



Life @1st Church

905 Glendale Avenue, South Charleston, WV 25303

VOLUME 6 ISSUE 7

JULY 2020

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Greetings Brothers and Sisters in Christ,

It has been almost four long months since members of First United Methodist Church South Charleston have been able to sit together as a congregation and share holy communion. Many are asking how long or when; the truth is we are still not sure. The Safety Team is diligently watching all that is happening around us to determine the safest and best way to relaunch.

Hunger for the bread and cup has intensified during our time apart. I am addressing various ways that this can be a priority upon our relaunch. Upon our relaunch initial service, everyone will be expected to wear a covering over mouth and nose. Ushers will wear gloves. There will be very limited access to rest rooms, a common vector for the spread of disease. Church leaders are taking every precaution to prevent the spread of the coronavirus responsible for the Covid-19 disease even as they proceed cautiously toward a resumption of *new normal worship* traditions. It's still too early to predict when and how Sunday worship services can resume. It is understood that not every member will be comfortable participating in even this limited degree of togetherness. Those with particular vulnerability due to age or medical conditions may want to further delay their return to corporate worship.

For those who are not yet ready to mingle with others, even in a carefully controlled way, there is another option, continue to worship with us via Facebook or YouTube (they are not going away) and I encourage you to invite family and friends to watch as well. Since the last time members gathered together, Sunday services, small group meetings, support groups, programs for youth and children, and special events have been conducted online. Those involved with these efforts have faced a steep learning curve, but their determination to keep the church's commitment to members and the community have resulted in a robust and varied online program. Most would agree that there has been minimal interruption in the church's mission to "making Christ known," despite the significant challenges presented by the worldwide coronavirus pandemic.

The journey continues...
Pastor Paul

Nancy Altman's ministry: 'Do what you can to help'

By George Hohmann



Nancy Altman has turned a hobby into a ministry.

The story began during the 1970s, when Nancy and her husband Art were temporarily living in Houston. When she learned that a neighbor was offering painting lessons, Nancy signed up. Later, when Art's job required a move to Luling, La., she took more lessons there.

Eventually the Altmans returned to their South Charleston home. Nancy was accepted as a member of the Allied Artists of West Virginia, a nonprofit focused on encouraging, nurturing and presenting the work of West Virginia artists to the community.

The Altmans are known for doing things all-out. For example, Art has walked the entire length of the Appalachian Trail, which was 2,143 miles long at the time he walked it. (He was inspired toward this goal by Ollie Loyd, Troop 195 Scoutmaster, who, in 1961, recruited Art to help with the troop.) It's no surprise that Nancy didn't just paint — she went into business, selling her paintings of mountains, streams, flowers and natural scenes.

Many of her paintings are a direct result of the nature she and Art have encountered during their travels. Her work includes views of Cathedral Falls at Gauley Bridge, Valley Falls State Park in Marion County, the Oregon coastline, and tulip fields in The Netherlands.

"One of the reasons I choose to paint nature is, the colors lift my spirit and the

sound of water soothes my soul," she said. "Being outside soothes my soul, too. I hope my paintings lift the spirits and soothe the souls of others, as well."

When it comes to picking a subject to paint, Nancy sums up her philosophy this way: "Why waste effort on things that aren't beautiful?"

When she sees something she wants to paint, Nancy takes photos, which she uses when she returns home to help jog her memory and compose paintings.

She has a studio in a corner of her basement. She paints at a window that provides a soothing view of a leafy wooded lot.

"I was told in the late 1980s or early 1990s that what I did wasn't art," Nancy said in a recent interview. "So I've never claimed to be an artist."

In fact, she quit painting for 15 years. "Grandkids were born, things interrupted, and I was kind of burned out," she said. "But all of the time when we were driving, I was looking at things and thinking, 'How would I paint that?'"

When Nancy took up painting again in 2005, she decided she didn't want to run a business, as she had in the early days. Until last year she volunteered to teach oil painting at the South Charleston Community Center.

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She also resolved that if she sold a painting, she would donate all of the proceeds to the First United Methodist Church in South Charleston. Thus her hobby would benefit the church “and give me an outlet,” she said.

Because all proceeds benefit the church, “I feel freer to advertise,” Nancy said.

