



# Gazebo Gazette

R A P P A H A N N O C K W E S T M I N S T E R - C A N T E R B U R Y

## SPECIAL POINTS OF INTEREST:

- Nametag Days
- Artist Reception:  
Jacquie Colligan
- Voyages
- Juggling & Magic Show
- Golf Tournament
- Outpatient Services Open House
- On the Road: Mystery Trip

## INSIDE THIS ISSUE:

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## LOCAL RADIO PERSONALITY IS FEATURED VIEWPOINTS SPEAKER

Nancy Travers has been on the air for more than three decades. Nancy Travers, a White Stone resident and personality on WKWI 101-7 Bay FM, will be the featured speaker at RWC's Viewpoints series on April 2. The title of her talk will be "Finding My Voice," and she'll talk about her career in radio and how music has affected her life, as well as sharing some radio business behind-the-scenes stories.

At RWC, she'll tell how she overcame her stage fright to become a successful radio host and why radio continues to be an exciting medium. For Travers, it mostly comes back to her original love. "Music should be part of everybody's life," she says.

These free presentations begin at 11 a.m. and are held on the first Monday of the month through June 4 in the Auditorium.

Attendees are invited to remain after the presentations for a complimentary lunch. Reservations open for each speaker two weeks prior to the event. RWC maintains a waiting list and honors reservations in the order received. Separate reservations must be made for each speaking event in the Viewpoints series.

This year's line-up includes an all-female cast. Other speakers include:  
**May 7: Carolyn Quinn, U.S. Department of Homeland Security**  
**June 4: Dr. Cheryl Brown Davis, music educator**

## GETTING TO KNOW YOU

Pick up lines:

- "Hi, my name is \_\_\_\_\_.I don't believe I know you."
- "Hi! Would you like to join me/us for lunch/dinner today?"
- "Hi! May I join you for lunch/dinner today?"

The Residents Association Board of Directors has listened to your pleas. We have had many new residents move in over the last 15 months and to assist us in learning each others' names, we are asking that ALL residents wear their nametags at least every Thursday and Friday each week beginning April 5 to all meetings and other functions in the Chesapeake Center.

Keep your nametag by the door of your home so it will be handy to grab on your way out. Keep it in your mail slot at the Front Desk. Keep it in your car, if you drive to the Chesapeake Center. It may take time to get used to wearing your nametag, but with use, it will happen.

At meals, sit with someone you don't know or don't usually sit with. Mix it up. Break your patterns.

### Ice Breakers:

- "Hi What brought you to RWC?"
- "Where are you from originally?"
- "What did you do in your former life?"

It is really easy to make new friends! Give it a try!



The deadline to submit articles for the May 2018 issue is Tuesday, April 24, 2018 by noon. Contact us: 804-438-4000

**KEY**  
**APT**  
 Apartment Lobby  
**AR1**  
 Art Room #1  
**AR2**  
 Art Room #2  
**ATR**  
 Atrium  
**AUD**  
 Auditorium  
**BLR**  
 Boiler Room  
**CGR**  
 Chesapeake Game Room  
**COR**  
 Corrotoman Room  
**CPL**  
 Chapel  
**DRB**  
 Dining Room Breezeway  
**FCR1, 2 or 3**  
 Fitness Classroom #  
**FPL**  
 Front Parking Lot  
**FRL**  
 Front Lobby  
**GAL**  
 Gallery Hall  
**HOB**  
 Hobby Room  
**KCT**  
 King's Court  
**LAN**  
 Lancaster Room  
**LEC**  
 Life Enrichment Center  
**LIB**  
 Library  
**LVG**  
 Lakeview Grille  
**MSP**  
 Main Street Pub  
**OTR**  
 Outpatient Therapy Room  
**RAP**  
 Rappahannock Room  
**RCL**  
 Resident Clinic  
**TGP**  
 Thomas Garden Patio  
**WCN**  
 Westbury Center  
**WCR**  
 Westbury Club Room

