



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

*The deadline to submit articles for
the January 2021 issue is
Monday, December 21, 2020 by noon.
Contact us: 804-438-4000*



Volume 35, Issue 12

DECEMBER 2020



Gazebo Gazette

RWC RESIDENT ASSOCIATION NOMINATION COMMITTEE SLATE OF OFFICERS FOR 2021

President	Jane Higgins
Vice President	Vicki (Marek) Young
Secretary	Nancy Ellett
Treasurer	Fred Luxton
Finance	Ben Weimer
Quality of Life (2yr)	Tanya Bohlke
Nominations & By-Laws	Cecil Schwartz
Directors @ Large	Marie Carstensen Jay White Susan Hughes Susan Jones

VIRTUAL SPIRIT DAY PROGRAM

Friday, December 4—1:00 PM

Friday, December 4—4:00 PM

Tuesday, December 22—12:00 PM (Showing
2x, Back to back)

Thursday, December 24—1:00 PM

ALL ON CHANNEL 85

One of the definitions of 'SPIRIT' is the non-physical part of a person which is the seat of emotions and character; the soul. This year, since we can not be together physically, we can still be together spiritually. The entire staff wants to thank each and every resident for your gift of the Employee Christmas Fund and the spirit you give the staff all year long. Please be sure to watch Channel 85 as we present our "thank you" to you. Merry Christmas!!

ANGEL TREE: DECEMBER 7-18, 2020

It is almost Christmas time once again! You

have an opportunity to remember and honor your loved one(s) by giving to the Angel Tree. All proceeds benefit the RWC Fellowship Fund. The Fellowship Fund aids those residents who can no longer afford residency through no fault of their own. All donations are welcome! Please see the Front desk or Denise Kenner for forms. Please fill out the form completely so that we may honor your request in our Annual Report. Angels will be placed on the Tree each day and a video will be shown on Channel 85 on Christmas Eve at 4 pm. Thank you in advance for your generosity! Merry Christmas!

REMINDER TO ALL INDEPENDENT LIVING RESIDENTS:

RWC is pleased that you are able to receive visits from your families and in some instances close friends. Please remember the process that makes this possible – call Maria first to add your visitor to the Visitation Log. This is not to gain permission (you are adults), but to provide a listing in the event contact tracing becomes necessary. In addition, although RWC is an ungated community, we prefer to know who is on the campus.

The procedure is simple and Maria can answer questions about limits, travel, and quarantines. Thank you for helping us keep the door open for you. If you have any questions, Maria can be reached at 438-4011.

