



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480



# Gazebo Gazette

## Welcome New Neighbors

### 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

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**FACEBOOK**



Follow us on  
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**YOUTUBE**



YouTube

As a [RWC You Tube](#) channel subscriber, you will receive notifications 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!

**Mr./Mrs. Gerald & Susan Hice, Cottage 704.** Moving to RWC from Chesapeake Harbor in Northumberland County, Gerry and Susan retired fulltime to the area in 2008. Born in Hot Springs, NC and Akron, OH, respectively, they met in Richmond when living in the same apartment building. They celebrated 54 years of marriage in June 2020.

Gerry graduated from Annandale HS and received his B.A. in Business and Commerce from UVA in 1963. A retired computer scientist, Gerry worked for IBM and Chesapeake Paper in West Point where he installed the first computers at the plant. He went on to start his own business developing data processes for various companies and government contracts. Jobs took him and his family to Marshall and Warrenton in VA and to Holland, where he worked for the Dutch government. Gerry enjoys antique cars (Memory Lane Car Club), target shooting (RRPC), and is a retired golfer. He has also belonged to Lions' Clubs wherever he lived. Susan graduated from Jefferson HS in Richmond, received her B.S. from JMU (Harrisonburg), and undergraduate studies at Pacifica Graduate School and UC-Santa Barbara. She is an Equine Midwife who was in private practice for 15 years in the U.S. and 8 years in Holland. Susan has volunteered and coordinated services at the Leesburg Battered Women's Shelter, and served in the Upperville Food Pantry. She enjoys crafts and

card making, has taken watercolor classes at the RAL, does nature photography and loves horses and dogs. When moving back to the U.S. she bought a mare in Holland and shipped her home. Making the move with Gerry and Susan is their 12 year old Jack Russell terrier, Abigail - who is an elder and has slowed down. The Hices' look forward to living in the RWC neighborhood.

**Mrs. (Mary) Joan May, Cottage 702.** A Golden Eagle neighbor, Mrs. May has a long time relationship with RWC as her late husband, Robert "Bob" May served on the RWC Board of Trustees. She and Bob met in high school and at the time of his death in 2013 had been married 57 years. Born in Boston, MA, Joan graduated from Roslindale HS and received her B.A. in Education from Boston University. As a Navy wife, Joan traveled with her husband and taught second grade as their postings allowed. She also enjoyed retail sales and was a buyer for petite clothing at department stores. Joan has served on the Red Cross and IYCC Boards and is still a member of the Indian Creek Country Club. She enjoys playing Duplicate Bridge, Mah Jong at the club and reading mysteries. With many friends already here Mrs. May looks forward to becoming an RWC neighbor.

