



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

*The deadline to submit articles for
the March 2020 issue is
Tuesday, February 25, 2020 by noon.
Contact us: 804-438-4000*

Volume 34, Issue 2



Rappahannock
Westminister-Canterbury

WANT TO CHANGE YOUR MEAL PLAN?

In order to change your meal plan please ask for a *Meal Plan Change Agreement* at the Front Desk, fill it out, sign and return it to the Front Desk by the 25th of the preceding month. We cannot change your plan without your signature. Thank you!

Marilyn Grinnen
RWC Business Office
804-438-4846

Like us on
FACEBOOK



Follow us on
TWITTER



Follow us on
YOUTUBE



As a [RWC You Tube](#) channel subscriber, you will receive notifications as to when new RWC videos are added. It only takes a minute to sign up! You can watch the inspiring RWC videos and see why our residents love living at RWC!

February 2020

Gazebo Gazette

WELCOME NEW NEIGHBORS

Mr./Mrs. John and Ethel Frye, Free-Standing Home 415. John and Ethel met in college at a mixer. Married for 20 years, they move to RWC from Reedville.

John was born in Birmingham, AL and graduated from the Sewanee Military Academy in TN. He received his undergraduate degree from Davidson College, NC and his JD from Vanderbilt University in Nashville TN. He was in Army Intelligence and later practiced law – International Trade, Litigation, served as counsel at a nuclear agency, and finished his career as a judge who heard OSHA litigation cases. An avid fly fisherman, John also enjoys philosophical discussions with a local group in Heathsville. He serves on the Northumberland Library and is a reader at Grace Church.

An accomplished student, Ethel graduated from St. Mary's HS in Annapolis as a National Honor Society student. She received her B.S. in Elementary Education from Towson University and took graduate level course at UVA and UMD. She is a member of the Kappa Delta Pi Honor Society. Ethel had a successful and varied career in both the legislative and administrative areas of government and business. She worked for Sen. Bob Dole in the finance committee, as well as in the Maryland House of Delegates. In the corporate world, Ethel worked for the Stoner Broadcasting Company (later ABC) as the chairman's assistant and corporate secretary for 3 other corpora-

tions within the company. Into her first retirement, Ethel was approached to return to government and worked in the Dept. of Housing and the House Appropriations Committee. Ethel was active in the Annapolis Rotary, a founding member of the Trinity School of Frederick, and vestry member of St. Mary's at Fleeton. She currently serves on the Northumberland Library board. Ethel enjoys gardening, reading, volunteer work, cardmaking, and playing Mah Jong.

**WELCOME RECEPTION FOR THE
FRYES AND WILLIAMSONS
IS FRIDAY, FEBRUARY 21
5:00 PM—AUDITORIUM**

SUPER BOWL PARTY*
Sunday, February 2
5:00 pm—Auditorium

Bar opens at 5:00 PM

Food will be served at 5:45 PM

Last call at half time

Wine-\$3, Bar-\$2, Soda-\$1


Menu:

Baked Potato Bar w/ Chili, Cheese,
Broccoli, and Sour Cream
Pulled Pork BBQ Sliders
Chicken Tenders w/ Honey Mustard
Sauce

Cole Slaw, Deviled Eggs, Fresh Fruit
Platter of Cookies and Brownies
Coffee at Halftime

**BRING ONE DOLLAR BILLS FOR
BETTING AND RAFFLE!!!**
**THE GRILLE WILL BE CLOSED FOR
DINNER. YOU MAY ORDER A BOXED
DINNER BY CALING EXT. 4516**

