



# The Tri Club Tribune

The Tri Club Woman's Club, 8102 Ridge Road, Richmond, Virginia 23229  
web address: <http://triclubonline.org>



**President: Mariett Eggleston**

**Volume 44, Edition 8**

**May, 2011**

## CALENDAR

- April 28: Deadline for Lunch Reservation
- National Teacher Appreciation Week, May 1-7
- May 1: "Hansel & Gretel" Opera
- May 5: Annual Luncheon
- May 8: Mother's Day
- May 9: WECC Meeting
- May 11: McGuire Bingo
- May 19: Executive Board Meeting
- August 18: Board Meeting
- September 1: Tri Club Meeting

## REMEMBER

- Bring suggestions for next club year programs and ways to improve our meetings
- Keep reading
- Donate to PCAV for books (page 5)
- Volunteer for WECC Board
- Sign up for Luncheon Committee

***Have a wonderful summer***



Tri Club Annual Luncheon  
 Richmond Country Club  
 May 5, 2011  
 Meeting: 10:30 AM  
 Social Time: 11:30  
 Luncheon: 12

Devotions: Jackie Stansbury  
 Installation of Officers: Deloris Apsley  
 President: Mariett Eggleston  
 1st Vice President: Mary-Meade Lee  
 2nd Vice President: Nancy Kindervater  
 Recording Secretary: Happy Urick  
 Corresponding Secretary: Carol Decker  
 Treasurer: Jane Hostetler

**PRESIDENT:**  
**MARIETT EGGLESTON**

Reflecting upon the blessings of Easter made me think of all the people in our community and beyond that have been blessed by your generosity and efforts this year. It always amazes me the way that Tri Club members respond to causes and to those less fortunate than themselves. I think that the advantage of belonging to a club such as ours, in addition to the programs and socializing with friends of course, is that we can choose to support what means the most to us individually and together our responses do make a difference. It is an honor and a privilege to serve as your president. Thank you for allowing me to do that and for being the wonderful group that you are! I also need to thank you so much for the cards, words of encouragement, and concern that you have shown me, personally this year as I have traveled through my medical journey! The support and prayers of friends really does make a difference!

I hope to see most of you at our May luncheon, that is always such a nice occasion and I know that **Jean and Margaret** have been working to make it that again!

Quite a few of you have passed on some thoughts about what you would like to see happen next year and I hope to have a small group discussion consisting of the executive committee, the finance and by-law committees, meeting for lunch at my house on the normal board meeting day in May. We will bring our thoughts to the August board meeting on August 18th at the WECC and then to the club in September for your opinion if necessary. Some of the ideas I've heard are committee budget allotments, time limits on meeting reports, program placements etc. If you have other ideas you wish discussed do let me or others know.

*Have a fun and restful summer!*

**1st VICE PRESIDENT**  
**MARY-MEADE LEE**

Many Thanks to:

✿ all of the chairmen who provided the information for the reports.

✿ the club members who provided food, tabs, box tops, sundry items, snacks, and items to numerous to mention as well as funds for the projects that the club did last year.

✿ the program committee who worked hard to provide the excellent speakers we had this year.

✿ everyone who provided suggestions for next year's speakers.

I will have forms at the May Luncheon if you have any more ideas.



