

No winter lasts forever;  
No spring skips its turn.

Hal Borland

Need proof? Join MERA  
Hike &/or Happy Hour on  
April 30.



# MERA HOMETOWN NEWS

AND CALENDAR OF EVENTS  
Items of interest to MERA Members  
April 2025

Want to know more?  
Check us out at  
[merasite.org](http://merasite.org)

## A Note from MERA's President

Another winter in the books! HAPPY SPRING!!! Enjoy the flowers blooming and yard work looming!!!

MERA has two upcoming events: The Anniversary Dinner will be held at Victor Emmanuel Club on April 24th, 11:00am. The May meeting will be held at Dietrich's Park on May 19th at 1:00pm, the program is Musical Bingo. This is a fun time! Come join your fellow retirees! Jim

P.S. If you feel sweet, bring a dessert to share at the Anniversary Dinner!

## MERA Calendar of Events

*You won't want to miss any of these great MERA events!*

- **Trip to Toby's Dinner Theatre Wednesday, April 16.** Enjoy the great All-American musical, "The Music Man!" performed in the round at Toby's Dinner Theatre Columbia, MD. The trip includes motor coach transportation, live show and buffet lunch inclusive of taxes and gratuity. Cost is \$166 per person. **Registration is closed.** For questions, reach out to **Barb Seidel** at 484-794-0857 or [bseidel3523@comcast.net](mailto:bseidel3523@comcast.net).
- **Anniversary Luncheon Thursday, April 24 at 11:00 a.m.** Victor Emmanuel 311 Hazel St. Reading. Hot buffet and good fun. Just \$15 per person. Bring a dessert to share! **Deadline for reservations is April 17.** Send reservations and payment to **Gary Pleiss**, 41 Fieldstone Lane, Fleetwood, PA 19522 or call (610) 927-7590 with any questions.
- **Hike & Happy Hour, Wednesday, April 30 at 2 p.m. Hike at Union Meadows East Park, Birdsboro,** 100 Campbell Ford Rd, Douglassville. Join us for this pleasant walk in a beautiful setting as well as at our **4pm Happy Hour at Island Pizza** 3060 Limekiln Rd.
- **May General Membership Meeting Monday May 19 at 1 p.m. outside at beautiful Jim Dietrich Park.** Musical Bingo with Rich Weilacher of TGE Entertainment. Prizes and snacks! Test your knowledge of the golden oldies (or if you don't know anything about music – try your luck!).
- **Hike & Happy Hour, Wednesday May 28. Meet at 2pm to Hike at Berks Leisure Area,** 1901 Tulpehocken Rd, Wyomissing. We will walk along the Union Canal Trail towards Grings Mill, and back again. (Sorry, no pets allowed in Berks County Parks). We will then retire at **4pm to PJ Whelihan's Restaurant**, 1101 Rocky Dr, West Lawn for Happy Hour.

- **Trip to Wonders of Wilmington Wednesday, June 4, 2025.** Join us as we travel to Wilmington, Delaware, for a wonderful day of exploring two of Delaware's gems! First, we visit Winterthur, a stunning mansion surrounded by a world-class naturalistic garden set within 1000 acres of rolling hills, streams, meadows, and forests. Lunch is at Buckley's Tavern, built in 1817 as a private residence and a stagecoach stop. Then, we visit the Brandywine Zoo. Last stop, Maggie Moo's Creamery, the perfect way to end your day! Package includes everything: Transportation, admission to attractions, lunch, ice cream, taxes, fees and driver gratuity. Cost is \$153 per person. **Deadline for registration is May 1.** For questions contact: **Barb Seidel** at 484-794-0857 or [bseidel3523@comcast.net](mailto:bseidel3523@comcast.net)
- **Hike & Happy Hour Wednesday June 25. Meet at 2pm at the Reading Public Museum Arboretum** for a guided walk among the gardens, led by Master Gardener Donna Goughnour. We will then relax at **4pm** with some brews and chews at **Sly Fox Wyomissing Tap House** at the Knitting Mills, 820 Knitting Mills Way, Wyomissing.

## Met-Ed Golf League – You're Invited!

Retirees, family, friends and current employees are all eligible to join the Met-Ed Golf League. The League plays Wednesday evenings (tee off between 3:30-4:30 pm) at Rich Maiden Golf Course, Fleetwood, PA. League format is nine-hole stroke play with handicaps. League play begins April 2, 2025 and runs through September 17, 2025. The cost to join the league is \$50; (all money paid out in prizes). Contact **Andy Hunter** at [jarshunter@icloud.com](mailto:jarshunter@icloud.com). Time to hit the links!