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
FEBRUARY 2020 		Detach the cover of <i>The Gazebo Gazette</i> and place it on your fridge or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV, Channel 85 daily for the latest updates. 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> An asterisk (*) means a RSVP or sign up is required.				2:00-WCN-Movie Matinee 1 4:00-WCR-Trivia & Coffee 5:00-MSP-Happy Hour
10:00-MSP-Society of Friends Meeting 2 1:00-CGR-Campbell Memorial Presbyterian Service 1:15-FRL-Sundays at Two* 4:00-WCR-Worship Service 5:00-AUD-Super Bowl Party*	10:00-COR-Parkinson's Caregiver Support Group 3 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks 4:00-WCR-Tea Party 4:30-AUD-Memory Support Group	10:00-AR2-Chat & Craft 4 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	7:00-CGR-Gentlemen's Poker Club 5	10:00-CGR-Great Courses* 6 1:00-LIB-Party Bridge 1:30-FCR2-Cornhole Game 4:00-CPL-Rosary	8:30-LAN-ROMEOs & OWLETs* 7 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	10:30-CGR-Apple Seeds Computer Group 8 2:00-WCN-Movie Matinee 5:00-MSP-Happy Hour
1:15-FRL-Sundays at Two* 9 4:00-WCR-Worship Service	10:00-BLR-Residents Health Care Committee Meeting 10 11:00-AR2-Beginners Creative Writing Course* 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-WCR-Westbury Services Monthly Birthday Party 4:00-CGR-Dart Sharks	10:00 –BLR-Ham Radio Club Meeting 11 10:00-AR2-Chat & Craft 10:00-COR-Bible Study 11:00-AR2-Art with Amy* 1:00-RAP-Duplicate Bridge 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits	10:00-AR2-Activities Committee Meeting 12 10:30-FRL-Virginia Rep. Theatre (subsc. holders) 1:00-AUD-Parkinson's Support Group 1:30 CGR Bunco Group 7:00-CGR-Gentlemen's Poker Club	10:00-COR-Food Committee Meeting 13 10:00-CGR-Great Courses* 11:00-MSP-Resident Choir Practice 11:30-FRL-Lunch Bunch at The Table* 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Class* 4:00-CPL-Rosary	10:00-Morning Coffee Talk: The Way to St; James with Tom Coye* 14 10:30-WCN-Coffee & Conversation 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 15 5:00-MSP-Happy Hour
10:00-MSP-Society of Friends Meeting 16 2:00-AUD-Bland Contest 4:00-WCR-Worship Service	RESERVATIONS OPEN FOR VIEWPOINTS 17 11:00-AR2-Beginner's Creative Writing Course* 1:30-FRL-Walmart Shopping* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 18 10:00-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 2:00-ALC-Therapy Dog Visits 5:00-ATR-Walk to End Alzheimer's Volunteer Kick-Off Party*	10:30-AR2-Crafts for a Cause 19 1:00-AR1-Caregiver's Memory Support Group 1:30-CGR-Mah Jong* 3:00-WCR-Bible Study with Greg 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 20 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 2:00-WCDR-ALC Resident Council 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 21 11:00-AR2-Art with Amy: Step by Step Painting* 1:00-LIB-Party Bridge 2:30-WCR-Afternoon Bingo 5:00-AUD-Welcome Reception-Special Occasion Party NO HAPPY HOUR TONIGHT	2:00-WCN-Movie Matinee 22 5:00-MSP-Happy Hour 7:00-AUD-Saturday Night Movie: Greatest Showman
1:15-FRL-Sundays at Two* 23 2:00-AUD-Bland Contest (Snow Date) 4:00-WCR-Worship Service	10:30-RAP-RWC Book Group 24 11:00-AR2-Beginners Creative Writing Course* 1:30-FRL-Shopping & Errands* 2:30-AR2-Coffee with Stuart 4:00-CGR-Dart Sharks	10:00-AR2-Chat & Craft 25 10:30-COR-Bible Study 1:00-AR2-Art Class with Pam 1:00-CGR-Catch Phrase Game 1:00-RAP-Duplicate Bridge 2:00-ALC-Therapy Dog Visits DEADLINE FOR GAZEBO GAZETTE ARTICLES	ASH WEDNESDAY 26 10:45-WCR-Ash Wednesday Service 11:00-FRL-Lunch Bunch to The Office Café* 7:00-CGR-Gentlemen's Poker Club	10:00-CGR-Great Courses* 27 10:30-MSP-Macular Degeneration/Low Vision Support Group 1:00-LIB-Party Bridge 1:30-FCR2-Corn Hole Game 3:30-AR1-Beading Class* 4:00-CPL-Rosary	10:30-WCN-Coffee & Conversation 28 1:00-LIB-Party Bridge 5:00-MSP-Happy Hour	2:00-WCN-Movie Matinee 29 5:00-MSP-Happy Hour