Like us on
FACEBOOK



Follow us on
TWITTER



Follow us on
YOUTUBE



<div> <div>KEY</div> <div>APT</div> <div>Apartment Lobby</div> <div>AR1</div> <div>Art Room #1</div> <div>AR2</div> <div>Art Room #2</div> <div>ATR</div> <div>Atrium</div> <div>AUD</div> <div>Auditorium</div> <div>BLR</div> <div>Boiler Room</div> <div>CGR</div> <div>Chesapeake Game Room</div> <div>COR</div> <div>Corrotoman Room</div> <div>CPL</div> <div>Chapel</div> <div>DRB</div> <div>Dining Room Breezeway</div> <div>FCR1, 2 or 3</div> <div>Fitness Classroom #</div> <div>FPL</div> <div>Front Parking Lot</div> <div>FRL</div> <div>Front Lobby</div> <div>GAL</div> <div>Gallery Hall</div> <div>HOB</div> <div>Hobby Room</div> <div>KCT</div> <div>King's Court</div> <div>LAN</div> <div>Lancaster Room</div> <div>LEC</div> <div>Life Enrichment Center</div> <div>LIB</div> <div>Library</div> <div>LVG</div> <div>Lakeview Grille</div> <div>MSP</div> <div>Main Street Pub</div> <div>OTR</div> <div>Outpatient Therapy Room</div> <div>RAP</div> <div>Rappahannock Room</div> <div>RCL</div> <div>Resident Clinic</div> <div>TGP</div> <div>Thomas Garden Patio</div> <div>WCN</div> <div>Westbury Center</div> <div>WCR</div> <div>Westbury Club Room</div> </div>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div> <div>DECEMBER</div> <div>2020</div> </div>		<div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-AUD-Bible Study</div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>1</div> </div>	<div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>2</div> </div>	<div> <div>1:30-AUD-Great Courses*</div> <div>3:00-LAN-Praying the Rosary</div> <div>3</div> </div>	<div> <div>1:00-CH85 Virtual Spirit Day Program</div> <div>1:30-AR2-Cornhole</div> <div>4:00-CH85-Virtual Spirit Day Program</div> <div>4</div> </div>	<div> <div>5</div> </div>
	<div> <div>4:00-CH85-Sunday Worship</div> <div>6</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>10:00-FRL-Shopping*</div> <div>11:00-MSP-Parkinson's Caregiver's Support Group</div> <div>1:00-AR2-Art with Pam</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-CH85-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>7</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-AUD-Bible Study</div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>4:00-AUD-Memory Support Group (Early Stage)</div> <div>8</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>10:00-AR2-Activities Committee Meeting</div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>1:00-AR2-Fluid Pour Ornaments*</div> <div>9</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>10:00-AUD-Great Courses*</div> <div>10:00-AR2-Food Committee Meeting</div> <div>3:00-LAN-Praying the Rosary</div> <div>10</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>11:00-AR2-Making Home-made Peppermint Soap, Part 1*</div> <div>1:30-AR2-Cornhole</div> <div>11</div> </div>	<div> <div>12</div> </div>
	<div> <div>4:00-CH85-Sunday Worship</div> <div>13</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>10:00-FRL-Shopping*</div> <div>11:00-AR2-Making Home-made Peppermint Soap, Part 2*</div> <div>1:00-AR2-Art with Pam</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-CH85-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>14</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-AUD-Bible Study</div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>15</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>16</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>10:00-AUD-Great Courses*</div> <div>3:00-LAN-Praying the Rosary</div> <div>17</div> </div>	<div> <div>ANGEL TREE GIVING</div> <div>1:30-AR2-Cornhole</div> <div>18</div> </div>	<div> <div>19</div> </div>
	<div> <div>4:00-CH85-Sunday Worship</div> <div>20</div> </div>	<div> <div>10:00-FRL-Shopping*</div> <div>1:00-AR2-Art with Pam</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-CH85-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>21</div> </div>	<div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-RAP-Bible Study</div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>12:00-CH85-Virtual Spirit Day Program (Showing 2X back to back)</div> <div>22</div> </div>	<div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>4:00-CH85-Annual Lessons & Carols"</div> <div>23</div> </div>	<div> <div>1:00-CH85-Virtual Spirit Day Program</div> <div>3:00-LAN-Praying the Rosary</div> <div>24</div> </div>	<div> <div>CHRISTMAS DAY</div> <div>1:30-AR2-Cornhole</div> <div>25</div> </div>	<div> <div>7:00-CH85-Saturday Night Movie: Christmas Vacation</div> <div>26</div> </div>
	<div> <div>4:00-CH85-Sunday Worship</div> <div>27</div> </div>	<div> <div>10:00-FRL-Shopping*</div> <div>10:30-LAN-RWC Book Group</div> <div>1:00-AR2-Art with Pam</div> <div>1:00-CGR-Catch Phrase</div> <div>2:30-CH85-Update with Stuart</div> <div>4:00-CGR-Darts</div> <div>28</div> </div>	<div> <div>10:00-AR2-Chat & Craft</div> <div>11:00-AUD-Bible Study</div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>29</div> </div>	<div> <div>11:00AM-AR1-Grocery Pick Up</div> <div>30</div> </div>	<div> <div>NEW YEAR'S EVE</div> <div>3:00-RAP-Praying the Rosary</div> <div>31</div> </div>	<div> <div>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 WILL HAVE A MAX OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS INCLUDING WEEKLY SHOPPING. An asterisk (*) means a RSVP or sign up is required.</div> </div>	

GREETINGS FROM THE PRESIDENT/CEO

As I often do in preparing to write a Gazette Note, I look back to past Notes to see what was taking place at the time or what I wrote about. In doing so for this Note, I looked back to December 2019 – pre-pandemic times. In that Note, I shared several examples of Enthusiasm that represented that characteristic of our neighborhood.