When she started painting again, Nancy asked if she could hang some of her pictures in the church’s social hall. “I think the room looks better with paintings on the walls, and with the idea that all of the proceeds go to the church,” she said.

Because the Covid-19 pandemic has temporarily closed the church social hall, Nancy hosted a show and sale in May on the terrace outside her home. She sold six paintings during the two-day event.

She isn’t running a business so she hasn’t kept close tabs on sales. But she figures her paintings have added more than \$8,000 to the church’s treasury.

“I think my prices are low. Currently nothing is priced over \$150,” she said. “My philosophy is, if people want to donate more, fine, but anything the church offers should be a good value.”

A selection of Nancy’s paintings can be viewed online at <http://southcharlestonfirstumc.org/nancy-altmans-paintings/>

Over the years, Nancy and Art have found numerous ways to support the church with both their time and their talents.

For example: If you like French salad dressing, Nancy has some you’ll love. It’s

just \$3 a bottle — and all proceeds benefit the church.

The back story: “Art liked the A&P oily French dressing,” she said, referring to the now defunct grocery chain. “When the A&P went out of business, the next closest thing was Kraft Miracle French dressing, which we special ordered from Big Bear. Then Kraft quit making it.”

Sometime later, “We were visiting in Arizona and my aunt served a spinach salad with an oily dressing,” Nancy recalled. “It had a ketchup base. I made up a version. Back when (former South Charleston Mayor) Richie Robb’s son was in the Cub Scouts and the church women served the Cub’s Blue and Gold dinner, I had this dressing out. Richie loved it and wanted to buy some.

“The next year I had it out again and Richie wanted to buy some again. I thought, ‘If some people like it that much...’”

And so it has come to pass that Nancy’s Famous French Dressing can be found for sale at many functions of the First United Methodist Church of South Charleston and can be ordered by contacting Nancy or the church.

Regarding her fundraising efforts, Nancy explained, “I was raised with the idea that you do what you can to help.”

It’s an echo of John Wesley’s famous quote: “Do all the good you can, in all the ways you can, to all the souls you can, in every place you can, at all the times you can, with all the zeal you can, as long as ever you can.”

Church Website:
southcharlestonfirstumc.org

The Tech Team/Streaming Ministry is looking for help!

Whether you are a teenager or more senior member of our church, you can be a part of our Tech Team/Streaming Ministry. Want to learn how to get involved with this rapidly growing part of our church. Contact Mike Cidor at Michael.cidor@gmail.com or Pastor Paul at wvpas-torpaul@gmail.com. We are looking for people to learn how to use our new equipment, do video production and editing, operate cameras, and manage sound. You can learn how to set up and prep for services and there will be additional ministry opportunities in the future. This ministry is quickly growing, and we have seen how much of an impact and reach this ministry can provide. Be a part of a team focused on outreach and enhancing the worship experience of First United Methodist Church.



Listen to sermons and read bulletins, newsletters on First Church's website

Did you miss a sermon? Need to check something in the Sunday Worship Bulletin or monthly newsletter? Want to know what Pastor Paul will be preaching about in upcoming services? You can find the answer to these questions and more on the church's website! Go to southcharlestonfirstumc.org. Click on "Sermons" to find the message you want to hear. Click on "About Us" to read bulletins and newsletters. **Stay Connected!**

Community Garden by George Hohmann

Garden plots available for fall growing season

The Community Garden has plots available for the fall growing season.

To reserve your space e-mail George Hohmann at g.hohmann48@gmail.com or call him at 304 419-1916.



Memorial Gifts

In Memory of Harry Warwick:

Bud and Cyndi Anderson

In Memory of Donna Stewart:

Bud and Cyndi Anderson

First United Methodist wishes to thank all who have honored our loved ones with a donation to our church Memorial Fund.

Memorial gifts are often given at the time of a person's death instead of flowers. It is a way to say that the person was important and will be missed. But memorial gifts do not always have to come at a person's death. Some people also like to make memorial gifts on the anniversary of someone's death or at other times in remembrance of someone close.

Some gifts can be given to honor someone who is still alive. It is a celebration of one's life at an anniversary, birthday, or just to say thanks.

Donations can be mailed to the church advising if the donation is in memory of a deceased person or in honor of someone.