GREETINGS FROM THE PRESIDENT/CEO

Often when I am searching for topics to include in this note I find myself a bit stuck. Today (the day I'm writing this) I find myself in the same spot. Until – a slight nudge comes to me just now. I am reminded, once again, of the caring and friendly nature of our community.

Today's reminder comes in the form of a neighbor calling me to share how they checked on another neighbor at just the right time. This neighbor was able to meet a need created right at that moment just for what she could provide at that moment. One neighbor needed something – rather someone – to be with her at this particular moment. Another neighbor answered the call to be that someone, setting aside what she was doing to just be with her friend to hold her hand. Sometimes you may be the one in need, and other times you may be the one to meet the need (and we all need to be needed).

Though I have not been specific about the who, where, and why, hopefully you see what I see in this story - another part of the fabric of our wonderful community where neighbors look and listen out with deep care and affection for one another and for how you might be called to evoke your gifts and talents to meet the needs of your fellow residents in the twinkling of an eye.

You are truly blessed to be part of the most caring and friendly community of people ever assembled in one place.

Marshall Orr

COFFEE WITH STUART

Every Monday, 2:30 PM, Art Room 2

Topics range from RWC life to other items of interest. Please join us for conversation and coffee.

EMPLOYEE OF THE MONTH OF DECEMBER 2019

Our December Employee of the Month is Eleanor Green. El is one of our ALC hostesses and the residents there have won her heart. She has a superb 17 year employment record with RWC. Her manager states, "El is small in stature but when it comes to her residents, she is a giant!"



MEET THE CULINARY CHEF CREW

The newest member of our Culinary team is Chef **T.V. Flynn**. His journey into the culinary world began working as dishwasher and then a cook. His favorite dish to prepare is anything with seafood, which makes sense as his favorite dish to eat is fish he caught. T.V. always cooks the meals at his home in Irvington. He is married and has 2 grown children, Elizabeth and Conner.

Racheal Yerby's love of cooking in high school taking Home Economics.. Her favorite dish to prepare is meatloaf but her favorite dish to eat is Chicken Alfredo. Racheal is a widow and has 2 children and 2 grandchildren. She resides in Northumberland County.

Carlos Davis, as a child, helped his grandmother prepare meals not only for the family but for anyone who was in need of a meal. His favorite dish to prepare is grilled BBQ ribs which he also loves to eat along with a variety of wild game such as venison burgers and rabbit. "It's been a great pleasure to work under Genita. She has introduced me to a lot of aspects in cooking but most of all I am blessed to learn the Health Center side of things so I can better help older adults in the community."



Carlos resides in Weems with his wife. He has a step son and 3 dogs.

CULTURE CLUB: MUSIC, THEATRE AND SPEAKERS

ART WITH AMY IN FEBRUARY PAINTING VALENTINE HEARTS*

Tuesday, February 11—11:00 am—Art Room 2

Have fun painting a wooden heart using your creativity and imagination. Give your heart to someone you care about or hang it in your home. Class limit: 8 Please sign up at the Front Desk to attend.

BEGINNERS STEP BY STEP PAINTING*

Friday, February 21— 11:00 am—Art Room 2

In this class we will work on painting a landscape. No experience necessary. Class limit: 8. Please sign up at the Front Desk to attend.

2020 VIEWPOINTS SERIES BEGINS MARCH 2

World War II historian Marshall Orr has some yarns to spin

Marshall Orr was born a year after World War II began and though he had a father and uncle who served in Europe, he didn't know what they did there. He later found out about their fascinating roles and invites RWC residents and the local community to find out the "rest of the story" at his Viewpoints talk at Rappahannock Westminster -Canterbury on March 2.

