

Volume 36, March – April 2024 No. 2

Word from the editor:

Remember that this is your newsletter. Make sure information you have that is relevant to all gets to me to be included in the newsletter.

Prez Sez:

My hope is that everyone is well and looking forward to Spring.

We had a good turnout for our first meeting of 2024 which was held on January 9 at the Alabama Power Metro Center. The new location and building were easy to access with plenty of available parking. If you missed this meeting, you missed a great time and an interesting speaker.

Our next meeting is scheduled for March 12, 2024,and will also be held at the Alabama Power Metro Center located at 1313 6th Avenue North. We will have two speakers discussing topics of interest to everyone. You will find more information on this meeting, along with speaker bios, in this newsletter. We hope to see you there.

Our annual luncheon meeting will be held at The Club on May 8 and will feature Southern Company President and CEO Chris Womack, You will not want to miss what Chris has to tell us about Southern Company. Additional information on this meeting will be available as we get closer to the date.

Our September meeting will feature a speaker discussing retiree benefits and answering any questions we may have. Since our health benefits are being re-negotiated for next year, this will be an informative meeting for all retirees. Also, this meeting is timely because it will take place before we make our selections for benefits in 2024.

As the 2024 leadership team, our desire is to ensure we are doing our best to help build on the success of our past leadership teams as well as to grow our meeting attendance. To accomplish this, we believe we must make being a member of the SCS/SNC Retiree Group something everyone enjoys. To accomplish this, we need feedback from <u>ALL</u> members to ensure we understand what is working and in what we areas we need improvement. A list of the 2024 board members and committee leaders are listed on the last page of this newsletter, along with contact information for each. Again, your feedback and suggestions are <u>very important</u> to us, and we welcome all of them.

I want to thank each of you for being a member of our group and I look forward to seeing you at our meetings. Your attendance and feedback will help improve our meetings and make our retiree group even better.

Dave Lisenby

Want to keep up with what's happening? Got a computer? Visit the SCS Retiree Website http://www.scsretirees.com





MARCH - APRIL SCS/SNC MEMBERS' BIRTHDAY LIST

March Birthdays:

1 Pam Carr 1 Edwin Polke, Jr. 2 George McCoy 3 Mark Fowler 3 Pat Goodman 4 John Jansen 6 Philip Bartlett 7 Linda Katz 10 Diane Long 12 Harry Durden, Jr. 12 Billy Goforth, Jr. 12 Bruce Thomas 13 Carla Roberson 14 Fred Hollis, Jr. 15 Phillip McCullough 16 Martha Cook 18 Dan Hines **19 Anthony Hankins** 20 Ronnie Antone 20 Thomas Ricketts 21 Willie Frank Black 21 Myron Hester 21 Robert M. Moore 23 Peggy Burdeshaw 23 Anne Campbell 23 Tommy Carpenter 23 Larry White 24 Daniel Blackwood 24 John Horn 25 Jim Lyons 26 Gail Byrd 26 Roger Golden 27 Larry Dingman (wife is Rebeccca Retherford) 27 Sue E. Summers 28 Susan Lofthus

March Birthdays (Cont'd):

29 Amy Houston

30 Steve Logan

31 Kaye Antone

29 Barbara Jones

31 Ken Darby **31 Tracy Edmunds** 31 Shannon Sampson April Birthdays: 3 William Porteous, Jr. 4 Vicky Garner 5 Jim Cofield 5 Ramachandra Reddy 7 Gayas Ahmed 7 Shirley Dickson 8 Kenneth Kopecky 8 Jan Dvle 10 Kenny Edwards 10 Keith Lega 10 Devida Moore 10 Becky Parker 11 Nancy Carr 12 John McCoy, III 12 Al Nebrig, Jr. 16 Benjamin Dudley Carter 16 Paul Miller **19 Dennis Jones** 19 Brenda Kyle 19 Randy Stovall 22 Scott Fallon 22 Don Irvin 22 Lou Ann Kaster 28 Ron Bush 28 Ken Mooney



April Birthdays (Cont'd):

28 Rebecca Retherford29 Judith Heatherly30 Bill Garner30 Patricia Jarrel

DON'T FORGET TO SPRING FORWARD!!!!