UNITED METHODIST WOMEN by Jeri Whitten

Thanks to the love and generosity of our congregation, the UMW completed our second quarter mission of "Share Your Pantry" on Monday, June 22. In April, May and June, we were able to take several carloads of food to Heart + Hand, as well as \$610.00 in monetary donations.

Our third quarter mission project was to focus on "climate justice." Because of the pandemic and our need to keep our building closed for the time being, we have had to alter our plans, but we can still encourage everyone to be mindful of the earth's resources.

RECYCLE: If you live in the city limits of South Charleston, you know there is a robust curbside recycling program for plastic, aluminum cans and newsprint. If you live outside the city limits or in Charleston, be sure to follow the guidelines for recycling where you are. For now, please keep your plastic medicine bottles for collection later, and be sure to remove all labels that can identify you.

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Exciting information about Camp @ Home!

Spring Heights Camp and Retreat Center is committed to offering a safe place for campers to grow as disciples of Jesus Christ. Because we are not having in-person camping ministry this summer, we created a virtual experience so campers can still have fun and get to know other kids their age!

The West Virginia Conference, in collaboration with the United Methodist Foundation, is proud to present: Spring Heights Camp @ Home: the perfect opportunity for your camper to connect (virtually) with their camp friends, grow as a disciple of Jesus Christ and learn new skills. We can't wait to see you this summer!

Spring Heights Camp @ Home is an excellent alternative to Vacation Bible School too! If your church is exploring online VBS options, consider supporting Spring Heights Camp @ Home as a way to bring fun and faith formation to your children.

Choose a week or two!

July 6-10 Beginners (ages 5-7) and Younger Youth (ages 11-14)

July 13-17 Children (ages 7-10) and Older Youth (ages 15-18)

July 20-24 Beginners (ages 5-7) and Younger Youth (ages 11-14)

July 27-31 Children (ages 7-10) and Older Youth (ages 15-18)

Programming

Spring Heights Camp @ Home will focus on prayer. Campers will learn that they can trust God with their longings, fear, anger, and hope for the future. Each week includes unique activities to accompany the theme so your camper can register for two weeks to learn even more ways to pray!

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Pricing and Registration

Thanks to the generosity of donors, this program is **free**. Donations are welcomed to extend the ministry of Camp @ Home to as many children as possible.

If your church would like to register a group of campers, please contact the Spring Heights Camp and Retreat office at 304-927-5865.

Recommended donation:

\$50 per child for the first week

\$30 per child for the second week

To register* for Spring Heights Camp @ Home, please visit www.springheights.org

***To ensure you receive materials in time for Camp @ Home register at least one week prior to your camp week(s).**

How it Works

The week before Spring Heights Camp @ Home, you will receive a box filled with supplies for activities and crafts, helpful instructions, and information about joining your camper's family group online. When you register for Spring Heights Camp @ Home, you'll have the opportunity to let us know if you have the internet at home. If you do, you'll have access to morning devotions, activities, and evening campfires at <http://springheights.org/camp@home/virtual-day-camp/>. If you do not have the internet at home, we will include a thumb drive with all of the videos in your camp @ home box!

A typical day will include:

9:00 a.m. | Morning Devotional

9:30 a.m. | Activities Time

Noon | Lunch Break

Varies | Family Group Time

3:30 p.m. | Evening Campfire

Morning Devotions: Campers will watch a short video from a Spring Heights pastor to start their day.

Activities Time: Campers will receive two to three activities to do each day. While doing their activities, they will stay connected with their counselors and other campers through a moderated chat app where they can share pictures, videos, and progress on their activities.

Family Groups: Campers will join a zoom call in small family groups and with a camp counselor to explore the Bible, play games together, and to show what they have created during activity time!

Evening Campfire: Campers will hear a summary of what they learned during the day end with their favorite camp songs!

Men to Meet Online July 18th

First Church's men will meet online at 9 a.m. Saturday, July 18.

Invitations to the meeting will be e-mailed on Thursday, July 16. If you do not receive an invitation and would like to attend, please e-mail George Hohmann at g.hohmann48@gmail.com or call him at 304 419-1916.