## Clair Kramer: A Tribute April 5, 1942 – February 23, 2025

**Clair Kramer** joined the MERA Board in 2019. Over the years, he and his wife Edna were dedicated to organizing many fun picnics and events for our members. They would return from their winter sojourn in Florida to coordinate the June picnic and September chicken bake. Clair and Edna always served the drinks and ate last. Larry Lenhart remembers, with a smile, that one year, we were inexplicably shy of chicken dinners and the Kramers didn't get to eat at all! Former MERA Board president Sandy Myskowski remembers, "Clair loved his family and NASCAR and classic cars. He did everything with a great smile!"

MERA won't be the same without Clair. The MERA Family weeps for Edna as she mourns. Our collective hearts go out to Clair's entire family.

You can find Clair's obituary at <https://obits.ludwickfh.com/clair-kramer>

## MERA Member Profile Don McKinney

**Don McKinney** grew up in Glenside, Montgomery County and received his electrical engineering degree in 1964 from Drexel University. But that wasn't the most important thing that happened to him in the 60s. That would be meeting **Pat**, a budding chemist, on a blind date and marrying her on December 31, 1962. (Makes it easy to remember your anniversary!) After graduation, Don took a job

with Buell Engineering in Lebanon. Three years later he was hired by Met-Ed. He joined the transmission planning group and worked with PJM.

He took an early retirement package in 1994 at the tender age of 57. He worked as a consultant for several years, returning to Met-Ed to work on the Customer Choice Program and then on the Y2K Program. Don then retired a second time and this time, it took!

Don and Pat were blessed with three daughters and their family has grown to include 9 grandchildren and 3 great grandchildren, most of whom live in South Carolina and Georgia.

The couple enjoyed traveling the world. Especially when they could catch up with their daughter, a photojournalist in the Army. They visited her while she was stationed in Korea and Germany. Along the way they visited Thailand and Italy. They've also been to Israel and cruised to Alaska. Don and Pat made mission trips to Mexico City and Scotland.

Don is an avid Ham Radio Operator and is always devising ways to put up a new and better antenna. The call letters of his radio station are W3FCT.

Both are involved in church activities. And, in fact, their favorite book is The Bible. Their favorite restaurant is Austins. Don says, "don't miss their creamed spinach!"

Don advises fellow retirees to keep physically active. Learn something new! Or, pick up an activity you always liked to do but didn't have time. And most importantly, stay connected to your friends and work to make new friends!

## You Are What You Eat

What you eat can help you stay healthy and strong at any age. See what you know about aging, diet and health with this short quiz courtesy of Johns Hopkins Medicine.

True or false: The older you get, the less likely you are to have a food intolerance.

- A. true
- B. false

*The correct answer is B. false*

Our bodies often become less tolerant of certain foods as we age.

If you have a sensitivity to dairy foods, you can get calcium in your diet by eating more...

- A. whole grains and fiber
- B. avocados, apples and artichokes
- C. spinach, white beans, salmon and sardines
- D. olive oil and other healthy fats

*The correct answer is C. spinach, white beans, salmon and sardines*

*Spinach, white beans, salmon and sardines all contain good amounts of calcium.*

What's the best eating plan for older people who want to maintain a healthy weight?

- A. a high protein, low carbohydrate diet
- B. a balanced diet, such as the Mediterranean diet
- C. a very low-calorie diet
- D. a high carbohydrate, low fat diet

*The correct answer is B. a balanced diet, such as the Mediterranean diet*

*To achieve and maintain a healthy weight, practice moderation and enjoy all categories of foods. Make sure the largest serving on your plate is a vegetable, followed by whole grains and protein.*

Healthy fats, in moderation, can help your body...

A. absorb vitamins and minerals

B. build muscle mass

C. stock up on vitamin C

*The correct answer is A. absorb vitamins and minerals*

*Foods such as nuts and fatty fish are rich in good monounsaturated and polyunsaturated fats and can help your body take in key nutrients.*

For more information visit <https://www.hopkinsmedicine.org/health/wellness-and-prevention/aging-well>

## NERA Member Milestones

### Happy April Anniversary!

Steve & Marti Berry  
Curtis & Arlene Bonanni  
John & Alma Felix  
Donald Fix and Nancy Rapak  
Roy & Barbara Gehris  
Kent & Lisa Hatt  
Kathy & Rick Heffner  
Joel & Ann Lebo  
Stewart & Tina McDonough

Nelson & Betty Moeller  
Dennis & Morena O'Brien  
Diane & Richard Pawling  
Glenn & MaryBeth Speicher  
Earl & Theresa Suchomelly  
Cathy & Michael Thomas  
Barbara & Mike Witman  
Jim & Joyce Zeiber

### Happy April Milestone\* Birthday!

*\*A milestone birthday is one that ends in "0" or "5."*

Karen Fisher  
Diana Flood  
Walter Frith  
Sue Perez

*"I generally avoid  
temptation unless I can't  
resist it."  
Mae West*