"Everybody kept their wartime work a secret because they were sworn to keep what they did under wraps, but many people wrote it all down," he said. "Twenty years after the Japanese surrendered, Ronald Lewin wrote the book, *'Ultra goes to war: the first account of World War II's greatest secret based on official documents.'*

"My father, Sam Orr, was an engineer," Orr said. "So, I gave him the book and said, 'You're going to enjoy this.' Next time I saw him, he said, 'I took the liberty of making a few comments.' He had written 80 notations in the book about events that he witnessed with (U.S. General George) Patton, (Gen. Dwight) Eisenhower and (French President Charles) de Gaulle."

Orr's father was on the team involved in further

developments in the secret history of the Enigma code machine, which was the single most important intelligence advantage the Allies had over the Axis. Ultra was the British code word for messages relating to Enigma and meant "ultra-top secret."

"He was very involved in code breaking," Orr said. "He was on a team that intercepted telecommunications coming over these machines. He reported on where the Germans were directly to (General) Omar Bradley who led the 12th U.S. Army all the way to Paris and the Rhine River." His father went to Clemson and was Valedictorian, which led to an appointment as White House aide to President Franklin D. Roosevelt. Orr's Uncle Bill went to West Point and was shipped out to the Philippines. After Pearl Harbor, the Japanese started bombing all of the islands and his uncle was captured on the Bataan peninsula. There, he was forced to walk the 60+ mile notoriously brutal Bataan Death March. He was a P.O.W. for three and a half years.

"At my Viewpoints talk at RWC, I'll be telling the story of two brothers who did their duty, their reconciliation and what happened after that," Orr said.

The Viewpoints series features experts on a wide range of topics of current interest. These free presentations begin at 11 a.m. and are held the first Monday of every month March through June in the Auditorium.

Starting on Feb. 17, call RWC at 438-4000 for a reservation for the March 2 event. Attendees are invited to remain after the presentation 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.

The next Viewpoints talk will be April 6 featuring Dr. Allen H. Roberts II, Associate Medical Director at Medstar Georgetown University Hospital.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

- **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, with occasional exceptions.

- **Westminster Singers:** Our very own RWC choir usually sings as a part of the Sunday service on the third Sunday of the month, with occasional exceptions. This month they will be joining the service on the fourth Sunday.

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

- **Northern Neck Society of Friends:** First and third Sundays of each month, 10AM – Noon, in the Main Street Pub.

-**Campbell Memorial Presbyterian Church Communion**-The first Sunday of each month at 1:00pm in the Game Room. There is a mini sermon after which communion is served. Anyone who would like to come is welcome.

BIBLE STUDIES

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

For February - Rev. Penny Cory: Kilmarnock United Methodist Church.

Wednesday, February 19 at 3 PM in the Westbury Clubroom. Leader: Chaplain Houck.

All residents are welcome to join together for a 30 minute lesson.

ASH WEDNESDAY SERVICE

Wednesday, February 26, 10:45AM, in the Westbury Clubroom. All residents and staff are welcome.

FROM THE CHAPLAIN

February is one of those months that doesn't get a lot of press, sitting smack-dab in the middle of winter, but maybe it should. Did you know February proudly boasts, among other special days: ice cream for breakfast day, national read in the bath tub day, Paul Bunyan day, national pancake day and international sword swallows day. That's not even men-

tioning groundhog day and, more seriously, president's day. And of course: Super Bowl Sunday. But possibly most famous of all, and perhaps rightly so: Valentine's Day: "Love doesn't make the world go round. Love is what makes the ride worthwhile." – *Franklin Jones*

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." – *Helen Keller*

"All you need is love. But a little chocolate now and then doesn't hurt." – *Charles Schulz*

"This fire we call loving is too strong for human minds, but just right for human souls." – *Aberjhani*