**MORE NEW NEIGHBORS ON PAGE 8**

The deadline to submit articles for the September 2020 issue is **Tuesday, Tuesday, August 25, 2020 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
<h1>AUGUST 2020</h1>			<p>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. <b>REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING. WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</b> An asterisk (*) means a RSVP or sign up is required.</p>			1
4:00-CH85-Sunday Worship	2 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CGR-Darts	3 9:30-CH85-Dance Aerobics 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-CH85-Documentary: Given 1:00-CGR-Catch Phrase	4 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-AR2-Art with Amy: Step by step for Beginners* (Limit: 6 people) 1:00-CH85-Strength & Balance B	5 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-AR2-Cornhole 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary	6 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	7 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B
4:00-CH85-Sunday Worship	9 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-AR2-Art with Amy: Pouring Acrylics* 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CGR-Darts	10 9:30-CH85-Dance Aerobics 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 12:00-CH85-Lancaster Players: Nonsense 1:00-CGR-Catch Phrase	11 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 10:00-AR2-Activities Committee Meeting 1:00-CH85-Strength & Balance B	12 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-AR2-Cornhole 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary	13 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	14 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B 2:00-CH85-12:00-CH85- Lancaster Players: Nonsense
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4:00-CH85-Sunday Worship	23 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 10:30-RAP-RWC Book Group 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CG-Darts	24 9:30-CH85-Dance Aerobics 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-CH85 Minimalism: A Documentary About Important Things 1:00-CGR-Catch Phrase	25 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	26 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-AR2-Cornhole 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary	27 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-CH85-City Lights 1:00-CH85-Strength & Balance B	28 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-CH85-City Lights 1:00-CH85-Strength & Balance B
4:00-CH85-Sunday Worship	30 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 10:30-RAP-RWC Book Group 1:00-CH85-Strength & Balance B 2:30-CH85-Update with Stuart 4:00-CG-Darts	31 9:30-CH85-Dance Aerobics 10:00-AR2-Chat & Craft 11:00-CH85-Chair Yoga 1:00-CH85 Minimalism: A Documentary About Important Things 1:00-CGR-Catch Phrase	29 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 1:00-CH85-Strength & Balance B	30 9:30-CH85-Dance Aerobics 11:00-CH85-Chair Yoga 1:30-AR2-Cornhole 2:30-CH85-Update with Stuart 3:00-RAP-Praying the Rosary	31 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-CH85-City Lights 1:00-CH85-Strength & Balance B	32 9:00-CH85-Strength & Balance C 10:00-CH85-Fit to Move 11:00-CH85-City Lights 1:00-CH85-Strength & Balance B

**GREETINGS FROM THE PRESIDENT/CEO**

**Everything Worthwhile Is Uphill**

I came across this quote this morning while looking for a word of wisdom to share at our morning Huddle. I did not use it – I found something else that fit a Monday morning and the beginning of the week. But later in the day, it became time to think about what to share in this Gazette Note for August. Something took me back to this thought as I reflected on the July soon to be in the history books and the August ahead of us. August often bodes of the dog days of summer, and we have certainly been in the classic “closeness” of Virginia summer weather these past weeks. We can resign ourselves to melting away through August, or we can re-purpose the dog days of summer into something worthwhile. So why sign up for an uphill trek in the heat of the summer. Because **everything worthwhile is uphill**. We have been climbing the hill since early March. Some days we seem to go along at a leisurely pace on a good grade, and on other days, it feels like a vertical climb against a howling headwind. Probably most days feel like the latter – and it can be discouraging – if we let it be discouraging. That is our choice. Is today’s hill an insurmountable sheer ascent in the face of a howling blizzard, or is it a winding sojourn up a selected pathway on a pleasant fall day leading to the summit and its breathtaking view? It is what we chose. **Everything worthwhile is indeed uphill**. Here at RWC, we are traveling uphill together. Some days are unpleasant, and others are beyond belief. Either way, it is our choice how we behold the day and how we give it purpose. What is remarkable is that we journey uphill together with the support

of each other. Some will experience the same day differently, but whether it feels like a slog or passes rather effortlessly, we are all in the journey uphill together – and I am confident that we will find that at journey’s end – **Everything Worthwhile is Uphill**. May God Bless Us as We Journey Uphill Together!

*Stuart Montgomery*

**Updates with Stuart**

**EVERY MONDAY & THURSDAY  
2:30 PM ON CHANNEL 85**

**WELCOME NEW NEIGHBORS CONTINUED... (FROM PAGE 1)**

**Mrs. Nancy J. Monroe, Cottage 508.** A Golden Eagle neighbor, Mrs. Monroe has many friends at RWC. Born in Chicago and raised on the North Shore, Nancy and her husband Lee (deceased) moved to the area in the early 2000’s. Nancy and Lee met in college and were married almost 50 years when he died in 2004. Joan graduated from New Trier H.S. in Winnetka, IL and attended Lake Forest College, Lake Forest, IL. After marriage, Joan lived and worked in Bethesda, MD, while her husband opened a law firm in D.C. Joan served 20 years as Administrative Assistant for The Holton Arms School in Bethesda, a private independent school for girls. While in Bethesda, she volunteered at the Red Cross and Hospice in Montgomery Co. After moving to the Northern Neck, Joan enjoyed golf (ICYCC) fitness (BodyFit) and Mah Jong at the club. Joan looks forward to enjoying her many friends at RWC and her new life on campus.