When you go to bed on March 9 don't forget to set your clocks ahead one hour. **Daylight savings time begins on March 10.**





IT'S THE BEGINNING OF A NEW YEAR AND I STILL HAVE MANY UNANSWERED QUESTIONS!!!

I still haven't found out:

- Who let the dogs out...
- Where's the beef...
- How to get to Sesame Street...
- > Why Dora doesn't just use Google Maps...
- Why all flavors of Fruit Loops taste exactly the same...
- How many licks it takes to get to the center of a Tootsie pop.....
- Why eggs are packaged in a flimsy carton, but batteries are secured in plastic that's tough as nails...
- > Why "abbreviated" is such a long word...
- why there is a D in 'fridge' but not in refrigerator...
- Why lemon juice is made with artificial flavor, yet dish washing liquid is made with real lemons...
- Why they sterilize the needle for lethal injections...
- Why you have to "put your two cents in" but it's only a "penny for your thoughts" (where's that extra penny going?)...
- Why the Alphabet Song and Twinkle Twinkle Little Star have the same tune...
- Why you just tried to sing those two previous songs...
- > What exactly is Victoria's secret...
- Who is Waldo and why are we constantly searching for him...
- > Which really is better Coke or Pepsi

Just wondering!!!



OBITUARIES

Jim Garner. (Southern Company Services), age 73, passed away on January 20, 2024. Jim was preceded in death by his parents Malcolm B. Garner, Sr., and Thelma D. Garner. He is survived by his best friend, Carol Garner, and his two sons: Greg Garner and Wesley Garner. He is also survived by his two brothers Malcolm Garner, Jr., and William Garner.

Anthony Joseph Niemzak, (Southern Company), age 99, passed away on January 18, 2024. Tony was preceded in death by his wife Ollie Lee Cornelius, son Kenneth Edward Niemzak, granddaughter Tiffany Lee Niemzak and all his siblings. He is survived by his son Michael Anthony Niemzak (Beverly), daughter Janice Niemzak Cotton (Jim); grandchildren Nicole Janice Grigsby (Tim), Mallory Niemzak Johnson (Brett), Anthony Kenneth Niemzak, and Kathryn Lee Cotton; great grandchildren Ellie Jade Grigsby, Ember Storm Grigsby , Curren Birch Johnson, Lucy Kate Beasley, William Brooks Spencer, and Bethany Lynn.

Contributions in Tony's memory can be made to Lawson State Community College Established Scholarship Fund.

Richard "Dick" Quinn (Southern Company Services), age 86, passed away on February 2nd, 2024. Dick is preceded in death by his parents, Lemmie and Audrey Quinn. He is survived by his loving wife, Diane Quinn. He is also survived by his children, Rusty, Zandi, Terri, and Samantha; brothers, Donald, and Larry; and ten grandchildren, Jordan, Erika, Joshua, Emily, Elyse, Jack, Justin, Cade, Izzy, and Arlington.

Contributions in Dick's memory may be made to the American Cancer Society.

Dennis Spencer Read, (Georgia Power Company and Southern Nuclear), age 86, passed away on January 25, 2024. He is survived by his wife Donna Blair Read; his children Holly (Read) and Mick Larrabee; Le Dung and Thi Truong; Drew and Michelyn (McClure) Read: Joseph Mbabu; Grandchildren Tyler, Ryan, and Dylan Larrabee; Tate Truong; Tristan and Sutton Read.

Contributions in Dennis' memory may be made to St. Peter's Anglican Church, Bible Study Fellowship International, Rafik Foundation, or Paul Anderson Youth Home.

