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**Treasurer's Report**  
 On May 01, 2026, the Blue Ridge Torch Club had an operating balance of \$5,229.

**Become aware:  
 June 15-20**



**MEN'S  
 HEALTH  
 AWARENESS  
 WEEK**  
 — JUNE —

[menshealthmonth.org](http://menshealthmonth.org)

**BLUE RIDGE TORCH CLUB Picnic, Tuesday, June 9, 2026**  
**LWVA Auditorium Doors open at 5:00. Dinner at 6:00. BYOB.**  
**The picnic is for members and significant others only.**

**President's Message for June 2026**

We look forward to seeing all members Tuesday, June 9 at the Lansdowne Woods Auditorium and Community Room for our season ending summer picnic. The Fountain Grill will be catering the event for us. It will be nice to return home once again.

This season was fun, with excellent topics and interesting speakers. The Ambiance Banquet Restaurant and Event Hall served us during our time without a restaurant here at Lansdowne Woods. We are hopeful that our speaker/dinners next season will be held back in Lansdowne Woods.

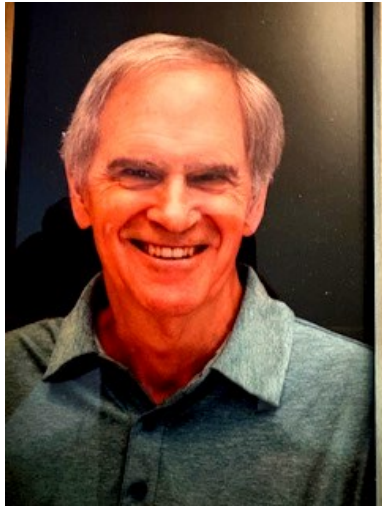
As of now, we have two Fall presentations scheduled. On September 8, Christine Caldwell will talk about the national impact of the 9/11 attack on FAA operations and travel policies, based on her experience with the FAA during the last 25 years. On October 13, Joyce Mitchell will give a brief history of the science between "Genes and Disease." Joyce holds a PhD in Population Genetics with postdoc work in Biomedical Informatics and Medical Genetics.

We have identified a few other potential presenters for the rest of the program year. But we need more speakers. Let us know if you are interested.

Next season promises to be stimulating, engaging, and entertaining. We hope you all will continue your membership.

**Menu for June 9 Picnic Dinner.** The Fountain Grill will provide the picnic dinner. They will serve hamburgers and hot dogs, Impossible Burgers™ and an assortment of salads, including potato, macaroni, green bean, and garden. They will provide soft drinks, but hard drinks will be BYOB.

**Price** is \$40 for members and significant others. Please leave a check with your building representative, or a check or cash at the door. For reservations go to [blueridgetorchclub.org](http://blueridgetorchclub.org). Click on the red icon "June 9th Meeting." The deadline for RSVP or cancellation is Thursday, June 4.

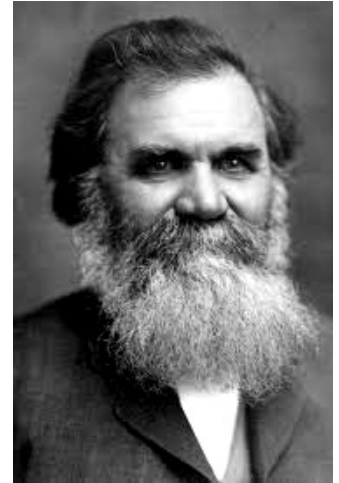


## May Torch Talk: The Evolution of Chiropractic, by Joe Dockery

I very much enjoyed presenting my vocation of chiropractic to the Torch Club last month. I have been around the profession my whole life, as a patient and as a practitioner of 46 years.

In my talk, I shared with you how, by the time I entered practice in Staunton, VA in 1980, pioneers of the profession had withstood daunting public and professional challenges. These led to the public's acceptance, which was the first and easiest challenge. Then came the government's approval and research funding through the National Institutes of Health. And finally, the insurance companies provided easier access to the public.

In 1895 in Davenport, IA, a local magnetic healer, Daniel D. Palmer, heard a janitor's complaint that his hearing had diminished after bending over and hearing a "pop" in his upper back. Palmer "adjusted" the sore spot by pushing on the vertebra. The man's hearing improved and was eventually regained. Unfortunately, that experience led to a misguided beliefs that misaligned vertebrae caused all diseases. Through the work of Palmer's son, B.J., chiropractic came to understand the strengths and weaknesses of spinal manipulation.



The profession fought a years-long organized effort by the American Medical Association to "contain and eliminate" chiropractic through its Committee on Quackery. This ended with a successful antitrust suit brought by a group of chiropractors.

There were three main myths about the profession: that chiropractors were not educated, that the profession was an unscientific cult, that chiropractic was not safe. Those myths ended when it became clear that: 1—chiropractors are licensed only after passing National and State board exams covering the areas of basic science, diagnosis, and clinical science; 2—research proved the efficacy of chiropractic; and 3—research proved the safety of chiropractic. These findings were persuasively supported by comparing malpractice insurance premiums.

Chiropractic has grown to become the largest drugless-healing profession in the world. Today it is fully accepted. It is utilized by all major sports teams and Olympic athletes. Chiropractic is considered a triage level of primary health care, is encouraged by the medical profession, and provides a legitimate service in relieving many of the physical ills that we face daily.