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>EASTER BRUNCH</b> 1 11:00 am-2:00 pm <b>Lakeview Grille</b> The Grille will be closed for dinner. 4:00-WCR-Worship Service	10:00-COR-Parkinson's Caregiver Support Group 2 11:00-AUD-Viewpoints* 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:30-AR1&2-Memory Support Groups	10:00-AR1-Chat & Crafts 3 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:30-AUD-SPARK	3:00-WCR-Bible Study 4 7:00-CGR-Gentlemen's Poker Club	<b>NAMETAG DAY</b> 5 1:00-LIB-Party Bridge 3:30-AR1—Beading Class* 4:00-CPL-Rosary	<b>NAMETAG DAY</b> 6 8:30-LAN-ROMEOs & OWLETs* 5:00-TGP-Happy Hour	5:00-TGP-Happy Hour 7	
	10:00-COR-Society of Friends Meeting 8 4:00-WCR-Worship Service	10:00-BLR-Residents Health Care Committee Meeting 9 1:30-FRL-Shopping & Errands* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 6:00-WCR-Trish & Friends Music	10:00-AR1-Chat & Crafts 10 10:00-BLR-Amateur Radio Club 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge	3:00-WCR-Bible Study 11 12:30-AUD-Annual Parkinson's Disease Event* 1:30-CGR-Bunco Group 7:00-CGR-Gentlemen's Poker Club	<b>NAMETAG DAY</b> 12 10:00-COR-Food Committee Meeting 1:00-LIB-Party Bridge 4:00-CPL-Rosary 5:00-ATR-Artist Reception: Jacquie Colligan	<b>NAMETAG DAY</b> 13 10:00-AR1-Fluid Art Class: String Dragging* 5:00-TGP-Happy Hour	10:30-AUD-Apple Seeds 14 Computer Group 5:00-TGP-Happy Hour 6:30-FRL-On Stage*	
	4:00-WCR-Worship Service 15	8:30-AUD-Voyages* 16 1:00-AR2-Flower Arranging Class* 1:30-FRL-Walmart Shopping* 2:30-COR-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Westbury Services Monthly Birthday Party	10:00-AR2-Chat & Crafts 17 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 4:00-AUD-Jonathon Austin: Juggling & Magic Show 6:00-AUD-Master Naturalist Presentation: Menhaden Industry	10:00-AR2-Activities Committee Meeting 18 10:30-AR2-Crafts for a Cause 2:00-OTR-Outpatient Therapy Grand Opening 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	<b>NAMETAG DAY</b> 19 11:00-MSP-Resident Choir 1:00-LIB-Party Bridge 3:00-AUD-Wine Lecture & Tasting* 4:00-CPL-Rosary	<b>NAMETAG DAY</b> 20 10:00-AR1-T-Shirt Design Class* 5:00-AUD-Special Occasion Party  <b>NO HAPPY HOUR TONIGHT</b>	5:00-TGP-Happy Hour 21	
	10:00-MSP-Society of Friends Meeting 22 4:00-WCR-Worship Service	10:30-RAP-RWC Book Group 23 1:30-FRL-Shopping & Errands* 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Crafts 24 10:30-COR-Bible Study 12:00-Golf Tournament* 1:00-AR2-Art Class with Pam 1:00-CGR-Board Game Gang 1:00-RAP-Duplicate Bridge  <b>ARTICLE FOR GAZEBO GAZETTE ARE DUE BY NOON</b>	10:30-FRL-Virginia Rep. Theatre (subsc. holders) 25 10:30-FRL-Historic Garden Week* 3:00-WCR-Bible Study 7:00-CGR-Gentlemen's Poker Club	<b>NAMETAG DAY</b> 26 1:00-LIB-Party Bridge 3:30-AR1—Beading Class* 4:00-CPL-Rosary	<b>NAMETAG DAY</b> 27 9:00-FRL-On the Road: Mystery Trip* 4:00-AUD-Career Day 5:00-TGP-Happy Hour	5:00-TGP-Happy Hour 28 7:00-AUD-Saturday Night Movie: Darkest Hour	
	4:00-WCR-Worship Service 29	1:30-FRL-Shopping & Errands* 30 4:00-CGR-Dart Sharks	<b>Detach the cover of <i>The Gazebo Gazette</i> and place it on the refrigerator or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV on Channel 85 on a daily basis for the latest updates. An asterisk (*) means a RSVP or sign up is required. REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING. <u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u></b>					

# APRIL 2018

**GREETING FROM THE PRESIDENT/  
CEO**

The RWC Talent Show last week was a remarkable expression of the wide-ranging interests, gifts, and talents of our wonderful residents and amazing staff. Most importantly it clearly showcased the incredible community spirit of RWC. This was a time of true fellowship, laughter, delight, worship, and togetherness. I was asked after the show if I thought other communities had such an afternoon of joy as we had. While I am sure that it takes place at some communities, I am equally sure the Joyful Spirit we experience is a unique blessing of our community and its people. Thank you to all who shared. We are truly blessed.