Harvey Franklin (Frank) Segars, Jr., (Southern Company), age 74, passed away on February 8. He was preceded in death by his parents, Harvey Franklin Segars, Sr., and Ruth Owens Segars; and one brother, Joe Segars. Frank is survived by his wife, Julia Harwell Segars; children Franklin Todd (Todd) Segars and Angela Segars Anderegg; stepchildren Emily Elizabeth Thomas and Tate Sanders Thomas; daughters-in-law Suzanne Johnson Segars and Alexandra Arrington Thomas; son-in-law Matthew John Anderegg; granddaughters Grace Elizabeth Segars, Claire Elise Segars, Alana Ruth Anderegg and Regan Margaret Anderegg; brothers Mike Segars and Tommy Segars, and many other loved ones.

The family asks that in lieu of flowers, donations be made to your local community food bank.

Holidays to Remember - March 2024





St. Patrick's Day is celebrated annually on **March 17**, the anniversary of St. Patrick's death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon.

<u>Ramadan</u> for the year 2024 starts on the evening of Thursday, March 23rd lasting 30 days and ending at sundown on Sunday, April 22. Islamic holidays always begin at sundown and end at sundown the following day/days ending the holiday or festival. It is a month of fasting, prayer, giving, and self-evaluation observed by Muslims.



Holidays to Remember - April 2024



Palm Sunday (March 24, 2024) is the Christian holiday that occurs on the Sunday before Easter. This celebration commemorates Jesus' triumphal entry into Jerusalem, mentioned in each of the four Gospels. In many churches, Palm Sunday is observed by the blessing and sharing of palm branches symbolizing the branches placed in front of Christ as he entered Jerusalem.



Maundy Thursday (March 28, 2024) is the day during Holy Week that commemorates the Washing of the Feet and Last Supper of Jesus Christ with the Apostles, as described in the gospels.



Good Friday (March 29, 2024) is observed on the Friday before Easter Sunday. On this day Christians commemorate the passion, or suffering, and death on the cross of Jesus Christ. Many Christians spend Good Friday in fasting, prayer, repentance, and meditation on the agony and suffering of Christ.



Easter, March 31, 2024 is the principal festival of the Christian church, which celebrates the Resurrection of Jesus Christ on the third day after his Crucifixion. The earliest recorded observance of an Easter celebration comes from the second century, though the commemoration of Jesus' Resurrection probably occurred earlier.



Passover (Pesach in Hebrew), April 22, 2024, is a Jewish festival celebrating the exodus from Egypt and the Israelites' freedom from slavery to the Egyptians. The Feast of Passover, along with the Feast of Unleavened Bread, was the first of the festivals to be commanded by God for Israel to observe. Commemorations today involve a special meal called the Seder, featuring unleavened bread and other food items symbolic of various aspects of the exodus.

Passover is one of the most widely celebrated Jewish holidays. Along with *Shavuot* (the Feast of Weeks or Pentecost) and *Sukkot* (the Feast of Tabernacles), Passover is one of the three "pilgrimage" festivals in Scripture, during which the Jews were commanded to travel to Jerusalem and observe the feasts together.

If you weren't at our January Meeting......

.....you really missed a great speaker!!!



Our January 2024 meeting, held at the Alabama Power Services Building, featured Ken Boyd, a local photographer and author. Ken spoke on water wheels and shared outstanding photos and history. We received positive feedback from those that attended. What a great presentation and a fun time visiting and sharing with fellow retirees!

MARCH RETIREE MEETING DETAILS

DATE: Tuesday, March 12

- WHERE: Alabama Power Metro Center 1313 6th Avenue North Birmingham, AL 35203
- **TIME:** 1:00 p.m. 2:00 p.m.
- **SPEAKERS:** Steve Preston Founder / President Arsenal Business Solutions

Kathy Keadle, CFEd Financial Planner



Our first speaker will be **Steve Preston**, Founder / President of Arsenal Business Solutions. Steve enlisted in the Marine Corps as an infantryman after graduating from Hewitt Trussville High School. While in the Marine Corps, his leadership and dedication led him to a critical role as a nuclear security team leader and as Chief of an Intelligence Cell in Ramadi, as well as several other leadership roles.