**ART WITH AMY: STEP BY STEP FOR BEGINNERS\***

**Wednesday, August 5—11:00 am—Art Room 2 (Limit 6 people)**

This is a fun and easy class and no prior art experience needed. You will be guided every step of the way to create a beautiful painting. Please sign up at the Front Desk.

**ART WITH AMY: MAKING PENDANT JEWELRY\***

**Wednesday, August 19—11:00-AR2- (Limit 6 people)**

Explore your jewelry-making skills and design your very own pretty, unique pendant. We also be making them for our annual Alzheimer's fundraiser. Sign up at the Front Desk to attend.

**SATURDAY NIGHT MOVIE**

**August 22—7:00 PM—Channel 85  
Feature: Yesterday**

While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom. (2019), PG-13, 1 hour 56 minutes.

**CITY LIGHTS**

**Friday, August 28—11:00 am—Channel 85**

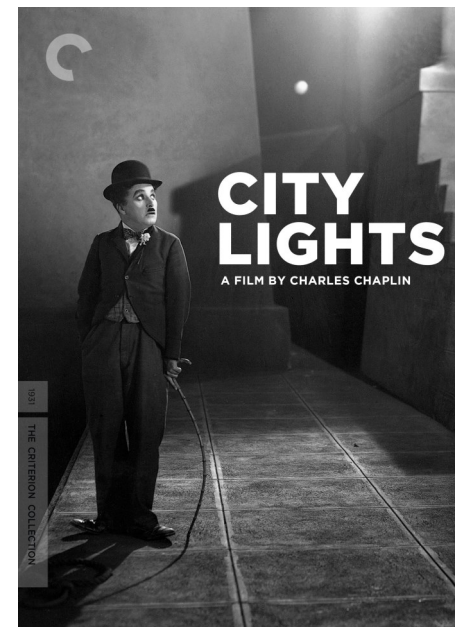
A hapless but resilient tramp (Charlie Chaplin) falls in love with a blind flower girl (Virginia Cherrill) on the tough city streets. Upon learning that she and her grandmother are to be evicted from their home, the tramp undertakes a se-

ries of attempts to provide them with the money they need, all of which end in humiliating failure. But after a drunken millionaire (Harry Myers) lavishly rewards him for saving his life, the tramp can change the flower girl's life forever. (1931) Rated G, 1 hour, 27 minutes. Silent Film.

**CELEBRATING WOMEN’S SUFFRAGE DURING AUGUST**

100 years ago, the 19th Amendment was ratified. But American women's battle for the ballot began long before that day in August-and continues, even to this day. While we cannot gather to celebrate this momentous milestone, here are some links and suggestions for viewing, listening, and exploring this moment in history.

- Apple Podcasts – She Votes!
- <https://www.2020centennial.org/> - Women’s Vote Centennial Initiative
- <https://www.womensvote100.org/learn> - Women’s Suffrage Centennial Commission
- <https://www.archives.gov/press/press-releases/2020/nr-20-49> - Pop Up Exhibits Celebrate Women’s Suffrage Centennial



- Google Search - Women’s Suffrage Centennial – lots of results!
- Google Search – Women’s Suffrage Art – beautiful images, photographs, posters



## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

The scorching heat we've been having recently got me to thinking about the summer Pam and I spent in a small East African village, which was situated just 15 miles north of the equator. Now that was hot...during the day. But because the village was atop of the Great Rift Valley, we were living at 8500 feet of elevation, which is to say at night it was cold, for which we were grateful. Change in temperature, or for that matter the change of seasons, can be a very welcomed thing! And yet, change can also be a dreaded prospect. We've all been through a good deal of it lately haven't we? Changes in our lives, our community, our country and our world. And we all know that Covid isn't the only thing that's brought change, or that likely will do so at some point in our lives. There can be, to name a few, changes in financial status, health condition, the loss of a loved one, or increasingly sensing in myself a change in the way I function or feel. Scary? It all can be exhausting, draining, require a lot of adapting and thinking. Sometimes even thinking about all that thinking can be tiring, and I might just be tired of feeling tired! But beyond change itself, which is enough, there's so much unknown. Again, our current Covid crisis is a good example: When will this be over? When will things return back to normal? Will they ever? If not, what will the "new normal" look like? How will I deal with it? So much uncertainty, which may be the hardest thing of all. I don't know about you but I sometimes simply long for something I can know, anything that in the end (other than "death and taxes") I can count on. Amidst all the uncertainties, all the fears and all the unknowns, all the changes that surely in one form or another will continue to come our way, it's good to remember that there are some things never change. I'm thinking of those familiar words from the Book of I Corinthians: "Now these three remain: faith hope and love, but the

greatest of these is love." We will always have faith, and maybe even more so in the light of all we've been through. We will always have hope, and "hope does not disappoint." And we'll always have love: the love of family, of friends, of colleagues, of our RWC community. And last but not least, we will always have the love of God: a love that is so vast, so boundless, so perfect, so pure that the apostle Paul once prayed "that we might (somehow) know this love that surpasses knowledge." If we could learn anything from all we've been through, I pray that it might be an even greater love. And why not? After all: "Love never fails."

Chaplain Greg Houck

### A Prayer for Our Times

*Dear Lord, we seek Your **wisdom** daily. Guide the people making **decisions** that affect the lives and futures of our families, communities, countries, and the wider world. We pray that they communicate clearly and calmly — with each other and with the public — and that their messages are received and heeded for the common good. And as many **families** continue to adjust to being at home and as **businesses** and **schools** are thinking through the way forward, we ask that You guide people in their new realities. Give spouses grace for each other. Prompt worn-out parents to speak words of kindness and encouragement to their children. Help children, and for that matter **us all** Lord, to find creative ways to experience the beauty of all You have created and continue learning. Amen.*

### IN MEMORIAM

Mrs. Joan Thurber	July 16, 2020
Mr. William Croner	July 17, 2020

## UNEXPECTED BENEFITS

By Milena Van Sant and Amy L. Lewis

If you cover your nose with a mask as required in the Age of Covid-19, you will avoid being the unwitting recipient of my garlicky or fishy or stinky German cheese breath. Social distancing, to be sure, puts up another safe barrier to ward off undesirable scents.

After all, I aim to please.

Mask in place over my mouth will obscure that single white hair stubbornly rooted in the chin resisting the effort to be plucked out by fluttering old hands uncertainly wielding a pair of uncooperative tweezers. You will miss the unappealing vista of a pink pimple blossoming somewhere in the lower quadrant of my face.

After all, I aim to please.

When I'm able I, slip my mask down to take a breath as I walk or drive down the road. In this position I discover, with pleasure, that it hides a scowl, jowls or frown. It becomes a double chin holder-upper.

After all, I aim to please.

But I am eager to see each other's laugh lines again, so freely planted near our mouths from years of joyful, belly-shaking laughter, a response to funny stories, somebody's quick wit, and off-beat come-backs from RWC residents and staff.

After all, even in this baffling time we create new benevolent wrinkles under our masks and smile with our eyes instead because we aim to please.

They say that eyes are the windows to the soul.

Your unwaveringly visible eyes above the mask express a plethora of emotions from troubled to narrowing into slits in astonished amusement.

After all, we have not yet forgotten the grace of pure joy and gratitude. And we will always aim to please.

## ALZHEIMER'S ASSOCIATION

The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. This year, Walk to End Alzheimer's® is everywhere — on every sidewalk, track and trail.