**2ND VICE PRESIDENT:**  
**NANCY KINDERVATER**

*The world's favorite season is the spring.*

*All things seem possible in May."*

*- Edwin Way Teale*

With regret the Board has accepted the resignation of **Verna Seidensticker**



**APRIL MEETING**

**BIRTHDAYS**

*May Birthstone:*

Emerald or Green Beryl

*May Birth Flower:*

Lily of the Valley

6 Gene Joyner

7 Carolyn Riviere

9 Gretchen Bradley

9 Diane Golden

9 Happy Urick

13 Pat Thiel

13 Gracie Tingle

17 Janet Cocke

20 Lee Childress



*June Birthstone:*

Pearl or Moonstone

*June Flower:*

Rose

4 Louise Strange-Boston

4 Jane Hostetler

6 Parker Hatz Smith

12 Jean Ray

14 Liz Campbell

25 Mariett Eggleston

28 Nancy Kindervater



**"PLANTING" PINWHEELS**

**Education:**

**Evelyn Kerschbaumer, Gretchen Bradley,  
Karlyn Gleason, Jane Hostetler**

Thank you to all those who so generously contributed to our Teachers' Appreciation project! We collected \$55.45 at our April meeting, after which Gretchen and Evelyn purchased some snacks for the teachers at Crestview and Ridge schools. National Teachers' Appreciation is observed during the first week of May.

Our Tricycle Garden sponsorship is on hold until we have been contacted by the administrator. We look forward to working on this worthwhile project.

Many thanks to all of the Tri Club members. Either by donating school supplies, volunteering at the State Fair, supporting donations to area students through HOBY, college scholarships and book donations, saving labels for education or supporting our Books Galore and Book Swap, you have been an inspiration!

Since last fall, the most widely read authors have been: Stieg Larsson, Norah Roberts, Kathryn Stockett, Diane Davidson, Danielle Steele and Nicholas Sparks.

Have a wonderful summer, and remember to keep reading.

Books Galore  
TriClub continues to read  
From March to April, 2011

Title	Author
Waking Up in Dixie	Haywood Smith
Ladies of the Lake	Haywood Smith
6 Ranier Drive	Debbie Macomber
Oolong Dead	Laura Childs
Christmas Eve At Friday Harbor	Lisa Kleypas
50 Harbor Street	Debbie Macomber
The Good Daughters	Joyce Maynard
Heartwood	Belva Plain
Everyone is Beautiful	Katherine Canter
The School of Essential Ingredients	Erica Bauermeister
Fadeaway Girl	Martha Grimes
The Bright Side of Disaster	Katherine Canter
The Winter Ghosts	Kate Mosse
Standing in the Rainbow	Fannie Flagg
A Secret Kept	Tatiana de Rosnay
The Friday Knitting Club	Kate Jacobs
Knit Two	Kate Jacobs
Knit the Season	Kate Jacobs
In the Company of Others	Jan Karon
Island Beneath the Sea	isabel Allende
Hell's Corner	David Baldacci
The Confession	John Grisham
Barbara Bush Memoir	Barbara Bush
Alexander Hamilton	Ron Chernow
Unbroken	Laura Hillenbrand
Heretic's Daughter	Kathleen Kent
Off Season	Anne Rivers Siddons
The Help	Kathryn Stockett

**Book Reviews**

**Courtesy of Libby Dawes**

**ALEXANDER HAMILTON by Ron Chernow**

This is a long, fascinating biography loaded with history about the forming of our country and the genius of Alexander Hamilton. Born in Nevis, British West Indies, he and his mother escaped her bad marriage in St. Crois. Her husband refused a divorce, so her joining with James Hamilton, not free to marry, made Alexander illegitimate. He worked as a clerk, learned trade and was smart. A cousin funded his trip to Boston and was his benefactor. He was educated here and wrote prolifically usually to a paper and signed anonymously often using a Roman or Greek name from literature that reflected an opinion .

He was in the Army, a captain at 21. He outfitted his command in smart uniforms. Married Eliza Schuyler from a wealthy family, he worked closely with Washington and became important in coming up with ideas. He planned the U. S Bank, the Treasury, Army protocol, uniforms and exacting marching. He was a Federalist promoting strength in Union nationally vs Jefferson's and Madison's States Rights. He got most departments established before Jefferson, as President, could do away with them. Surprisingly these were not changed.

Later, when he was killed in a duel with Aaron Burr, the mourning was even greater for him than had been for Washington. This is a valuable, interesting, and record of the times of our founding fathers. A wonderful book!