### Torch Club Officers wish everyone a Happy Father's Day

- Wayne Kaiser, President: [wkaiser2367@gmail.com](mailto:wkaiser2367@gmail.com)
- Ken "Crash" Konwin, Vice President: [kkonwin@aol.com](mailto:kkonwin@aol.com)
- Jim Grefer, Secretary/Newsletter Editor: [greferjames@gmail.com](mailto:greferjames@gmail.com)
- Fred Bishopp, Co-Treasurer: [fredbishopp@hotmail.com](mailto:fredbishopp@hotmail.com)
- Joline Matheson, Co-Treasurer: [jnjmat@gmail.com](mailto:jnjmat@gmail.com)
- Dona Wolf, Past President: [donawolf@aol.com](mailto:donawolf@aol.com)



## June is Immigrant Heritage Month by Jim Grefer

For my entire life, I see myself as thoroughly American—not only because of my patriotism and belief in democracy, but also because my family heritage spans multiple nationalities, including German, English, French, Dutch, Canadian, and a pinch of Native Indian. I believe that immigrants come to the United States to build better lives for themselves and their families. To me, the phrase “America is a nation of immigrants” is not a cliché, but a reality lived by many.

Most Americans have quite recent immigrant ancestors, as few as two or three generations back. Many of us are living with immigrants right now. My wife, Helena, is an refugee from the Communism of Poland. In fact, 14% of American residents are immigrants.

Regardless of whether your ancestors came here on the Mayflower, on a jet plane, or across the Mexican desert, whether they sought a safe place to raise a family, economic opportunity, the taste of freedom, or all of the above, we have a shared sense that all immigrants had to work hard to get here, and truly wanted to be a part of the American way of life.



America helps immigrants and immigrants help America. From an economic view, although immigrants are only 14% of the U.S. population, they are nearly 19% of the U.S. workforce, since they primarily arrive at working age. In fact, U.S born birth rates have declined so much in the last 30 years that growth in the working age population is now mostly, and soon will be entirely, dependent upon immigrating workers. Growth in the working population of immigrants has driven much of U.S. economic growth.

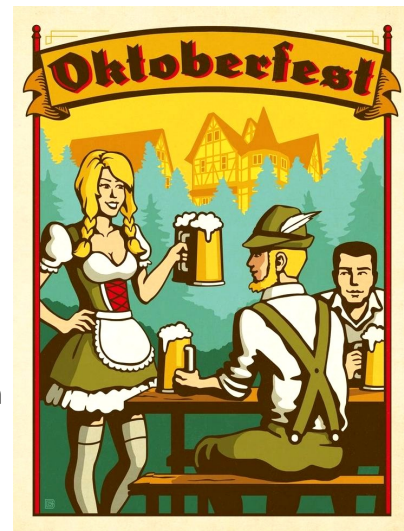
In addition, it is the workers who sustain Social Security for the massive number of U.S. retirees. We know that Social Security will be in a fiscal crisis in less than a decade. Research shows that if it had not been for very high immigration rates following the **Immigration Reform and Control Act of 1986**, Social Security likely would have gone into crisis a decade ago.

Here are some additional statistics. Although immigrants are only 14% of our population:

- they earn about 22% of U.S. patents, according to a **2025 US Patent and Trademark Office study**.
- they start 24% of new businesses, according to a **2022 MIT News report**.
- they commit only about 10% of property crimes and only 8% of violent crimes, according to a **2021 Department of Justice study**. \*

What **National Immigrant Heritage Month** tries to do is to get us to look optimistically at the contributions immigrants have made, to our economy, to our culture, to our delicious international food dishes, and to help us to think productively and lovingly how to address any problems that come along. In this way, we can continue to make immigration an effective and colorful part of our American national story.

*\* Jim's sources are available upon request. Just email Jim at [greferjames@gmail.com](mailto:greferjames@gmail.com).*



## Current Members: June 2026

Charlene Ahmed	Lyn Green	Sue McCollum
Syed Ahmed	Jim Grefer	Joyce Mitchell
Barry Berger	Carol Hall-Veit	Pat Monahan
Fred Bishopp, Jr	Kenton Hamaker	Elsa Moustafa
Murray Bradley	Peggy Hamaker	Andrew Norton
Page Bradley	Neelam Henderson	Bill Phillips
Brenda Brohard	Wes Henderson	Pat Phillips
Christine Caldwell	Kathleen Hughes	Memory Porter
Sheila Cramer	Fran Hurley	Ann Schmitt
Steve Creskoff	Murray Johnston	Catherine Shepard
Kay Curley	Wayne Kaiser	Hugh Sockett
Tom Devaney	Maria Kelly	Dennis Spriggs
Beckham Dickerson	Peggy King	Anne A Thomas
Tina Dickerson	Ken "Crash" Konwin	Anne H Thomas
Joe Dockery	Judith Kory	Bill Thomas
Marylynne Dockery	Eva Leavitt	Dave Thomas
Nancy Downey	Michael Leavitt	George Viener
Madelon Eisenberg	Barbara Leone	Janet Walker
Hosny El-Khordagui	Joline Matheson	William Walker
Jerry Frola	Jenny Mayberry	Britt Wilford
Joe Gibson	Sam Mayberry	Terry Wilford
Rosa Gibson	Doug McCollum	Dona Wolf
	Sue McCollum	

### Take Checks to Your Building Representative

The line at the Torch Dinner will go more smoothly, and you will get to the bar and your table more quickly if you drop your check under the door of your building rep a few days before the dinner.

Riverbend	Fred Bishopp	711	Magnolias	Barry Berger	MS 206
	Joline Matheson	106	Potomac Ridge	Wayne Kaiser	221
Blue Ridge	Joe Dockery	221	Riverview	Kent Hamaker	906

“When the crisis comes, we all pull together naturally. It’s easy then. It’s when things drag on too long that we have to make the effort to make sure everyone sees we’re all in this together.”

— James S.A. Corey, pseudonym for  
collaborative authors Daniel Abraham and Ty Franck