**ON THE ROAD: MYSTERY TRIP\***

**Friday, April 27—9:00 am—Front Lobby**

Our first Mystery Trip to the Virginia Institute of Marine Science was very successful and a lot of fun! Look for your weekly clues on Channel 85 to try and solve the next Mystery Trip. Please dress comfortably including sturdy shoes. Sign up at the Front Desk to attend. Cost is \$6.00 plus lunch.

**WEEK ONE CLUE:**

**Colored glass will look into the past.**



**RWC FOUNDATION'S  
34<sup>TH</sup> ANNUAL OPEN  
GOLF TOURNAMENT IS  
TUESDAY, APRIL 24,  
2018 AT THE GOLDEN  
EAGLE GOLF COURSE.  
(ACROSS THE STREET  
FROM RWC.)**

*Proceeds support the RWC Foundation Fellowship Fund. Want to play?* Contact RWC resident Kent McCraney at 438-4168 or Emily May at 438-4350 or [esmay@rw-c.org](mailto:esmay@rw-c.org). Kent and Emily will be happy to assist you. The cost per player is \$125. Make checks payable to the RWC Foundation or you can now pay by VISA, MasterCard or Discover!

**OUTPATIENT THERAPY  
SERVICES NOW AVAILABLE AT RWC**

RWC's Outpatient Therapy Services has officially opened and many residents are already utilizing our expanded services – physical, occupational and speech therapies. When your physician talks to you about outpatient therapy, you have the opportunity to request those services right here at RWC. For more information, contact Jennifer Hinton, Therapy Manager at extension #4341 or [jhinton@rw-c.org](mailto:jhinton@rw-c.org).

**An open house is scheduled for Wednesday, April 18 from 2 to 4 pm. Come see our new therapy area located near the Westbury Clubroom in the Westbury Court and enjoy some light refreshments.**

**NEW MEDICARE CARDS ARE  
COMING!**

Medicare is mailing new Medicare Cards to Virginia residents during April through June 2018. When you receive your new card, please bring it to the Resident Life Offices or Social Service Offices so your information in our records can be updated.

You may also contact Maria Ferrand (4024), Georgia Sprague (4103 or Alice Coates (4104) for additional information or assistance.

See flyer inside this issue for more details.

**REMINDER**

RWC is licensed for alcoholic beverage service by the Virginia Alcoholic Beverage Control Board. Among the many regulations we must comply with are those pertaining to BYOB or "bringing your own bottle". Under the VA ABC regulations, the only BYOB that is permitted is bringing bottled wine to the Dining Room or Grille. When you do so, technically RWC staff must open the bottle and serve the first glass. Please help us maintain compliance with these regulations by not bringing your own wine, beer, or spirits to RWC events or venues other than bringing your own wine bottle as noted above. ABC law enforcement is increasing. We have had two unannounced (successful) inspections in the last few months. Thank you.

**SPARK**

**Tuesday, April 3—1:30 pm—Auditorium**

Join Mary Arthur and Amy Lewis for SPARK, a mind stimulating, brain-sharpening good time. EVERYONE IS INVITED TO ATTEND!!

**BEADING OPEN STUDIO**

**April 5 and April 26—3:30 – 5:00 pm—Art Room 1**

No sign up necessary! If you enjoyed Susan's class last month or want a more relaxed time to explore beading, this time is for you. Drop in and work on old or new projects, repair broken pieces, or experiment with techniques and designs. Susan Hughes will be on hand to assist as needed.

**ROMEOs & OWLETs\***

**Friday, April 6— 8:30 am - Lancaster Room**

Regina Griggs, Adoption Officer from the Northern Neck Humane Society will be our April speaker. There is always a need for medical care for many of the animals we take in as well as temporary housing and permanent re-homing.

Please sign up at the Front Desk to attend.

**FLUID ART CLASS—STRING DRAGGING\***

**Friday, April 13—10:00 am—Art Room 1**

We will work with pouring a water based paint and dragging string across to make wild designs. Class size is limited to 8. Sign up at Front Desk.

**FLOWER ARRANGING CLASS\***

**Monday, April 16—1:00 pm—Art Room 2**

**Class limit: 12**

Britt's Florist will be back on Monday, April 16 at 1:00 for our next flower design class. We will need lots of help for this project. Residents interested in participating are asked to sign up at the Front Desk.