**UNBROKEN by Laura Hillenbrand  
(author of Seabiscuit)**

Nonfiction relating the life of Louie Zamperini As a youth Louie was a misfit. He routinely stole things. His family was Italian, worked hard and had little. He adored his older brother, Pete, so when Pete saw in him running talent, he submitted to dedicated training. He won again and again going to the Olympics in 1936. His plans to go to the 1940 Olympics died when it was canceled.

He enlisted in the Army Air Force as a bombardier on a B-24, and this is his story of survival. His plane crashed in the Pacific and two of the three men spent 42 days (a record) on a raft. They heard a plane, signaled it only to discover it was a Japanese plane which strafed them. They weren't hit, a miracle, but eventually washed ashore and were taken prisoner. His odyssey as a POW, living through beatings on a regular basis, heavy work and starvation, is hard to believe. It's hard reading this part. But the end is worth it. This is the true story of a world famous runner, an unbroken veteran and a man who later overcame the dreadful nightmares in a positive way. Amazing story.

**LEGISLATION: GRACIE TINGLE**

Gov. Bob McDonnell vetoed the bill which required 150 minutes of physical education each week, excluding recess, for public elementary and middle school students. He called it an unfunded mandate with damaging unintended consequences. Later he said, "Kids need to get off the couch and away from the computer and onto a soccer field or basketball court."

\*He also signed a bill outlawing synthetic marijuana that can produce a high when smoked.

\*Effective June 1, under an effort fast tracked by Gov. McDonnell, all state executive branch agencies will use the federal E-Verify system to check employment eligibility based on immigration status.

\*He vetoed a bill which raised the medical malpractice judgments from \$2 million to \$3 million over the next 20 years, stating that without reforming the system there would not be any meaningful reform in health care cost increases.

\*The measure requiring the state's abortion clinics to be regulated like hospitals was also passed and the State Board of Health is expected to vote on it in September.

\*Also approved was the bill increasing the time limit from 2 years to 20 years for victims of sexual abuse to file civil lawsuits. This is effective July 1.

\*He signed legislature discontinuing funding to public broadcasting companies over the next two years.

\*On the autism spectrum disorders (ASDs) bill, Gov. McDonnell wants changes which include: (through the Board of Medicine) a license requirement for applied behavior analyst; services be authorized before offered; and an independent assessment of treatment plan. He also wants a provision that would scrap the plan if a court or

federal law invalidates the benefits cap. Advocates of the program called the proposed cap provision "totally unacceptable" and that "the end results, is a very, very fragile piece of public health policy."

\*After the above bills came back to the General Assembly's veto session, the legislators rejected the governor's veto of a bill that would gradually expand the medical malpractice liability caps, they also curbed the amount of money the governor had proposed to cut in funding to public broadcasting, leaving PBS with 10% less state support.

\*Regarding the bill requiring coverage for autism spectrum disorders, the governor made a number of changes to this bill and came to an agreement with the Assembly that sustained most of them, but they voted down the McDonnell amendment that would invalidate the law if a court strikes down the \$35,000 cap.

\*There is no activity on H.R. 1618: Safe Highways and Infrastructure Preservation Act.

\*Section 3022 of the law, which is about the Medicare shared savings program, take up just six pages in the 907 page Patient Protection and Affordable Care Act (ObamaCare), but HHS has turned that into 429 pages of new regulations. "That's too much" says Sen. John Barrasso, MD., (R.Wi) and from U S News & World Report, 4/7/2011: ObamaCare has got to go, 429 more reasons to repeal the monstrosity known as Obama Care..... Is there no end to this bill?

After reading the following, note author and date.

*The budget should be balanced, the Treasury should be refilled, public debt should be reduced, the arrogance of officialdom should be tempered and controlled, and the assistance to foreign lands should be curtailed lest Rome become bankrupt. People must again learn to work, instead of living on public assistance.-----Cicero, 55 BC*

**HEALTH: JEAN MARTIN  
MARTHA VERMILYA**

Organic foods or conventional grown foods?  
Which is best for you?