During the meeting we will discuss plans for the annual church-wide picnic, which is tentatively scheduled for Aug. 22 at Little Creek Park.

The men are focused on reaching out to the community at least once a month. With that goal in mind:

- ♦ On June 27 Pastor Paul and the Methodist Men distributed 11 free meals to our King Street neighbors and 54 meals to the residents of the YWCA Sojourner's Shelter for Homeless Women & Families in Charleston's East End. There were 60 6-inch turkey Subway sub sandwiches and five veggie Subway sub sandwiches. Each meal also included a bag of chips, a chocolate-chip cookie and a bottle of water. Thank you to those who contributed financially to this project and to the Riverwalk Plaza Subway shop for preparing the food.
- ♦ On July 11 we will assist with the furniture ministry organized by First Presbyterian Church and Heart + Hand.
- ♦ At the July meeting we will discuss reaching out to South Charleston's first responders.

In May the men sponsored a picnic for the South Charleston Public Works Department employees.

Northeast Men Host National Day of Prayer

The Northeast Jurisdiction of the United Methodist Men (of which we in West Virginia are a part) sponsored an online National Prayer Day on June 13.

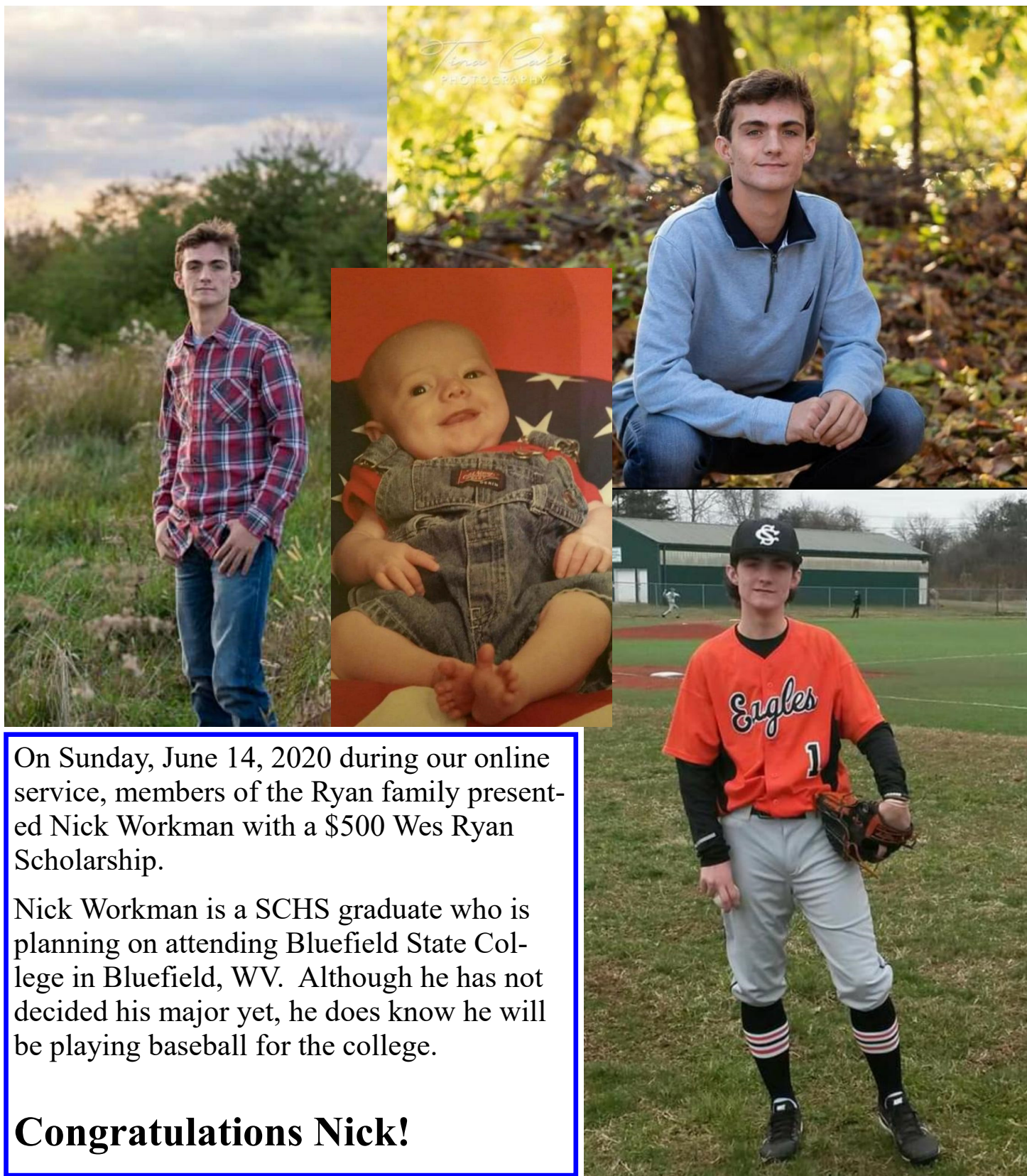
More than 100 people attended the event, including four bishops. Twenty-two people offered prayers.