Your health and safety are our top priorities. This year's event won't be a large in-person gathering — instead, we invite you to walk in small teams of friends and family while others in your community do the same. Because we are all still walking and fundraising for the same thing: a world without Alzheimer's and all other dementia."

The Activities Committee and employees are leading the way on October 3<sup>rd</sup>. We will have the Walk to End Alzheimer's on campus. More details to come soon.

Mary Arthur, Dementia Care Coordinator

## MAINTENANCE FOLLOW-UP SURVEY

If you have had an RWC maintenance member in your home recently, you may have received an email asking for your participation in a follow-up survey. The maintenance department will be conducting this survey for 30-60 days in an effort to enhance the quality of service you receive. I encourage you to take 2 minutes to complete the survey honestly and with as much detail as possible. Thank you for your help!

Arthur Lang

## NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

### IS IT A BAD IDEA TO PLAY BRIDGE RIGHT NOW?

As more Americans get the green light for more kinds of social gatherings, we're hearing from seniors who want to know what sorts of activities they're allowed to partake in.

### Is it's OK to join your regular game group now.

The short answer is technically yes — as long as the number of people in your group is within your region's guidelines for social bubbles and circles.

In Ontario, for example, people can create social circles of up to 10 people without needing to physically distance. But the catch is that all 10 people need to commit to this one bubble and can't be part of other ones. And that means trusting that your bridge-mates haven't been exposed to the virus.

When you're getting together, if one of your friends potentially got infected and if they infect any of you, that can have traumatic consequences.

It's important to consider if the other players are being cautious, like being stringent with hygiene and mask-wearing, and whether they visit with kids and grandkids without physically distancing.

Card games usually require players to sit close to one another, which could be risky.

"This infection can be transmitted more efficiently if people are in close proximity in an indoor environment," said Dr. Isaac Bogoch, infectious diseases physician at Toronto General Hospital.

### What about the playing cards themselves? Are they a risk?

Cards themselves are less of a threat.

"Touching the cards and then rubbing your eyes, nose or mouth can certainly contribute

to transmitting this infection," he said.

But he says in general, playing cards "is something that can be done with great hand hygiene."

Sharing food, however, might be a problem.

"No one plays bridge without having some excellent food in close reach," said Bogoch.

"Impeccable hand hygiene would be something to really be mindful of."

Additionally, both experts recommend wearing masks and taking the game outside if possible to further reduce the risk.

And there's no harm in taking a raincheck for now.

If you're not comfortable with it and you're not entirely sure that other people will be negative for this infection, stay home and you can always postpone that for later on.

### IN MEMORY OF ALVIN CARSTENSEN

As many here at RWC know that on June 20, 2020, my husband, AL, passed away in the Health Center into the loving and eternal arms of our Lord and Savior, Jesus Christ. I cannot fully express my heartfelt thanks for the care, kindness and love that was poured out to him, and especially to me, by the staff of nurses, social workers, employees, residents and our Chaplain, Greg, here at RWC. I am so appreciative of the tender care shown to Al in the end of his life. We are blessed to have our Health Center. We moved here in October, 2019 and Al and I were happy and comfortable here. Sadly, his time was cut short but he said to me that I was in the best place and would be well-cared for in his absence. I thank God everyday that this family here at RWC is a blessing to my heart. May the Lord continue to richly bless our community.

With gratitude, Marie Carstensen

## HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN

*Endurance: Shackleton's Incredible Voyage* by Albert Lansing is the RWC Book Group's August selection. It's a 1959 book about British explorer Ernest Shackleton's 1914 attempt to reach the South Pole and the crew's two years in Antarctica. The book was reissued with a forward by Nathaniel Philbrick. Many RWC residents have just watched the three episodes of "Chasing Shackleton," a 2013 televised recreation of the famous 500-day event. We'll meet August 24 at 10:30 a.m., still masked and social distancing!