**JONATHON AUSTIN, ENTERTAINER\***

**Tuesday, April 17—4:00pm—Auditorium**

Want to be amazed? Join us as RWC hosts Jonathon Austin, a well-known Richmond entertainer. He brings us award winning juggling, magic, jokes, comedy, gags, and lots of audience participation and repertoire. With over 20 years experience and appearances at Walt Disney World and the White House, Jonathon brings his brand of magic to RWC. Please

sign up at the Front Desk.



**CRAFTS FOR A CAUSE  
Wednesday, April 18 - 10:30 am  
Art Room 2**

The cat who rules my house and what we watch on TV, has a very large Soft spot of her own, but there are several much smaller kittens at the Animal Welfare League that would appreciate your help making small Soft spots for them. Please come and help us make their life so much more PURRRRFECT.

**WINE LECTURE &  
TASTING\***

**Thursday, April 19—3:00pm to 5:00pm**

**Auditorium**

**Tickets - \$10 per person**

Ever wonder about what makes a good wine good or why vineyards grow certain grapes? Good Luck Cellars and Williamsburg Wineries will each talk about their respective wines and the grape behind the bottle. Tastings will be offered, as well as the opportunity to buy your new favorite wine. Event is limited to 60 persons, please sign up at the Front Desk.

**DESIGNING YOUR OWN CREATIVE  
T-SHIRT\***

**Friday, April 20—10:00 am—Art Room 1**

Cotton T-shirts will be our canvas for this class using different techniques to create your very own design. Class size is limited to 8. Please sign up at the Front Desk and indicate what size T-shirt you will need.

**SATURDAY NIGHT MOVIE**

**Saturday, April 28—7:00 pm - Auditorium**

**Featuring: Darkest Hour**

Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler and his relentless army during World War II's early days. (2017) Rated PG-13 2hr 5m.

NOTE: Movie may be changed without prior notice.

- **Sunday Worship:** Sundays at 4 PM in the Westbury Clubroom. **All are welcome.**

- **Holy Communion:** observed as a part of Sunday worship the first Sunday of the month.

- **Praying the Rosary:** Thursdays at 4 PM in the chapel with the Legion of Mary.

- **Northern Neck Society of Friends:** First Sunday of each month at 10 AM for worship in the Corrotoman Room with discussion following from 11-12.

**Additionally,** a second meeting is now also being held on the third Sunday of the month in the Main Street Pub, with the same time and format as that of the first Sunday.

**Please Note:** Because of Easter, both April meetings will be a week later:

April 8 - Corrotoman Room - 10:00-12:00

April 22 - Main Street Pub - 10:00-12:00

### BIBLE STUDIES

Tuesdays at 10:30 AM in the Corrotoman Room. All residents are welcome to this Bible study taught each month by a different local minister invited by the group.

Wednesday, April 18 at 3 PM in the Westbury Clubroom. All residents are welcome to join together for a 30 minute lesson.

### UPCOMING

**16th Annual Voyages Program.** Monday, April 16, 8:30-3:00 in the Auditorium.

All are welcome; Space is limited. Please RSVP to the Front Desk by April 11.

**Planning wisely for the future; Living fully in the present.**

### FROM LENTEN REFLECTION TO EASTER HOPE

The season of Lent has passed and the purposes of self-examination and personal reflection have now found their fulfillment in the life and hope of Easter! The juxtaposition of these themes was so beautifully captured by the late Helmut Thielicke, a German pastor and theologian who led his congregation through the ravages of WWII. In a bewildering and tumultuously terrifying time, Thielicke pointed out the resiliency of hope by faith. He wrote:

“So we can bring to him our helplessness in the face of the world’s suffering, which is so immense that

our prayer and our sympathy can no longer cope with it. He understands even this helplessness and draws us into the mighty stream of his eternal, high priestly sympathy. And these helpless prayers, our terrible indebtedness and shortcoming, are in good hands when we leave them to him, for then they have been committed to that heart in which all the suffering and terror of the world is gathered up and endured and shared in love. And that poor, helpless sob comes back into this unhappy world transformed into a blessing and a mercy as the moisture of the seas and streams rises up to the clouds and returns to the earth again as fructifying rain and dew.”

*(Our Heavenly Father: A Reflection on the Lord’s Prayer, p. 100).*

May the hope of the season be yours now and always, in and through all things.  
Chaplain Greg Houck

### IN MEMORIUM MRS. MILDRED CHRISTENSEN MARCH 19, 2018

### MEMORY SUPPORT GROUPS: APRIL Monday, April 2

ALL GROUPS MEET AT 4:30 pm

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE SCREENED PRIOR TO ATTENDING. Please contact Ellie Galloway at 804-695-9382 or Amy Lewis at ext. 4024.