You must decide which is the right one for you, considering nutrition, quality, taste, cost and other factors.

The word "organic" refers to the way farmers grow and process agricultural products like fruits, vegetables, grain, dairy products and meat. They use natural fertilizers, rotate crops and use beneficial insects or traps to reduce pests. The animals are given organic feed.

In the conventional way, chemical fertilizers are used to promote plant growth and the animals are given antibiotics and growth hormones.

Are you worried about pesticides used by the farmers but feel because of cost you have to choose? Produce with thick skins or peels that aren't eaten, such as bananas, citrus fruits or onions tend to pose least pesticide risk. Buy them from the conventional farmer and save your money for the other organic products.



**CONSERVATION:**  
**LEE CHILDRESS**  
**LIBBY DANFORTH**

EPA Targets Pollution in the Bay  
The plan is designed to cut pollutants that cloud Bay waters and fuel growth of algae. States will focus for the next fifteen years on sewage plants, farms, and storm water run off.

This is a very historic moment in the future of the Chesapeake Bay. Shawn Garman, Administrator of the EPA Mid-Atlantic Region called the plan the largest water pollution strategy in the nation.

Bay States legally wanted to carry out the cleanup but the EPA could enforce compliance through punishments such as cracking down harder on sewage treatment plants and withholding grants.

Though hard work lies ahead it is essential the EPA stands firm and will impose consequences as it seeks to clean not only the bay but streams from the Chesapeake. No one has calculated the cost of the clean up but in Virginia the price is estimated at seven billion or more in state money alone.

Overall the Bay has improved in eight of the thirteen indicators of its health. The Chesapeake Foundation wanted to be an A plus in 2010. However the Bay rates at thirty one which is a D plus.

The protection of female crabs boosted reproduction. As a result the Bay's number of crabs jumped to 343 million in 2010 after falling below 250 million in the previous dozen years.

**GFWCVA STATE PROJECT**  
**SIBYL TELIFAN - PAT THIEL**

MANY THANKS to Jean Martin, Gracie Tingle, and Ell Gordon and club members for your HELP with getting the Pinwheel Garden planted. I stopped by recently and it looks great. There was a gently breeze and the pinwheels were "spinning" in the wind!!!



In May we will ask for donations to support "educating children about personal body safety". PCAV organization sponsors public events and has available two books for young children--one is a coloring book for 4-5 year olds--Keeping My Body Safe and the other one is a sticker book for 5-8 year olds--We Can Keep Our Bodies Safe. \$100 will purchase 50 books; \$150 will purchase 80 books and \$200 will purchase 112 books. Appreciate your support!!!



**Unity Project Volunteers**  
Annual Picnic for the Central Virginia Autism Society

**A member's thoughts**

Dear Members of Tri Club:

Today is March 3. I thought that **Mary-Meade**, with **Jonnie Smith's** help, did a wonderful job conducting our business meeting and should be applauded for that.

Sitting in the back at this meeting I frequently observed "pockets" of members conversing among themselves. May I suggest that at our future meetings these ladies stand, be recognized and share with all of the membership their constructive ideas or criticisms so that (1) We can benefit from their ideas or (2) act on any criticisms they have.

This would also show respect to our presiding officer, make it possible for your fellow members to hear the proceedings and show any guest that we can act like ladies.

A fellow member

p.s. I'm glad we had no guest today.

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**ARTS—IRIS WILL**

Tri Club is the recipient again this year of the Jeannette T. Ellis Arts Award, given by the Woman's Club of Essex County, GFWC VA—Lee District, in recognition of outstanding achievement and volunteer service in the Arts, with an accompanying prize of \$25.00. Congratulations to Tri Club members who helped promote and create art in our community. It has been a great year with many opportunities for visual and performing arts in Richmond.

**Good luck** to all our entrants in the GFWC Virginia Arts & Crafts Show. Blue Ribbon winners will be displayed at our May Luncheon.