After his service in the Marine Corps, Steve received a degree in Management Information Systems from Auburn University, immersing himself in the Cyber Initiative and was a member of the Alpha Lota Delta Honor Society.



SCS OUTSIDE

March - April 2024

MARCH RETIREE MEETING DETAILS (Continued)

Steve Preston - Bio (Cont'd)

Post-graduate, he navigated roles across industries, amassing expertise that would be the foundation of Arsenal Business Solutions – a company built on the warrior ethos that once straightened a wayward young man.

Steve's commitment to service extends beyond business where he volunteers as a board member of the Moody Miracle League and as a technical advisor to the Arts Trussville, channeling his experience to empower and uplift communities.

His life journey underscores a truth he lives by: transformation is possible with the right mission, team, and dedication to lifelong learning.



Our second speaker will be **Kathy Keadle**, a Financial Advisor and registered representative with Keystone Financial Services which offers securities and advisory services through Independent Financial Group, LLC.

Kathy joined the financial services industry 19 years ago as a recruiter and trainer before building her own firm with the goal to truly educate and positively impact individuals regarding financial planning. Keadle also does many activities through her non-profit organization: Keystone Foundation of Financial Education.

Keadle holds Series 7 and 66 securities licenses, variable life and annuities licenses and is a Certified Financial Educator®. She spends

the majority of her time teaching employees of utility companies and other Fortune 500 companies how best to maximize the use of their company benefits to prepare for the financial demands of retirement.

Kathy Keadle has established a reputation with her clients for her sound knowledge and experience in providing financial advice to guide clients working towards their long-term financial objectives. Mrs. Keadle has built her reputation and relationship with her clients on trust, integrity, and honesty. She has been a featured speaker with many civic, business, and religious organizations throughout Georgia. It is Kathy's belief that no one should feel uneducated or confused when it comes to their money and its role in their lives. It is a well-known fact that education is power. Education enables people to make the right decisions to change their lives for the better. Kathy is an advocate for her clients and at the same time her goal is to educate and empower them to become advocates for others.

Kathy enjoys spending time with her husband and their children. She is very active in their community and their church. Kathy is very committed to finding solutions to the problem of hunger; thus, she is a supporter of Golden Harvest.

SCS OUTSIDE

March - April 2024



Remaining Meeting dates for 2024



- Tuesday, March 12 Alabama Power Metro Center
- Wednesday, May 8 Spring Luncheon The Club
- Tuesday, July 9 Alabama Power Metro Center •
- Tuesday, September 10 Alabama Power Metro Center (but continuing to locate a fun venue)
- November Holiday Luncheon (TBD)

New meeting location

Alabama Power Metro Center 1313 6th Avenue North Birmingham, AL 35203

RETIREE SPOTLIGHTS



Submitted by: Bill Norton

My son Mark and I returned Friday from a three-week adventure to Argentina and Antarctica. For me, this was my 7th continent; for Mark, number 5. The scenery and wildlife were absolutely stunning. The father-son time was priceless. Rather than words, I've attached pictures to describe the trip.











(More Pictures on Following Page)

SCS OUTSIDE March - April 2024 RETIREE SPOTLIGHTS



Submitted by: Bill Norton (Continued)









RETIREE SPOTLIGHTS



Submitted by: Gail Byrd

I was in for a rude awakening when I finally became eligible for Medicare.

I thought that there would be:

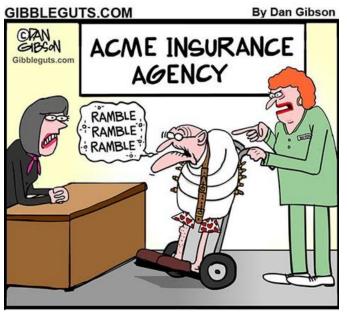
- no more high medical coverage;
- no more paying into Medicare; and
- it would be free.

Boy, oh boy. I was totally wrong with my understanding about Medicare coverage.

