Hello and Welcome to Fall…

Let me introduce myself. I’m Connie VanHoesen from New York State and am your new NAREOP President. It is my goal this year to streamline NAREOP in an effort to keep up with the multiple changes coming to NAEOP and the Foundation. Change is in the wind and I hope to embrace it and yet keep NAREOP active and a vital piece of the NAEOP picture.

For those not able to attend the annual conference in Minnesota, here is a brief summary of a very productive week.

1. NAREOP will have their own checking account with funds coming from several CDs. Two of those CDs have been earmarked specifically for Scholarship and will remain with that designation.

2. The BEAM will no longer be printed but there will continue to be a newsletter filled with information.

3. Another adhoc committee was charged by Ellen Gamel to review NAREOP mission and goals. The goal being to continue the NAREOP organization in such a way that more retired members can be involved, contribute and participate without constraints of a full elected board. Results will be shared at the January Board meeting and as things are instituted, I will share with you all.

4. There are a number of changes being implemented by NAEOP as well. The National Office will be moving after the sale of the building. One consideration is the dismantling of the Brick Memorial Garden. Also with a staff reduction, there have been some streamlining of office duties, including the PSP process. Watch for changes in the PSP book in the coming months. A NAEOP adhoc committee is currently working on a new format for the NES.

I look forward to sharing information and changes as they occur. Thank you for allowing me to tackle our latest challenges. My hope is to keep the integrity of NAREOP and yet step up to the challenge of change.

- Connie

Your NAREOP Executive Board

President: Connie VanHoesen (van40002@gmail.com)

Vice President: Debora Jensen (mmcollector67209@yahoo.com)

Secretary/Treasurer: Sarah Tierce (satierce@yahoo.com)
An active conference attendee to be the Conference Liaison at the Idaho Annual conference. Proximity to the conference site is helpful, as President is over 2,000 miles away. Individual with coordinate with Debbie Geib on several items: Service Projects, Board meeting and annual meeting set up. Contact me if you are interested.

We want to hear from you....feel free to contact any or all of the Executive Board members listed on the first page with suggestions, ideas or concerns. Our future should be based on a member consensus.

**DID YOU KNOW.....**

*Keeping muscles and bones healthy is a top priority.* Your joints are a little stiffer....your tendons, the tough tissues connecting muscles to bones, become less flexible because their water content drops by as much as 55% between childhood and late adulthood. As a result, they become more injury prone with age and can leave you with an overall feeling of stiffness. (supplied by AARP)

*Keeping your memory sharp means taking care of your health.* Your risk of dementia is considerably less than you think....In fact, you lead the pack when it comes to wisdom. Older Americans scored higher on tests on the ability to compromise and maintain perspective than did people in their 20’s. (supplied by AARP)

**ATTENTION!**

**Area Reps and Board Members:**
Starting September 12 the NES is being replaced by a newsletter titled LEARN. It will be posted every month. There will be a Retirees Corner that will allow us to submit information about our areas and other pertinent information. Notices can be emailed to me starting September 20 for insertion in this new publication.

As The BEAM is "on hold" for the time being, I will send out a newsletter every other month in an attempt to keep us all up to date. Keep an eye open for both of these publications.
A little fun….
Find a five-letter word that can be placed after the first word and before the second word to make two new words or phrases:

COLOR _ _ _ _ _ DATE

Sign on a T-shirt:
“TEENAGER FOR SALE: Comes equipped with rolling eyes, deep sighs, and sarcastic comments. Plays video games, and texts 200 wpm. NO REASONABLE OFFER WILL BE REFUSED.”

Book Review
Varina by Charles Frazier. The author of 1997’s National Book Award winner COLD MOUNTAIN returns to the Civil War with a stirring novel based on the real life Varina Howell, wife of Confederate President Jefferson Davis. It depicts her unease during the war and her rootless life afterward.

Raise the Roof Beam, Carpenters by J.D. Salinger.
Salinger never disappoints. A wedding day story of perfect honesty, pain, joy and love.

“Life is inherently risky. There is only one big risk you should avoid at all costs and that is the risk of doing nothing.

- Denis Waitley