The Western Jurisdiction of the United Methodist Men held an online National Prayer Day on June 27. Although the Western Jurisdiction was the sponsor, men from anywhere in the world could participate.

The Upper Room Prayer Wall is available 24/7 online at <http://prayer-center.upperroom.org/prayer-wall> You can leave a prayer or answer someone else's prayer.

Thousands of requests for prayer are posted on the Prayer Wall.

Senior Highlight—Nick Workman



On Sunday, June 14, 2020 during our online service, members of the Ryan family presented Nick Workman with a \$500 Wes Ryan Scholarship.

Nick Workman is a SCHS graduate who is planning on attending Bluefield State College in Bluefield, WV. Although he has not decided his major yet, he does know he will be playing baseball for the college.

Congratulations Nick!



United
Methodist
Women
FAITH · HOPE · LOVE IN ACTION

Peace, Love and Books July 2020

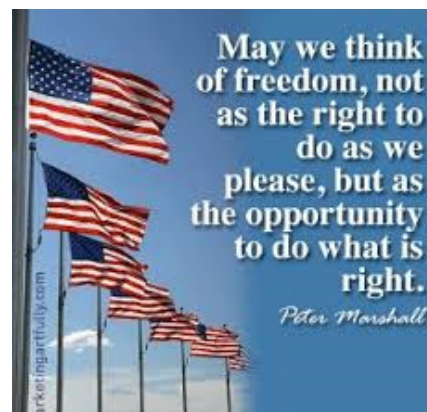
by Teresa Matheny

Where Do We Go From Here: Chaos or Community? By Dr. Martin Luther King Jr. (Author), Vincent Harding (Introduction), Coretta Scott King (Foreword)



In 1967, Dr. Martin Luther King, Jr., isolated himself from the demands of the civil rights movement, rented a house in Jamaica with no telephone, and labored over his final manuscript. In this prophetic work, which has been unavailable for more than ten years, he lays out his thoughts, plans, and dreams for America's future, including the need for better jobs, higher wages, decent housing, and quality education. With a universal message of hope that continues to resonate, King demanded an end to global suffering, asserting that humankind-for the first time-has the resources and technology to eradicate poverty.

From our UMW Reading Library—
SOCIAL ACTION/2019



July Prayer by David Biondi

Almighty and most gracious God, here in the month of July we celebrate the most important day in our nation's history: The anniversary of our country's independence. We lift our hearts to you in praise and thanksgiving for the multitude of freedoms and privileges which we enjoy as Americans. And yet, in spite of the assertion contained in the Declaration of Independence stating that all men (people) are created

equal, true equality, liberty and justice for all are ideals which to this day (over 240 years following the signing of the Declaration) have not yet been fully realized. As a result, we find our nation currently undergoing great discord and division. Domestic peace, harmony and tranquility has given way to vitriol, anger and animosity among groups and individuals with differing views and mindsets. Help us, O God, not to lose sight of our Founding Fathers' visionary

principles for that which would enable our country to be a beacon of light and a positive example in and throughout the world. Inspire us to find ways to overcome the differences and divisions which would tear away at our nation's very foundation and to move forward in ways which enable all people to truly enjoy life, liberty and the pursuit of happiness. This we pray in your most holy name. Amen.

Graceful Generosity

Published to help you grow as a steward of God's grace.