It turns out that it is more like the childhood game called Hokey Pokey. You put your right foot in (eligibility), you take your right foot out (sign up for Medicare Parts A and B) and then you shake it all about (after you enroll in Original Medicare, then you can enroll in a Medicare Advantage - "Anthem Medicare Preferred").

Oh, with each plan, there's a premium cost associated with it.

Talking about spinning yourself in a complete circle all around Medicare; puts a whole new meaning to the childhood game of Hokey Pokey!!!!



He lost his mind trying to figure out his Medicare plan...think you can fix him?



Submitted by: Nedra Smith

Operation Christmas Child (OCC) is a project of Samaritan's Purse, an international relief organization. The program began in the UK in 1990 by Dave and Jill Cooke, who merged in partnership with Samaritan's Purse in 1993 to create an international impact. The shoeboxes are filled with small toys, hygiene items and school supplies and are a means of reaching out to children and their communities with the Gospel of Jesus Christ. Shoeboxes are collected in eleven countries and since 1993, OCC has delivered gift-filled shoeboxes to over 209 million children in more than 170 countries and territories.

Shoeboxes are packed by individuals, churches and various organizations and collected each year during a special 'National Collection Week'. The boxes are then shipped to the Processing Center for that area of the country. There are eight Processing Centers in the US, where shoeboxes are processed, in part, by volunteers and inspected to ensure only approved items are in the shoeboxes prior to shipment. Due to customs requirements and shipping restrictions, OCC provides lists of items that can and cannot be included. The boxes are sorted by age and gender, scanned, placed in shipping boxes, and loaded into shipping containers. The boxes then start their long journey to their final destination. Shoeboxes can be tracked by a special tracking tool on the label so that the donator can see what country their shoebox shipped to.

For people wishing to participate, but unable to personally pack a shoebox, OCC offers Build a Shoebox Online, allowing donors to go online a pick from a list of items to fill their shoebox with. These shoeboxes will be packed at a Processing Center in Aurora, Illinois. The 2023 goal was to pack eleven million shoeboxes for distribution.

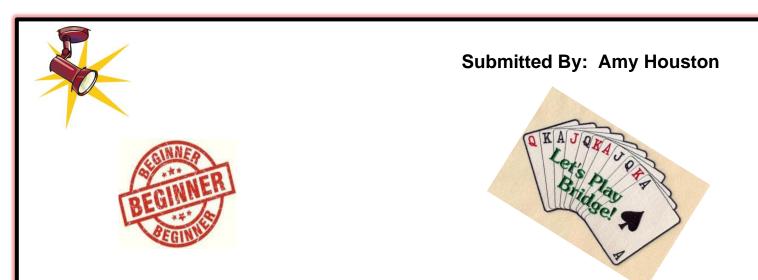
Pictured below are Nedra Smith and Elesa Gilbert, participants in Samaritan Purse 2023 Shoebox project. Thanks Nedra and Elesa for making a difference!!



Nedra Smith and Elesa Gilbert







Do you enjoy competing in games of skill and strategy with interesting people from a variety of backgrounds? Bridge may just be the ticket to enrich your retirement life and keep your mind sharp, while having fun! Duplicate bridge is an excellent way to accomplish all those objectives.

This April brings a great opportunity if you want to learn! Mike DeVivo will be teaching a Beginning Bridge class on April Tuesdays at the Birmingham Duplicate Bridge Club <u>https://bhambridge.org/classes/#!calendar</u>. Mike was a professor at UAB Department of Physical Medicine and Rehabilitation and is an excellent instructor. His acerbic wit makes learning this complex game very entertaining! You don't have to bring a partner to participate but will pair with classmates. Intermediate classes on a variety of topics are also offered at the club throughout the year; a class on Better Bidding is being offered in March.