"Where there is love, there is life." – *Mahatma Ghandi*

And so, in the spirit of recognizing and celebrating the goodness of love: Happy Valentine's Day to all! And then, once again more seriously, there's Ash Wednesday. The well-known song asks the question: "What's love got to do with it?" The answer, it seems, might just be "Everything." "For God so loved the world that he gave his only begotten Son....Greater love has no one than this, that he lay down his life for his friends." (John 3:16; 15:13)

As an aid to observing the season of Lent, daily devotional guides will once again be provided for all, residents and staff alike. A sample reflection by renowned theologian Henri Nouwen:

"But in the midst of...pain, there is a strange, shocking, yet very surprising voice. It is the voice of the One who says: 'Blessed are those who mourn: they shall be comforted.' That's the unexpected news: there is a blessing hidden in our grief. Not those who comfort are blessed, but those who mourn! Somehow, the midst of our tears, a gift is hidden." (Henri J. M. Nouwen, *With Burning Hearts*, 28)

And so also in the spirit of this holy season to come: may a meaningfully moving and blessed Lenten observance be yours.

Chaplain Greg Houck

IN MEMORIAM

Mrs. Sallie Rankin	December 29, 2019
Mr. William Griffith Thomas	January 22, 2020
Mrs. Betty Vaughn	January 27, 2020

TRIPS AND MORE

LANCASTER COMMUNITY LIBRARY'S SUNDAYS AT TWO*

Sunday, February 2—1:15pm—Front Lobby

Presenting Glenn Birch & Friends "Stories and Songs"

Their captivating songs and compelling stories will feature original songs on historical themes with strong Virginia connections. Songs about devastating hurricanes, battles and shipwrecks as well as songs about making quilts will be included in their entertaining folk music and stories program.

Sunday, February 9—1:15pm—Front Lobby

Alex Nyerges: "The Virginia Museum of Fine Arts: Arts for Virginia"

Since the expansion of the Virginia Museum of Fine Arts with the addition of the James W. and Frances G. McGlothlin Wing in 2010, the Museum's attendance has increased to record highs. Programs, exhibitions, and the permanent collection have been transformed with the introduction and near completion of VMFA's 2016-2020 Strategic Plan. World-class exhibitions have included the likes of Picasso: Masterpieces from the Musee National Picasso; Chihuly at the Virginia Museum of Fine Arts; Forbidden City: Imperial Treasures from the Palace Museum, Beijing; Kehinde Wiley: A New Republic; and Terracotta Army: Legacy of the First Emperor of China—to name a few. At this Sundays at Two (SAT) program, VMFA's Director, Alex Nyerges will explore the growth of the institution, its future 10 years after that transformation and why it's your art!

Sunday, February 23—1:15pm—Front Lobby

Stewart Lamerdin: "The R/V Virginia: A Nod to the Past—An Eye to the Future"

This talk will provide a brief history of the use of research vessels throughout the world while beginning to define what makes a research vessel a research vessel. Once defined, Stewart Lamerdin will look at the rich history of research vessels operated by the Virginia Institute of Marine Science, culminating with the newly constructed R/V Virginia.

LUNCH BUNCH TO THE TABLE IN DELTAVILLE*

Thursday, February 13—11:30am—Front Lobby

The Table at Wilton is located in the heart of Delta-ville, Virginia.

Working with the finest and freshest ingredients in all of our recipes, we strive to make your meals for everyday and special occasions something to remember.

The focus on generations of homemade recipes is the core of The Table's lifework. Bringing people back to the basics of good food and family style dining helps alleviate any stress in your kitchen. Please sign up at the Front Desk to attend.

LUNCH BUNCH TO THE OFFICE CAFÉ IN IRVINGTON*

Wednesday, February 26—11:00 am

Front Lobby

The Office Café is a lovely addition to Irvington serving some of the finest food in our area. Please sign up at the Front Desk to enjoy at delicious lunch.