I could write about all we didn't do or couldn't do this year because of the pandemic circumstances, but that would give too much power to the pandemic. Instead, I invite you to join me in celebrating all that we did do this year – personally and as a community. What would your list look like? I encourage you to take some time over the Christmas season to make that list and then reflect on that list.

In no particular order and with apologies for anything I might leave out, here are a few things to celebrate on my list. We planted a small garden at home this spring and summer. I haven't had a garden to speak of during my adult life. It was a big part of my childhood. Even though my girls are grown, they also got to experience a bit of gardening this year. We all looked forward to seeing how the garden grew each day, to what we could do to help it along, and to enjoying the fruits and vegetables of our labors. This gardening experience helped ground us, no pun intended, when we really needed that. At RWC, we quickly learned how to virtualize family visits, meetings, religious services, concerts, classes, events, and activities in order to visit, communicate, learn, worship, and stay connected. We picked up the telephone and spoke with family and old and new friends. We found paper and pen to write notes of encouragement and hope.

We rallied around our calm approach to preventing and preparing for that which challenged us each day. We deepened our patience with each other and our ability to see from the other's perspective. We took our adaptability and flexibility to new levels – we all grew as we worked through each day together.

What is on your list? I encourage you to start your list of things to celebrate today. If you find yourself needing to build momentum, start with one thing to celebrate and try to add something to your list each day. I close this last letter of the 2020 calendar year, deeply appreciating the generous Employee Christmas and Pandemic Gift you provided for our staff members this year. Residents, clients, and families provide this meaningful gift each year, but this year it brings added blessings to our staff who have worked so very hard to provide care and services during this unprecedented time. I am so very grateful for this expression of gratitude to our staff, and I celebrate you for your concern for our staff and their families. Have a wonderful, safe and healthy Christmas season at RWC!

Mary Arthur

MEMORY SUPPORT GROUP FOR EARLY STAGE MEMORY LOSS Tuesday, December 8—4:00 pm Auditorium

In the early stages of dementia, a person's symptoms will be noticeable and will affect their day-to-day life. There may be issues with memory, speed of thought, language or behavior. If you have questions about this group or about Alzheimer's or dementia, please call Mary Arthur at ext. 4856.

ART WITH AMY: FLUID POUR CHRISTMAS ORNAMENTS*

Wednesday, December 9—1:00 pm

Art Room 2

Class Limit: 8

Make your very own colorful Christmas ornaments this year or give them as a gift!! It's easy, fun and anyone can do it. Art that is truly mistake free. This has always been a popular class in years past so sign up at the Front Desk quick!!!

ART WITH AMY: MAKING HOME- MADE PEPPERMINT CANDY SOAPS, PART 1 & 2*

Friday, December 11 (Part 1)

Monday, December 14 (Part 2)

Both Classes begin at 11:00 am

Art Room 2

Class limit: 8

Looking for that last minute gift on your list? Need to buy for someone who has everything? Want to learn a new craft? This is the class for you. A little bit of science and a whole lot of fun. **Sign up at the Front Desk to attend. You must be able to attend both parts of the class.**

SATURDAY NIGHT MOVIE FOR DECEMBER

Saturday, December 26—7:00 PM

Channel 85

Featuring: Christmas Vacation

It's Christmas time and the Griswolds are preparing for a family seasonal celebration, but things never run smoothly for Clark, his wife Ellen and their two kids. Clark's continual bad luck is worsened by his obnoxious family guests, but he manages to keep going knowing that his Christmas bonus is due soon. Yule crack up!!! (1989)

AMAZING FACTS YOU DIDN'T KNOW ABOUT CHRISTMAS

1. The tallest Christmas tree ever displayed was in Seattle, Washington. It measured 221 ft. tall.
2. Buying all the gifts from the "12 Day of Christmas" would cost you a ton of money. The most expensive being "Swans a Swimmin" - about \$6,300.
3. When the Candy Cane was invented in Germany, it was made into a J for Jesus. The red stripes symbolize his blood.
4. It is a tradition in Japan to eat Kentucky Fried Chicken for Christmas. Orders must be placed two months in advance.
5. Jingle Bells was originally a song about Thanksgiving in 1857. It was also the first song ever played in space by astronauts Walter Schirra Jr. and Thomas P. Stafford.
6. Rudolf the Red Nosed Reindeer got his start as an advertising gimmick for Montgomery Ward in 1839.
7. It only took six weeks for Charles Dickens to write A Christmas Carol.
8. Americans purchase 1.6 billion Christmas cards a year.
9. The city of Vancouver, Canada claims to be the birthplace of the first "ugly Christmas sweater" party.
10. The top six Christmas Tree producing states are Oregon, North Carolina, Pennsylvania, Michigan, Washington, Wisconsin.