Yeah for three 2020 Large Print books, thanks to Elaine Lowrey: *Camino Winds* by John Grisham, *Walk the Wire* by David Baldacci and *Masked Prey* by John Sanford (this one, she says, "a disappointment"). And yeah for two new Large Print classics: *Unbroken* by Laura Hildebrand, from Walter Rogers ("my Father's Day gift!") and *Bel Canto* by Ann Patchett.

Three new biographies: *The House of Kennedy* by James Patterson and Cynthia Fagan (2020) and *Picasso: Creator and Destroyer* by Arianna Stassinopoulos Huffington (1988). Also, for dog lovers, *A Letter to My Dog: Notes to Our Best Friends* (2012).

Two other 2020 books: *Deadland* by Sara Paretsky, featuring V.I. Warshawski, a Chicago private eye, (Mystery) from Jay White, and *One Perfect Summer* by Brenda Novak, reviewed as "a sudsy summer beach read" (Fiction).

A new-to-us and numbered series that already has followers: the Marshall Guarnaccia detective novels by Magdalen Nabb that take place in Florence, donated by Ted Tulis. Another series, also numbered, the Patrick O'Brian books about the British Navy in the early 1800s, in Fiction Paperback, donated by Madame Librarian.

Other new-to-us books include *A Very Long Engagement* by Sébastien Japrisot, a 1994 book made into a 2004 movie (Fiction Paperback), *Four Blind Mice* by James Patterson (Mystery) and *The Little Old Lady Who Broke All the Rules* by Catharina Ingelman-Sundberg, a tall tale with lots of chuckles translated from Swedish (Fiction).

Three serious histories with very long titles: *Nothing Like It In the World: The Men Who Built the Transcontinental Railroad* by Stephen E. Ambrose (2000); and *Troublesome Young Men: The Rebels Who Brought Churchill to Power and Helped Save England* by Lynn Olson (2007); and *The Templars: The Rise and Spectacular Fall of God's Holy Warriors* by Dan Jones (2017). And another long title in Paperback Nonfiction, *In the Heart of the Sea: The Tragedy of the Whaleship Essex* by Nathaniel Philbrick (2000).

A local history, new in Virginia: *The Lawsons of White Stone and Lawson Bay Farm* by Robby Robbins.

Lois Williams – RWC Residents Association Library Chair

## FIT BITS: MIND AND MUSCLE

### REMINDER

Attached is a link to the phase 3 guidelines for Virginia. The specific guidelines for fitness, exercise, recreational and swimming pools are on pages 18 to 24. These guidelines can change at anytime and we are keeping an eye on them as they change. <https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Forward-Virginia-Phase-Three-Guidelines.pdf>

### 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

### BATHING SUIT SHOPPING

I have just been through the annual pilgrimage of torture and humiliation known as buying a bathing suit. Back in the 1940's and 1950's, the bathing suit for a woman with a mature figure was designed for a woman with a mature figure - boned, trussed and reinforced, not so much sewn as engineered. They were built to hold back and uplift and they did a good job. Today's stretch fabrics are designed for the prepubescent girl with a figure carved from a potato chip. The mature woman has a choice - she can either front up at the maternity department and try on a floral suit with a skirt, coming away looking like a hippopotamus who escaped from Disney's Fantasia - or she can wander around every run-of-the-mill department store trying to make a sensible choice from what amounts to a designer range of fluorescent rubber bands. What choice did I have? I wandered around, made my sensible choice and entered the chamber of horrors known as the fitting room. The first thing I noticed was the extraordinary tensile strength of the stretch material.

The Lycra used in bathing costumes was developed, I believe, by NASA to launch small rockets from a sling-

shot, which give the added bonus that if you manage to actually lever yourself into one, you are protected from shark attacks. The reason for this is that any shark taking a swipe at your passing midriff would immediately suffer whiplash.

I fought my way into the bathing suit, but as I twanged the shoulder strap in place, I gasped in horror - my bosom had disappeared! Eventually, I found one bosom cowering under my left armpit. It took a while to find the other.