Fifteen members and guests will attend the VCU Opera "Hansel & Gretel" on Sunday, May 1st at 7:30 p.m. at the Singleton Center, 922 Park Avenue.

**WEB/WECC: PAGE PEYSER**

To make our online experiences a little more discreet and secure for the members of the Executive Board, their personal email addresses have been replaced on the Tri Club website by an email address that reflects the person's title. You can use these new email addresses everywhere you want. Let me know if something doesn't work. All online Tri Clubbers have received these new email addresses in a recent email. They are on the website on the Home Page and the Board Page.

**Jonnie Smith** is at Westport Rehab and Nursing Center at 7300 Forest Avenue, Richmond VA 23226/3735. Send her a card or give her a call at 288-3152. She's working hard on climbing steps and mastering the use of a cane, and says that she plans to be finished with using a cane when she goes home. Remember if you call to ask for her alias - Lois Smith. She's in room 209.

Please do this.

Check the Tri Club website at <http://Triclubonline.org/> See if your project is mentioned on the Home page <http://TriClubOnline.org/> or the Projects page <http://TriClubOnline.org/Projects.htm>

Note what information about your project needs to be added or changed. Send something to [Webmaster@TriClubOnline](mailto:Webmaster@TriClubOnline) I thank all of you who have sent me updates for the website - **Iris Will** is the best submitter of all. If you aren't online, ask an online friend if your project is on the website. You can send something by snail mail, otherwise known as the US Postal Service. Mail it to Page Peyser, 12714 Glenkirk Road, Henrico VA 23233, or give it to me at a meeting.

Next topic: West End Community Center Nominating Committee There will be a new administration starting in May after the May 9, 2011, 7:30 p.m. meeting. Current nominees are

President: Page Peyser

Vice President: still looking,

Secretary: Jean Ray

Treasurer: SusanBeller

Assistant Treasurer: Jean Martin

Advisor: George Peyser/Al Wright

Building and Grounds Committee: need chairman (Lea Lightner will remain on committee)

A member of the Building & Grounds committee, and other nominating committee members are looking for a chairman to replace **Jackie Stansbury** on the Building and Grounds Committee. Jackie, we thank you very much for your many years of service. **Kathy Theado** will not be able to serve as Vice President after her club is dissolved because she does not plan to join TJJWC or Tri Club at this time. She is considering serving as an advisor. Kathy has done a great job, as have all of the members of the LTPC. We need to find a Vice President and a chairman of the Building and Grounds Committee. If you would like to be an officer or volunteer for the West End Community Center, Inc., please step forward and say so. We will greet you with open arms.

The next meeting of the WECC Nominating Committee will be held Tuesday afternoon, April 26, at 1:00 pm at Page Peyser's home.

If you want to be a sponsor of the WECC, remember that it's a 501(c)(3) nonprofit corporation and your donation is tax-deductible. Would you like to sponsor a toilet? Or sponsor something else? Just say so.

**FUND RAISING**

Thanks to "Star" volunteers, Tri Club earned \$311.00 at the Bizarre Bazaar's Spring Market.

**HOSPITALITY:**

**JEAN RAY**

**MARGARET VACHET**

We are looking forward to our May Luncheon at Richmond Country Club on May 5, 2011. The menu looks pleasing and the checks/reservations are coming in. Don't forget that the deadline to get the checks to **Margaret** is April 28.

At the luncheon, we will have the posters available for signing up for next year's luncheon. Please remember to sign it for if you don't, we will be assigning you a month and a job. Everyone is happier when they make their own choice.

See you in May!

**APRIL LUNCH COMMITTEE****PUBLIC ISSUES**

**NANCY GOLDEN**

BINGO! BINGO! BINGO!

Once again Tri Club will be hosting a Bingo Party for the veterans at McGuire Veterans Hospital. We will be meeting at 5:30 on Wednesday, May 11 to car pool to McGuire. Our members and spouses and guests will be helping to serve the goodies provided and assist the veterans with their cards. Please join us in this worthwhile and rewarding activity.