Caregivers Support Group  
(Mary Arthur, facilitator)  
Art Room 1

\*

Person with Early Stage Dementia  
(Amy Lewis, facilitator)—Art Room 2

### 16<sup>TH</sup> ANNUAL RWC WORKSHOP FOCUSES ON PLANNING FOR THE FUTURE

**Voyages Program on April 16 Recognizes National Healthcare Decisions Day**

For the 16th consecutive year, RWC will recognize National Healthcare Decisions Day with its popular Voyages Workshop, this year to be held 8:30 a.m. - 3 p.m. April 16.

Focusing on the planning decisions we need to make as we age, this workshop is free and open to the public. “Last year’s event was so successful, that we have brought back the same speakers and workshop leaders for 2018,” said RWC Coordinator of Resident Life Services Maria Ferrand, who is a presenter.

Director of Social Services Alice Coates and RWC Chaplain Rev. Greg Houck, along with Cynthia Barrick from Riverside Hospice and Paul Welch with Welch Funeral Home, also will present information and questions to consider to ensure affairs are put in order.

“Voyages was designed to create awareness and discuss advance care planning choices regarding legal, medical, social and spiritual issues,” Houck said. “We all face these choices, but it becomes even more important as we age. This setting provides the group an opportunity for an intimate discussion about these often difficult to talk about topics.”

The workshop, to be held in the Auditorium, includes a complimentary breakfast and lunch. However, **reservations are required by April 11 by calling RWC at 438-4000.**

Workshop participants leave with a binder of information, a copy of the presentations, back-up materials and a bibliography of resources – books, websites, etc., with more details.

“We try to make it as interactive as we can,” Coates said. “But it’s important that we convey the message that it always seems too early until it’s too late. You need to plan in advance before the crisis hits and think about what kind of medical care and treatment you want and then communicate that to your family and caregivers.”

### EMAILS FROM THE IRS ARE SIGN OF A TAX SCAM

It’s a scam — getting an email claiming to be from the IRS and asking for your bank account information to deposit your refund. And one that’s a common scam around tax season.

The IRS doesn’t initiate contact by phone or email. Most people know to be suspicious of calls and emails claiming to be from the IRS and asking for your money or personal information.

But the crooks are getting smarter and introducing a new level of tax-related schemes, which are especially prevalent this time of year as people begin to file their tax returns.

And people are even more susceptible to scams this year because of confusion about the new tax law. In the most common tax scams, IRS impostors claim that you owe money and threaten lawsuits or arrest if you don’t pay immediately by credit card or by wiring the money or sending a prepaid debit card or gift card. They have even started to spoof caller IDs to make it look like the call is from Washington, the U.S. Treasury or your state or local department of revenue. Be aware, if you owe money, you’ll receive a notice from the IRS in the mail first. And the agency does not demand that you pay taxes without a chance to question or appeal the amount it says you owe.

Scam artists also are sending emails that look like official IRS correspondence asking for your bank account information to directly deposit your refund. Some emails include a link to a website that looks legitimate but is just a way to gather your information and steal your money or identity.

Con artists also send emails claiming to be from your tax software company or tax professional, asking for information related to your refund or confirming personal information. The email may ask you to update your “IRS e-file information immediately” to prevent a delay of your refund.

The IRS will not send an email asking for personal or financial information. You can report these phishing scams at [phishing@irs.gov](mailto:phishing@irs.gov).

If you think there’s a chance that the correspondence may be legitimate, don’t click on any links or respond. Instead, look up the phone number of your tax preparer or tax software company separately and call to check.

## CULINARY CORNER

From the staff of Culinary Services and the Residents Food Committee, this new column provides some information about dining at RWC.

Both the Culinary Services staff and the Residents Food Committee value signed comment cards. Signed cards enable Genita to respond directly to comments. All comments and responses are shared monthly with the Food Committee. If you wish to contact Genita directly, you can contact her by email at [gmaiden@rw-c.org](mailto:gmaiden@rw-c.org) and or by telephone at extension 4091.

Our Registered Dietitian, Tara Mathis, is available to consult with residents as needed regarding specific dietary requirements or nutrition concerns. Appointments can be made directly with Tara through her email address: [taramathis78b@rw-c.org](mailto:taramathis78b@rw-c.org).