At last I located it flattened beside my seventh rib. The problem is that modern bathing suits have no bra cups. The mature woman is meant to wear her bosom spread across her chest like a speed bump. I realigned my speed bump and lurched toward the mirror to take a full view assessment.

The bathing suit fit all right, but unfortunately, it only fit those bits of me willing to stay inside it. The rest of me oozed out rebelliously from top, bottom, and sides. I looked like a lump of play dough wearing undersized cling wrap.

As I tried to work out where all those extra bits had come from, the prepubescent sales girl popped her head through the curtains, "Oh There you are!" she said, admiring the bathing suit...I replied that I wasn't so sure and asked what else she had to show me. I tried on a cream crinkled one that made me look like a lump of masking tape, and a floral two piece which gave the appearance of an oversized napkin in a serviette ring.

I struggled into a pair of leopard skin bathers with ragged frill and came out looking like Tarzan's Jane pregnant with triplets and having a rough day. I tried on a black number with a midriff and looked like a jellyfish in mourning. I tried on a bright pink pair with such a high cut leg I thought I would have to wax my eyebrows to wear them.

Finally, I found a suit that fit...a two piece affair with shorts style bottom and a loose blouse-type top. It was cheap, comfortable, and bulge friendly, so I bought it.

When I got home, I read the label which said "Material may become transparent in water." I'm determined to wear it anyway.....I'll just have to learn to do the breaststroke in the sand.

Author Unknown

## FLICK PICKS: VIDEO LECTURES, DOCUMENTARIES & MOVIES

### DOCUMENTARY: GIVEN

**Tuesday, August 4—1:00 pm—Channel 85**  
Given is the simple yet powerfully contemplative story of a unique family legacy come full circle. Told through the visceral experience of a 6 yr. old, Given follows legendary surfers Aamion and Daize Goodwin from their island home of Kauai through 15 different countries in the quest for surf and to fulfill a calling handed down through generations. Set in wave after wave of stunningly visual earthscapes, Given blooms into a tender yet stirring exploration of a young boy's understanding of life through his familial bonds and their reverence for nature. Deeply moving, Given gives us the humbling contrast of a small voice voyaging through a big world as it finds its way home again.

### LANCASTER PLAYERS: NUNSENSE

**Tuesday, August 11 at 12:00 pm and Friday, August 14 at 2:00 pm—Channel 85**  
Nunsense begins when the Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. The sisters decide that the best way to raise the money is to put on a variety show, so they take over the school auditorium, which is currently set up for the eighth grade production of "Grease." Here we meet Reverend Mother Regina, a former circus performer; Sister Mary Hubert, the Mistress of Novices; a streetwise nun from Brooklyn named Sister Robert Anne; Sister Mary Leo, a novice who is a wannabe ballerina; and the delightfully wacky Sister Mary Amnesia, the nun who

lost her memory when a crucifix fell on her head.

### FOOTPRINTS: THE PATH OF YOUR LIFE

**Tuesday, August 18—1:00 pm—Channel 85**  
Footprints: The Path of Your Life is a documentary film based on the "story of 11 men who walked the Camino de Santiago or the Way of St. James to reach Santiago de Compostela, where the remains of St. James the Greater lie." The men faced "a 500-mile, 40-day trek that will challenge their strength and faith." This walk, or camino in Spanish, is "a large network of ancient pilgrim routes stretching across Europe and coming together at the tomb of St. James northwest Spain," Santiago Compostela.

### MINIMALISM: A DOCUMENTARY ABOUT IMPORTANT THINGS

**Tuesday, August 25—1:00 pm—Channel 85**  
How might your life be better with less? Minimalism: A Documentary About the Important Things examines the many flavors of minimalism by taking the audience inside the lives of minimalists from all walks of life-families, entrepreneurs, architects, artists, journalists, scientists, and even a former Wall Street broker-all of whom are striving to live a meaningful life with less.