GARDEN PLOTS

It will soon be time to get back into the garden and set up the plot assignments. If you had a plot last summer and plan to work it again, you do not have to request it again. However if you had a plot and have lost interest or if you do not have a plot and would like one, please contact Maxine Luxton at extension 4200 or email maxine.luxton@gmail.com.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

WALK TO END ALZHEIMER'S KICK-OFF PARTY*

Tuesday, February 18—5:00pm—Atrium

The Alzheimer's Association will be here on February 18th from 5pm-6:30pm for a Volunteer recruitment party. We will have a table in the atrium for staff, residents, and families to sign up to help.

MEMORY SUPPORT GROUPS

Monday, February 3—4:30 pm—Auditorium

ALL PARTICIPANTS ATTENDING THE PERSONS WITH DEMENTIA GROUP MUST BE SCREENED PRIOR TO ATTENDING. Please contact Mary Arthur at ext. 4856 or Amy Lewis at ext. 4024. Caregivers Support Group (Mary Arthur, facilitator), persons with **Early/Mid Stage** Dementia (Amy Lewis, facilitator) and persons with **Mid/Late Stage** Dementia (Sara Bishop, facilitator).

RECYCLING AT RWC FOR 2020

This is just a reminder that every Monday morning, for residents of the apartments and the connected cottages, two members of your Residents' Recycling Committee pick up newspapers, magazines, junk mail, and cardboard from the five recycling/trash Collection Centers around campus. One of the Centers is located on the first floor of the apartment building and there are two on Oak Drive and two on Holly Drive. Residents of stand-alone houses can take their recyclable paper products to any of the on-campus Centers, or they can take recyclable items to the Lancaster County Collection Center on White Pine Drive opposite the Hills Quarter development off Irvington Road.

Please place your clean recyclable paper products in PAPER shopping bags and place them in the Centers. Clean cardboard boxes should be knocked down, as you are able, and should also be placed in the Centers. Empty paper bags are located in each of the Centers for your convenience.

The Committee does NOT recycle glass bottles and other glass containers. Tin and aluminum cans should be washed and placed in the specially

marked large green rolling trash containers in the Centers.

For 2020 your Committee members are: Don Gilmore, Pete Epps, Walter Klein, Fred Luxton, Howard Montgomery, Kent McCraney, John Roberts, and Jeff Walker. If you have questions about our recycling program, please contact John Roberts at x-4238.

SPONSOR A CHILD

On March 20, 2020, almost 110 Lancaster Primary School third grade students will, once again, travel to Washington, D.C. This will be the twentieth year students will be boarding chartered buses and spend a full day touring our nation's capital. For some students this will be their first and only opportunity to visit our nation's capital. The students will visit the National Zoo, tour the monuments and memorials, museums, see the White House, and the United States Capitol. The trip is provided by the Lancaster Education Foundation (LCVEF).

LCVEF is a 501C(3) organization whose mission is to enhance and advocate educational excellence and expand learning opportunities for students in the Lancaster County Public Schools. Your tax deductible contribution of \$50 per child will open the eyes and mind of our children. Please send your donation to:

LCVEF
P.O. Box 928
Kilmarnock, VA 22482
Web site: www.lcvef06.org

I hope you will notice this is the 20th year for the trip ON March 20, 2020. What a momentous co-incident!!!!

Thank you for your generosity.

RWC HAM AMATEUR RADIO CLUB N4RWC NEWS

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. 73

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

Something Must Be Done About Prince Edward County: A Family, a Virginia Town, a Civil Rights Battle by Kristen Green is the RWC Book Group's February selection. The 2015 book talks about the closing of the county's public schools from 1959 to 1964. In October 2018, our RW-C Book Group discussion of *Hidden Figures* was enhanced by two guests – Donna Anderson and Carolyn Hines. Carolyn recently died, and Tanya Bohlke suggested that we read and talk about one of the books Carolyn suggested and bring back Donna to share stories of Carolyn's remarkable life. We'll meet Monday, February 24, at 10:30 a.m. in the Rappahannock Room. Come, even if you weren't at the 2018 discussion.

Celebrating two filled-up library cards, each for a Large Print book with 30 check-outs – *The Notebook* by Nicholas Sparks and *The Confession* by John Grisham!