We have many events at RWC that involve food and beverage service. Many of these events request that residents sign-up by a specific date for Culinary Services to have an accurate projection for food purchasing and preparation. Please utilize the sign-up process in a timely manner to enable us to better serve everyone. Should you find you cannot come, please cancel your reservation as soon as possible to enable someone on the waiting list to enjoy the event.

For Culinary Services staff to better serve residents and guests at large events such as Easter, Mother's Day, and Mardi Gras, large table seating is limited to 7 people per round table in the Grill and the Lancaster Room. Please see announcements specific to any large dining event for special instructions about reservations.

Watch for a special announcement coming soon from Culinary Services for an interesting new event for RWC residents!

Genita Maiden-Shearin, Director of Culinary Services  
Edna Roberts, Food Committee Chairman

## TIPS FROM THE DIETITIAN

Tara Mathis our dietitian wrote an article called "Eating your age: 10 tips to help you thrive" Here are two tips.

- **Limit foods** that are high in saturated fats/cholesterol, including animal fat products such as cream, cheese butter and fried foods, and fatty meats like bacon.
- **Reduce Sodium** intake by cooking with herbs and spices instead of salt, purchasing salt-free broths and

salt free canned items and limiting fried and processed food.

## THE OLD TREES OF RWC

Virginia Tech keeps a database on the large trees of Virginia. Two of the trees on the RWC nature trails are on the VT big tree list. The Mockernut hickory tree on the Old Tree Loop is currently listed as #4 in the state. The trees are given a rating number based on the diameter of the trunk, the height of the tree and the crown (spread) of the tree. And of course, they are separated by species. This tree was first measured in 2013. The trees can be re-measured in 5 years and the new measurements will be used to update the database. We are in the process of arranging for the re-measurement of the hickory tree.

But, and this is exciting, the Shadblow tree on the Beaverdam Trail is listed as #1 in the state. We have a state champion tree in our midst. The shadblow, AKA shadbush, serviceberry, juneberry, etc. is officially *Amelanchier canadensis*. It may be found as the #30 tree on the trail brochure. And it will be blooming in the next few weeks. The tree and its description may also found in the database by going to <http://bigtree.cnre.vt.edu/> and click on 'Search Big Trees'. In the search window that appears type 'shadblow' then click on the magnifying glass. Then click on the top Shadblow in the list and a window will open up with all the details of the tree.

Tom Teeples

## SPRING CLEAN REMINDERS

Ahh, spring breezes, sunshine and ...ants, bugs, fruit flies?! A friendly reminder that as weather warms up, bugs come out of their winter nests to seek food and shelter. Let's not feed them indoors. Please keep food covered or stored in air tight containers, remove trash as needed, and keep crumbs and other food debris gathered to the trashcan. Happy Spring!

## RWC AMATEUR RADIO CLUB — N4RWC

Tuesday, April 10—10:00 am—Boiler Room

The RWC Amateur Radio Club (N4RWC) meets monthly on the second Tuesday in the Boiler Room at 10AM. All are welcome. You do not have to be a licensed amateur operator to participate — all that is needed is an interest in radio, technology, and a bit of fun and fellowship. Each meeting has a business element followed by time exploring a topic of interest or a piece of radio or test gear. 73

## THE RWC LIBRARY

**Atonement** by Ian McEwan is the RWC Book Groups April selection — we meet the fourth Monday of the month, April 23, at 10:30 a.m., in the Rappahannock Room. The Library has five copies of *Atonement*. It's an older book, published in 2005, with a memorable depiction of Dunkirk. From a review on Amazon: "What she imagines she sees is not the truth but, being a confident child, she insists on her version and ruins the lives of those around her."

Announcing our first **2018 fiction acquisitions**:

*Poison* by John Lescroart, said to be a "fast-paced, memorable thriller."

*Closer Than You Know* by Brad Parks, "a riveting, domestic suspense thriller."

**Big, big news** — revised and up-to-date Book Lists are here. Inventory took a long time, but we did a lot of organizing and rearranging — and making sure that every book that was on the Book List was really in the Library. And then the Computer Guys took over and made sure that data entry was letter perfect and the database was working like it was supposed to. Look for three Book List notebooks, dated March 2018 — one for Fiction, one for Non-Fiction and one for Large Print.