I have been playing for several years now, in Birmingham at my home club and also by visiting other duplicate bridge clubs across the country when I travel, and at sectional/regional tournaments. I have met folks from all over the US while playing at Fort Walton Beach, Panama City Beach, and in Tennessee, in Montgomery, and plan to play in the national tournament in Louisville, Kentucky this spring. Online play is also available. I am still in the relatively low skill level but am working hard to improve - the point being, you can enjoy bridge at any level as games are stratified so you compete against players of similar skill.

Duplicate contract bridge, in which each competitor or team plays identical hands under similar conditions, is the main form of competitive bridge. The American Contractor Bridge League ACBL.org describes it below:

Bridge – the ultimate partnership game – is a game of skill, communication and infinite possibilities. Worldwide, millions of people play it at home. Many also play "duplicate bridge" in clubs and tournaments to enjoy its social and competitive aspects.

Bridge is played using a standard deck of 52 cards dealt equally among four players. The players bid in a coded language to describe their hands to their partners and then play to make their contract. Generally, one suit is determined as "trump," leading to the expression, "Play your trump card."

SCS OUTSIDE

March - April 2024

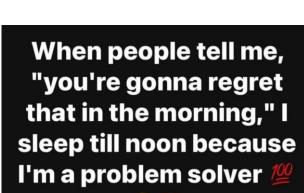
EVER WONDER WHERE OLD SAYINGS COME FROM??? WE'RE GLAD YOU ASKED!!!

Here are some facts about the 1500s

- Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually loose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"
- Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof... Hence the saying "It's raining cats and dogs."
- There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.
- The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. Hence: a threshold.
- In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old. Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.
- Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next four hundred years or so, tomatoes were considered poisonous.
- Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.
- Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.
- England is old and small, and the local folks started running out of places to bury people so they would dig up coffins and would take the bones to a bone-house and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive... so they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be "saved by the bell" or was considered a dead ringer.

And that's the truth....Now, whoever said History was boring?





I FINALLY DID IT!

Bought a new pair of shoes with memory foam insoles... No more forgetting why I walked into the kitchen! Fuel prices are so high that I went to the car dealership and test drove 3 cars to run my errands. Follow me for more money saving tips 😁

GROWING YOUR OWN TOMATOES IS THE BEST WAY TO DEVOTE 3 MONTHS OF YOUR LIFE TO SAVING \$2.17





AND MORE LAUGHTER!!!

Something we can all relate to during tax season:









-found on Twitter @ dannyantell parap

Notes from our Officers, Committee Chairs and Board Members

WE WANT TO HEAR FROM YOU!!

If you know of someone that is sick and doesn't object to their information being shared, please send an email to me at the following address so that we can send them a card and include them in our prayers.

socosncretirees@gmail.com.

Additionally, we love to hear good news!

Patsy Evans, Member Care



We would LOVE to hear from any of our retirees wishing to share with us how they are spending their time now that they have retired (vacations, volunteer work, family time, etc.), or any other items that they would like to share.

Please send your input to us at the following email address. This newsletter is YOUR newsletter, and we truly appreciate all contributions.

Rick and Charlotte Graham dricharlo@gmail.com

2024 Leadership

Officers

President: Vice-President: Nick Santoro Secretary: Treasurer:

Dave Lisenby Rick Rice

205-603-9220 205-902-4485 205-266-6517 Fred Ehrensperger 205-715-9656

Directors

Ken McElroy (ex-officio)	205-907-6011
Jim Blackmon	205-980-9852
John Brandt	205-956-0502
Teresa McCrillis	912-293-4247
Bob Moore	205-979-2390
Mike Reed	205-910-8025
Owen Scott	205-960-4590

Committee Chairs

Arrangements	: Sharon Venz	205-482-6836
U	Mary Romano	205/492-6450
Audit:	-	
Fellowship:	Ken McElroy	205-907-6011
Member Care	Patsy Evans	205-991-7900
Membership:	Dora Brandt	205-956-0502
Newsletter:	Charlotte & Rick Graham	
		205-440-7935
Nominating:	Rick Graham	205-807-1890
Programs:	Beverly Lisenby	205-701-4589
Website:	Cary Campbell	205-641-9137

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