This month's donation with the warmest recommendation – *The Thin Light of Freedom: Civil War and Emancipation in the Heart of America* by Edward L. Ayers, about two border counties, one North and one South. The book and recommendation are from Suzanne Thomas.

Donations with short titles – *The Mueller Report* from Jack Jennings (2019); *Barren Ground* by Ellen Glasgow (written in 1933!); *The Long Call* by Ann Cleeves (2019) from Jay White; *Moloka'i* by Alan Brennert (set in Hawaii) from Gloria Wallace; *Old Filth* by Jane Gardam and *Crow Lake* by Mary Lawson, both from Milena Van Sant; *The Plague of Doves* by Louise Erdrich and *Giving It All Away* by Doris Buffett, both from Nancy Booth; *Josephine Baker's Last Dance* and *The Book of Joan*, both from Suzanne Thomas; and *Terry's Run*, a 2019 memoir by Terrell Green, born in 1923 and still living in Wicomico Church, from Fred Luxton.

Donations with long titles – *Liquid Rules: The Delightful and Dangerous Substances That Flow Through Our Lives* (2018) from Rosemarie Forcum; *Things My Son Needs to Know About The World* by Fredrik Backman, from Fred Luxton; and *Kiss the Girls and Make Them Cry* by Mary Higgins Clark, a 2019 Large Print from Elaine Lowrey.

Donations with subtitles that tell what the book is about – *North on the Wing: Travels With the Songbird Migration of Spring*; *The Spy and the Traitor: the Greatest Espionage Story of the Cold War* (2018); *Unified: How Our Unlikely Friendship Gives Us Hope for a Divided Country* (2018); *Well Grounded: The Neurobiology of Rational Decisions* (2018); and *I've been Thinking: Reflections, Prayers and Meditations for a Meaningful Life* by Maria Shriver – all five from Suzanne Thomas; and *The Hell of Good Intentions: America's Foreign Policy Elite and the Decline of U. S. Primacy* (2018) from Gloria Wallace.

Heaviest Donation – *These Truths: History of the United States* by Jill Lepore, from Jay White.

Books come in and books go out – Our Inventory Elf decides, based on readership, which books stay and which are sent to DAV in Gloucester. No dead wood on our shelves. And our Overdue Books Elf did her thing, making sure none of our books are lingering on your shelves.

Lois Williams – RWC Residents Association Library Chair

FIT BITS: MIND AND MUSCLE

JOKE OF THE MONTH FROM YOUR WELLNESS CREW

What did one boat say to the other boat?

Answer:

Are you interested in a little “row-mance”?

ORIENTATION FOR NEW PARTICIPANTS OF THE WELLNESS PROGRAM

The Orientation process starts with following these steps:

-Take a tour of the facility if you have not already done so.

- Go through a health history appraisal.

-Sign a waiver.

-Have a doctor fill out an RWC medical clearance form.

-Complete a fitness assessment.

For more information or an appointment, call Jonathan at 438-4290 or Alex or Demetrick at 438-4852

TAI CHI CLASS

Tuesday and Thursday 11:45am to 12:15pm

If you are interested in taking Tai Chi, please contact Jonathan at 438-4290

GENTLE YOGA

Tuesday and Thursday 8:45am to 9:45am

If you are interested in taking gentle yoga, please contact Alex at 438-4852

PARKINSON’S SUPPORT GROUP

Wednesday, February 12—1:30am - Auditorium

Our speaker will be 55 year old Terry Willis, who was born and raised in Plainfield New Jersey, was diagnosed with lung cancer at age 46. Fortunately, it was successfully treated despite the fact she was told to get her final affairs in order. Having endured and survived this ordeal, she felt she had been re-born. She discovered her passion for photography and her hope as an artist, is to share her personal vision of the world. Pictures are a universal language and through them, you can be part of her

journey. She will be sharing readings from her book, *Through the Eyes of Healing*.

WHAT ARE ANTIOXIDANTS?

