melt butter and olive oil in a medium skillet. Once very hot, add the beans and cook until dappled with dark brown spots. Reduce heat to low and continue cooking and stirring for a few more minutes, until beans are soft. Then remove to a platter.

2. Melt remaining butter in skillet. When foamy, add pecans, stirring frequently until fragrant and starting to brown (1 or 2 minutes), being careful not to burn them.

3. Return beans to skillet, toast and season to taste with salt and pepper. Season with fresh thyme.

## Latah County AARP Chapter 2021-2022 Board of Directors

### Officers:

President Louise Regelin (208-882-2789)

Vice President - open

Vice President / Newsletter Rhonda Comstock

Secretary Carolyn Strong

Treasurer Corrine Lyle

### Board of Directors:

Tom Trail

Carol Bennett

Carrie Bitterwolf

Corrine Lyle

Nancy Lyle

Judy Reisenauer

Janie Nirk

Louise Avery

If you are interested in serving or wish to nominate someone, please contact President Louise at 208-882-2789 or by email at [regelinl@genesee-id.com](mailto:regelinl@genesee-id.com)

If you have newsletter information you feel our local AARP Chapter members would be interested in, please email it to Rhonda Comstock at [comstock@moscow.com](mailto:comstock@moscow.com)