The Library has some **seriously heavy biographies** — mostly donations, and they're all new to the library since the first of the year. Look on the BIO shelf for Irving Berlin, Ben Bradlee, Coco Chanel, Winston Churchill, Isak Dinesen, William Faulkner, Harry Hopkins, Andrew Jackson, Lyndon Johnson, Charles Lindbergh, John Marshall, Andrew Mellon, "Chesty" Puller, Lewis Puller, Jr., and Anthony Scalia.

**Library support for RWC activities:**

For Chat & Craft knitters and needle-pointers who had been talking about the intriguing J. Peterman clothing catalogue, the Library ordered his autobiography, *Peterman Rides Again*.

And for the November Theater subscription group that saw *A Raisin In The Sun*, the Library purchased a copy of the play.

The Library has about **600 Large Print Books!** That sounds impressive, but 75 of them date back to 2005, when our computerized database replaced a card catalogue. We occasionally get some new-to-us Large Print books — Nancy Miller donated two dozen in January. We're identifying recent Large Print acquisitions with a label that says, "A New Large Print." And we've ordered a couple of Large Print books that will actually be new.

**Keeping REFERENCE Up To Date** — With Judi Caples' donation of the *New York Times Guide to Essential Knowledge*, published in 2007, we discarded the *New York Public Library Desk Reference*, published in 1989.

**Other Notable Donations:**

Additions to the Muslim Culture section, including the Qur'an, from Peter Bennett.

New-ish fiction and non-fiction from our newest residents, Bill and Suzanne Thomas.

Coffee table books for public spaces, from Mickey and Cameron Blandford.

An assortment, including a history, *Island in the Center of the World*, from Milena Van Sant.

And an assortment from Nancy Booth, including a duplicate, *Poisonwood Bible*, that's now on the Paperback Fiction shelf.

Lois Williams — RWC Residents Association Library Chair

### **PARKINSON'S SUPPORT GROUP ANNUAL EVENT\***

On Wednesday, April 11, 2018 at 1:00pm in the Auditorium, the Parkinson's Support Group will host Dr. Jonathan Snider, Associate Professor and Movement Disorders Neurologist at VCU Parkinson's and Movement Disorders Center in Richmond. He will be speaking on newer treatments, complementary therapies, and clinical trials at VCU. Please Call Rita Depew at 435-9553 to reserve your spot for this event.

### **SEATED FLEX AND STRETCH**

**Wednesday 11:10am to 11:40am**

Seated Flex and Stretch is great for individuals that feel standing for exercise is too much for them, or are not able to stand at all. We all have our muscles which become tight and feel like we are not able to move. This is where a full body stretch will help keep you from feeling stiff and not being able to move well.

### **FITNESS CENTER FOR BEGINNERS**

**Tuesday and Thursday 9:00am to 9:30am/2:30pm to 3:00pm**

This is an introduction to how to use the equipment in the Fitness Center. We will set you up on equipment that will best suit your needs. This class is great for new residents, new community members and participants of our program that need a refresher. If you are new to the Living Well with RWC program you will need to follow these steps: Fill out a health history form, sign a waiver form, have a doctor fill out an RWC medical clearance form, complete a fitness assessment. For paperwork and more information, or to sign up, call Jonathan at 438-4290 or William/Alex at 438-4852

### **SUPERVISED EXERCISE\***

**Monday, Wednesday and Friday 11:30am to 12:15pm/2:30pm to 3:15pm**

This program is for individuals that may have cardiovascular disease, have completed cardiac rehab and/or have been released by their doctor to continue exercising. We will monitor your blood pressure, heart rate, oxygen levels and rate of perceived exertion. These measurements will be taken before, during and after exercise. We will need to update your health history, waiver form and medical release before you participate. For more information or to sign up, call Jonathan at 438-4290

### **DISC GOLF\***

On Thursday, April 12 at 11:00 am we will be playing disc golf. Disc golf is played just like golf but with a disc. Come on out and have some fun. We will meet at the Thomas Garden Patio. Please sign up at the Front Desk. If you have any questions, please contact Jonathan at 438-4290.

### **KEEP'N IT LOCAL CAREER FAIR 2018 AT RWC**

**Friday, April 27 4:00 pm-7:00 pm—Auditorium**

A collaborative event hosted by RWC, partnering with other area employers and civic organizations to showcase emerging talent as well as offering career information to potential job-seekers.