Blessed to be a Blessing

Many times in Scripture we are promised that the one who gives will receive.

"Give and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap" (Luke 6:38).

"'Bring the whole tithe ... Test me in this,' says the Lord Almighty, 'and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it'" (Malachi 3:10).

What happens when we emphasize the latter instead of the former is the development of a "name-it-and-claim-it" type of religion in which we give only so we can get.

First Timothy 6:5-10 warns us of the dangers of this attitude. Paul wrote that false teachers *"think that godliness is a means to financial gain."* We know from Scripture that we have been blessed that we might be a blessing to others. Therefore, we share our wealth—our monetary wealth (Romans 12:13), our wealth in talents and responsibilities (1 Peter 4:10-11), our wealth in experiences (2 Corinthians 1:4), and our wealth in time (James 1:27).

God blesses us so we can be his instruments to support the needy and extend his church.

"You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God" (2 Corinthians 9:11).

Money Will Buy Things

Money will buy ...

A bed, but not sleep.

Books, but not brains.

Food, but not appetite.

Finery, but not beauty.

A house, but not a home.

Medicine, but not health.

Luxuries, but not culture.

Amusements, but not happiness.

A Crucifix, but not a Savior.



***The church is like a bank ...
The more you put into it, the more
interest you have in it!***

A Thief Has Broken into Our Church

He has done considerable damage. Even the casual observer may see evidence of the break-in. What has he taken?

He has taken strength from our Sunday School. Every Sunday his thievery deprives the congregation of about one-fourth of its membership. He depletes the offering potential of the church. There is no insurance that will cover the damage

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caused by this thievery ... except the safeguard of spiritual commitment. The culprit's fingerprints are much in evidence. From this his identity has been established.

His name is MR. INDIFFERENCE. This criminal in our midst has weakened the educational arm of the church, depleted the attendance at worship, and looted the tithes and offerings. Most interesting of all is the method by which he initiates his crime. He begins first in the home.

BEWARE OF THIS THIEF!

Cell Phone vs. Bible

I wonder what would happen if we treated our Bible like we treat our cell phone?

What if we carried it around in our pockets?

What if we flipped through it several times a day?

What if we turned back to get it if we forgot it?

What if we used it to receive messages from the text?

What if we treated it like we couldn't live without it?

What if we used it when we traveled?

What if we used it in case of emergency?

Oh, and one more thing: Unlike our cell phone, we don't have to worry about our Bible being disconnected because Jesus already paid the bill, and, one more thing ... there are no dropped calls!

Are You Willing?

"Now finish the work, so that your eager willingness to do it may be matched by your completion of it, according to your means. For if the willingness is there, the gift is acceptable according to what one has, not according to what he does not have" (2 Corinthians 8:11-12).



There is so much need around us. Daily we are interrupted by telephone calls soliciting our donations to well-deserving causes. We hear of elderly people in nursing homes who never have visitors and children in need of mentors. Committees within our congregations seek to add to their boards in order to carry out the ministry of our churches.

We may become overwhelmed. Where do we start? How can I ... one person ... fill all these needs? Often guilt accompanies these questions. What is God asking of us? According to the Apostle Paul, we are expected to give according to what we have. He was speaking here of monetary offerings, but his admonition relates to the sharing of our time and abilities as well. The key, Paul seems to say, is to be willing. *"If the willingness is there, the gift is acceptable."*

Blessings on Your Stewardship Journey!

A FAITHFUL RESPONSE TO RACISM

Starter Pack for White Christians

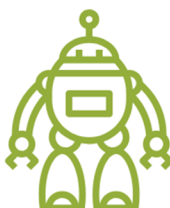


BROADEN YOUR KNOWLEDGE

Start by working on yourself. Pick up a book or check out a podcast that can introduce you to the realities of people of color. Go in with an open mind and be prepared for experiences different from your own.

DIVERSIFY YOUR CHILDREN'S LIBRARY & TOYS

Oftentimes, we forget that we are creating a racial imagination for our kids simply by way of the books they read and toys we purchase. Does their playroom reflect the world they will encounter outside of your home?



DIVERSIFY YOUR CIRCLE OF FRIENDS

The moment that racial injustice moves from an issue affecting "those people" to affecting people in your personal life is when real change happens.