Antioxidant: A substance that reduces damage due to oxygen, such as that caused by free radicals. Well-known antioxidants include enzymes and other substances, such as vitamin C, vitamin E, and beta carotene, which are capable of counteracting the damaging effects of oxidation. Antioxidants are also commonly added to food products such as vegetable oils and prepared foods to prevent or delay their deterioration from the action of air. Antioxidants may possibly reduce the risks of cancer. Antioxidants clearly slow the progression of age-related macular degeneration.

Vegetables High in Antioxidants

Vegetables high in antioxidants include:

Brussel Sprouts

Spinach

Broccoli Florets

Beets

Red Bell Peppers

Artichoke Hearts

Russett Potato

Kale

Fruits high in antioxidants include:

Blueberry

Cranberry

Blackberry

Prunes

Raspberry

Strawberry

Red Delicious Apple

Granny Smith Apple

Sweet Cherry

Plum

Gala Apple

Raisins

Oranges

Red Grapes

MESSAGE FROM CULINARY SERVICE

When using the salad bar, be sure to use the tongs that are designated to each specific item on the bar.

FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

ROMEOs & OWLETs*

Friday, February 7—8:30am

Lancaster Room

Patrick Frere, What’s Happening in White Stone? Managing the “Gateway to the Northern Neck” is a big job. Town Manager, Pat Frere will be here to give us the latest scoop on good things coming to White Stone.

Please sign up at Front Desk to attend.

BEGINNERS CREATIVE WRITING COURSE*

Beginning Each Monday, February 10 through February 24 (3 weeks) - 11:00am—Art Room 2 Endless Story Ideas

Course description: In this course, you'll generate lots of story ideas that you can develop in the weeks and months ahead. Most importantly, you'll learn how to generate new writing ideas whenever you need them. Materials needed: notebook and pencils.

Class Limit: 12. Please sign up at the Front Desk.

MORNING COFFEE TALK: THE WAY TO ST. JAMES WITH TOM COYE*

Friday, February 14—10:00am—Auditorium

Tom Coye, former pastor at St. Andrews Presbyteri-an Church, recently completed The Way of St. James, also known as “El Camino.” He will tell about the 500 mile walk, the people he met, and the things he experienced on this pilgrimage. Please sign up at the Front Desk to attend.

LYNN SATTERWHITE IS FEBRUARY FEATURED ARTIST AT RWC

Deltaville artist paints landscapes, animals, portraits

Deltaville artist Lynn Satterwhite is tickled by her new-found talent with acrylic paints – and especially by her success at selling some of her work. “At first, my work looked like cartoons,” she said. “But I kept at it, and now, I’ve gotten pretty good. I like it because all of your problems go away when you’re focused on just that painting.”

Satterwhite paints landscapes, animals, lighthouses

and has done a few portraits. She’s been painting about three years and paints with a group in Mathews once a week.

“I got started by doing one of those painting classes in a restaurant, and it was almost like a paint by numbers,” she said. “But I really enjoyed painting and being around people. After that, I got supplies and starting painting on my own.”

Satterwhite has shown her work at the Lancaster Library and at several other local shows. She is thrilled that two of her paintings sold at the Rappahannock Art League studio gallery.

“I’m trying to do more water-related paintings,” she said. “Down here, those are the only things that sell.”

The retired nurse practitioner from Richmond was familiar with the Northern Neck, because she and her husband kept a boat in Deltaville and her parents had a place in Mathews. Her sister and brother live in Mathews now. After her husband died, she moved to Deltaville and made her dining room table and garage into her studio.

“I’ve traveled to a lot of different places and enjoy painting scenes from my travels,” she said. “I painted a lighthouse in Nova Scotia and did a painting of Notre Dame in Paris that turned out awesome. I’ve been on a number of cruises and enjoy painting scenes from those trips.”

SATURDAY NIGHT MOVIE

Saturday, February 22—7:00pm—Auditorium

Featuring: The Greatest Showman

Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Rated PG, 1 hour, 45 minutes (2017).