FIT BITS: MIND AND MUSCLE

**HOLIDAY FITNESS SCHEDULE
DECEMBER 24 AND DECEMBER 31**

- The Wellness Department will be open until 3:30pm.
- The classes will run as usual.
- Please check for availability in the Fitness Center and swimming pool.
- Please remember to reserve a spot for these classes.
- Call extension 4290 or use our link to reserve a spot.

**December 25, 2020 and January 1, 2021
the Wellness Department will be closed.**

ORIENTATION FOR NEW PARTICIPANTS OF THE WELLNESS PROGRAM
The Orientation process starts with the following 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.

SWIMMING POOL ETIQUETTE: RINSE OFF BEFORE ENTERING POOL
Please enter through the main entrance of the pool.

- Then take off your clothes that you have over your bathing suit and proceed to the showers in the locker room.
- Just turn the water on and let the water run over your body along with your bathing suit.

LET US HAVE A GOOD LAUGH. HERE ARE SOME JOKES OF THE MONTH

Where do snowmen go dancing?
A snowball

What does a snowman eat for breakfast?
Frosted Flakes

What does an elf study in school?
The Elfabet

**MONDAY, WEDNESDAY & FRIDAY
FITNESS SCHEDULE**
9:00-9:30 FC 1, 2&3-S&BC & Channel 85
9:45-10:15 FC 1,2&3-S&B C
10:30-11:00 FC 1,2&3- S&B & Core D
11:00-11:30 Westbury Club Room
11:15-11:45 FC 1,2-3-Fit to Move Independent Living residents only and Channel 85
1:30 -2:00 FC 1,2&3-S&B B Channel 85
1:45-2:15 Pool Water Walking
2:15-2:40 FC 1,2&3-S&B B
3:00-3:30 Westbury Club Room

TUESDAY FITNESS SCHEDULE
9:00-9:30 Dance Aerobics
10:00-10:30 FC1, 2&3 Chair Yoga B & Channel 85
10:45-11:15 FC1,2&3 Chair Yoga B
11:00-11:30 Westbury Club Room
11:30-12:00 FC 1,2&3 Chair Yoga B
2:00-2:30 FC 1,2&3 Strength and Balance A (ALC and HC only)

THURSDAY FITNESS SCHEDULE
9:00-9:30 Dance Aerobics (only on Channel 85)
10:00-10:30 FC1, 2&3 Chair Yoga B & Channel 85
10:45-11:15 FC1,2&3 Chair Yoga B
11:00-11:30 Westbury Club Room
11:30-12:00 FC 1,2&3 Chair Yoga B
2:00-2:30 FC 1,2&3 Strength and Balance A (ALC and HC only)

- All classes have a 9 -participant limit with a 15-foot minimum distance between each person.
- Sign-up for only one session of each class per day. For example, we will have 2 classes of Strength and Balance C on Monday and you can only sign up for 1 of them.
- We ask after your exercise class is over that you promptly leave as we must disinfect and bring the next appointments in to the exercise room.
- Each class will have 15-minutes between each class for disinfecting and checking in the next class.
- Please call or look at the sign-up sheet for availability. <https://www.signupgenius.com/go/9040B48A9A62AABFC1-group2>.
- Call 804 438 4290 with questions

THE JOY OF KNITTED HEARTS

Use 2 straight knitting needles of the size specified on the yarn, or to the desired density of your projects. You will need a tapes-try needle and scissors. These hearts are constructed of 3 parts. The two tops are knitted separately then joined together, and the body and tapered bottom tip of the heart follow. Begin by increasing the number of stitches, knit the body then decrease the number of stitches to the point of the heart. All rows are in knit stich. After you have formed the first half of the heart, clip the yarn to a length that will allow you to weave it in at the completion of the project. Tug on the clipped yarn for the first row when the two halves are joined. There will be 7 stitches on each needle, but you knit the two middle ones together, so you will have 13 stitches. Tug gently when knitting the next one or two rows. This will accentuate the gap between the two halves. Use a long tail cast on for both halves, with the tail about 6-1/2 inches or less. At the end of the project, you will be knotting the long yarn ends of the two top halves together to create the loop from which to hang the hearts.