ESTABLISH A RELATIONSHIP WITH LOCAL POLICE DEPT

Most law enforcement agencies have an officer dedicated to community relations. Take this person out for coffee to learn and also to ask honest questions about training and protocols to influence racial prejudice.



DONATE TO ANTI-RACISM GROUPS

You might not know there are organizations who are combating racial injustice every single day. Financial donations empower them to continue this vital work.

Continued from page 5

REUSE: Heart + Hand is once again accepting donations of clothing and household items. Revisit your closets and storage bins for those items you no longer wear and donate them. Proceeds from sales in the thrift store are used to continue the programs at H+H, such as food/utility assistance and a newly launching Senior + H.A.N.D.S. to address senior food insecurity. Orders will be taken, and food delivered every other week to seniors in the program. Household items are also a welcome donation. Lots of folks are refreshing areas in their homes during this stay at home time, so remember your treasures can help.

REPURPOSE: There is always a need for furniture, whether it be for a family starting out or victims of fire or flood. First Presbyterian continues their mission project of collecting good used furniture, with the help of volunteers from other local churches (including ours). Heart + Hand now has a nice, big designated area for furniture items.

Last but certainly not least, **REFRESH** yourself. It's difficult not being able to be together for worship or visiting with friends and family, but maintaining good mental health is important for all of us. Do things that make you laugh, watch cartoons, read a funny or heart-warming book, watch a comedy, but keep communication going and remember this too shall pass.

July Celebrations

Birthdays

07 Carol Good	21 Ginger Triplett
09 Jim Snyder, Corene Mundy	22 Roy Fultineer
12 Toni Brown	23 Gary Anderson
14 Robert Deitz, Sandy Horton	27 Peggy Kourey, Barbara Warwick, Jaime Snyder
15 Andrew Byrd, Bill Nehr	30 Page Deardorff
16 Dorothy Harrison	31 Emma Jean Thomas
18 Pattie Helmick	

Anniversaries

17 Danny and Jeanne Murphy Robert and Chandra Massey	30 Pat and Cheryl Holbrook
19 Tom and June Bumgarner	

Special Upcoming Events To Remember

July 11 UM Men Furniture Ministry
 July 18 UM Men meet via Zoom 9:00 a.m.
 Aug 22 Churchwide Picnic (tentative: save the date!)

Do you have an event you want to advertise on our church website, southcharlestonfirstumc.org? Send your information and a picture, drawing, cartoon, etc. to Barbara Brown at cbpnuts@aol.com. We can post information on the Home page and Event page. Just let us know what you would like to highlight and we will make it happen.

Prayer Request Guidelines

New guidelines for prayer requests. Any prayer requests that are to be mentioned during the upcoming online Sunday service must be sent to corljudge@aol.com by Wednesday evening. Other prayer requests made after Wednesday, will be read the following week. Additional prayer requests can be sent to corljudge@aol.com at any time. Also, all prayer requests will be read for two weeks unless we are notified otherwise.

life @ 1st Church

Publisher: Rev. Paul Helmick
Cell phone: 304 695-0013
Office phone: 304 744-3211
E-mail: wvpastorpaul@gmail.com

Editor: Barbara Brown
Cell phone: 304 542-6197
E-mail: cbpnuts@aol.com

Photographer: Kathy Parsons
E-mail: kp_moharv70@yahoo.com

Monthly prayer: Rev. David Biondi
E-mail: dbiondi0107@cs.com

Peace, Love and Books:
 Teresa Matheny
E-mail: tamatheny219@suddenlink.net

Calendar: Linda Nehr
Office phone: 304 744-3211
E-mail: 1stumcsc@gmail.com

Proofreader: George Hohmann
Cell phone: 304 419-1916
E-mail: g.hohmann48@gmail.com

Church E-mail:
1stumcsc@gmail.com

Church Website:
southcharlestonfirstumc.org

Online Service:
www.facebook.com/1stumcsc

WV Conference UMC:
www.wvumc.org

Address: 905 Glendale Avenue,
 South Charleston, WV 25303
 304 744-3211

Suggested articles, questions, comments regarding the newsletter should be directed to Barbara Brown at 304-542-6197 or via email at cbpnuts@aol.com.