Come prepared for on-site interviews, resume tips, culinary demos, refreshments, door prizes and more! Explore a variety of career fields such as: Nursing, Culinary/ Fine Dining, Radio Broadcasting, Tourism, Marketing, Cosmetology, Information Technology, Banking & Financial Management, Criminal Justice, Volunteerism, Landscaping, Construction, Real Estate, Commercial Fisherman, Early Child Development, Oyster Farming, Personal Care Aide Training, Health & Wellness, Rehab Therapy, Insurance, Automotive, Teaching and more. **THE CAREER FAIR IS FREE-OF-CHARGE FOR EMPLOYERS AND JOB-SEEKERS.**

### **AWARD-WINNING ARTIST RETURNS TO RWC IN APRIL AND ARTIST RECEPTION**

**Thursday, April 12—5:00 pm—Atrium**

**Jacquie Colligan's work is inspired by world travels and her father**

One of the Northern Neck's favorite artists, Jacquie Colligan, will exhibit her unique, handcrafted jewelry as the featured artist at RWC in April. Her avant-garde works incorporate semi-precious stones, metal and beads acquired in worldwide travels.

"At an early age I lived abroad as a daughter of a State Department envoy and travelled around the world at 16 years old, solo," she says. "My father introduced me to a dynamic world of cultures and their art forms. His duties included civil engineering projects from the Amazon to Pakistan to North West Indian tribes. An artist himself, his voyage inspired his wife, daughters, son and grandsons by teaching us to embrace the earth's offerings." Colligan cites her father as a leading inspiration for her artwork. Her style, she says, has been guided through study with John Salminen and Brian Atyeo.

In addition to making one-of-a-kind jewelry, she's also a noted watercolorist and an Artist member of the Virginia Watercolor Society, where she's won awards of distinction and ribbons. Her artwork won Best in Show at the Rappahannock Art League's 2014 Labor Day show; the acclaimed purple ribbon for non-traditional art in 2015; and blue ribbons in 2016 and 2017. She's had single-artist shows at the Tides Inn, Middlesex Art Guild, Urbanna Harbor Gallery, Rappahannock Art League and the Hope and Glory Inn. Colligan often is found at area farmers' markets including Irvington, where she's sold works for about 20 years. An artist's reception will be held at 5 p.m. on April 12. Residents and community members are invited to view and purchase Colligan's jewelry.

### **SPRING CLEANING FOR DONATIONS TO GRACE CHURCH YARD SALE**

In between the Nor'easters, the Spring blossoms are signaling that it is time to start your Spring cleaning. What better place to take what you no longer need or want than the 30<sup>th</sup> Annual Grace Church Yard Sale? The Yard Sale is already amassing

many wonderful items but needs more! Now is a perfect time to cull through your jewelry – earrings, necklaces, bracelets, rings, watches and jewelry boxes. Yard Sale Advertising Chair Lucia Schoelwer helped many young shoppers find wonderful gifts for Mother's Day while working in the Jewelry Booth last year - "Mother's Day is May 13, so the 5 May Yard Sale is perfectly timed," she said. The Ladies Clothing Booth, including the Designers Corner, welcomes donations of shoes and boots in all sizes, as well as clothes, coats and accessories. Remember the advice of top organizing gurus, if you haven't worn it in 6 months to a year, give it away! "Make room for new items in your closet by donating to the Grace Church Yard Sale," said Schoelwer.

The Plant Booth would love to add your old patio or beach furniture to the sale. You can drop off patio and lawn furniture at the Boys Camp or call Deb Lockhart, [\(804\) 577-5450](tel:8045775450), to arrange a pick up. "We also welcome your donations of time, plants, lawn and garden tools, pots, baskets, vases, yard art, bird feeders and houses, seasonal flags, and everything for the outside," adds Plant Booth Chair Linda Burnett. If you need assistance with digging or a pick-up of yard items, please contact Linda Burnett, [\(804\) 758-4260](tel:8047584260).

There is always room for more donations. Donations can be dropped off at the Boys Camp (Camp Kekoka), [1083 Boys Camp Rd., Kilmarnock](tel:1083BoysCampRdKilmarnock). Drop-off times are Saturdays, 9a.m. – noon in March and April, and Fridays, 9a.m. – noon in April. Those preferring to schedule a pick-up may call Deb Lockhart, [\(804\) 577-5450](tel:8045775450). "All money raised by the Grace Church Yard Sale is returned to our community through grants to our local non-profits. It is a great way to accomplish your Spring cleaning, shop to your heart's content, and help our community," said Schoelwer.

### **MASTER NATURALIST PRESENTATION: MENHADEN INDUSTRY**

**Tuesday, April 17—6:00 pm—Auditorium**

Everyone is invited to sit in on this informative meeting of the Master Naturalist.