INCREASING:
Cast on 3, long tail
Knit row
Knit front and back of first stitch, K 1, knit front and back of last stitch
5 stitches
K row
Knit front and back of first stitch, K to last stitch, Knit front and back 7 stitches
K row
Cut the yarn only to a length to make weaving in later possible. Slide this first top half of the heart to the back end of the needle.

Cast on 3 on the second knitting needle. Repeat as outlined above using both needles.

K 6, join both halves together tightly, knit to end of row 13 stitches
K rows 7 through 11

DECREASING:
12) K two together, K 9, K two together 11 stitches
13) K row
14) K two together, K 7, K two together 9 stitches
15) K row
16) K two together, K 5, K two together 7 stitches
17) Knit row
18) K two together, K 3, K two together 5 stitches
19) K row
20) K two together, K 2, K two together 3 stitches
21) K two together, K 1, turn work 2 stitches
22) Bind off
Weave in loose ends on bottom and where the two halves were joined. Knot 2 long ends into a loop.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

From the Chaplain

There's a Chinese story of an old farmer who had an old horse for tilling his fields. One day, the horse escaped into the hills and when all the farmer's neighbors sympathized with the old man over his bad luck, the farmer replied, 'Bad luck? Good luck? Who knows?' A week later the horse returned with a herd of wild horses from the hills and this time the neighbors congratulated the farmer on his good luck. His reply was, 'Good luck? Bad luck? Who knows?' Then, when the farmer's son was attempting to tame one of the wild horses, he fell off its back and broke his leg. Everyone thought this was very bad luck. Not the farmer, whose only reaction was, 'Bad luck? Good luck? Who knows?' Some weeks later, the army marched into the village and conscripted every able-bodied youth they found there. When they saw the farmer's son with his broken leg, they let him off. Now was that good luck? Bad luck? Who knows?

(Anthony DeMello, "The Happy Wanderer") I like that story if for no other reason than it makes me smile. But there are other reasons too. It encourages me to remember that there is always more going on in any given situation than what meets the eye, and much of it, unbeknownst to me, is for the good. ("God works like an ingenious alchemist to take something as lowly as lead and transform it into something as astonishing as gold." *Author Unknown*) And there's a lot of good I never even notice at all, and so the story also challenges me exactly at that point: I need to take the trouble to see the good; in situations, in circumstances, in people, in possibilities. "In all things give thanks." (1 Thess 5:18) Of course there's a world of

difference between "in all things" vs. "for all things." Bad things happen. I'm not glad for them. But I can in the face of them find, take hold of and live by the good. The same theme emerges as we transition from the season of Thanksgiving to Advent. Life for humble people could be hard in the first century Roman empire. When Mary and Joseph became homeless by Caesar's decree, the good may have been hard to see. When there was no room in the inn, things surely looked grim. And the outcome? The Savior of the world! And so in this season, in these "times," let's be sure to see the good, and to also see something of that marvelous mystical vision of Julian of Norwich: 'And all things shall be well; and all things shall be well; and all manner of things shall be well.'

Chaplain Greg Houck

Advent Devotional Guides: "And the Word Was God," featuring *Henri J.M. Nouwen*, are available to all and can be found on tables in the atrium and by the chapel.

Tuesday Bible Study Group: meets on Tuesdays at 11:00AM. in the auditorium. Social distancing and the wearing of masks observed. Chaplain Houck is leading the study for the time being until our current outside visitation policy is revised. We hope to see you there!

**LESSONS & CAROLS—WEDNESDAY,
DECEMBER 23 AT 4:00 PM—CHANNEL 85**

In Memoriam

Dr. Marcus Key

Mrs. Janice Croner

Mrs. Janice Shanks

October 31, 2020

November 4, 2020

November 15, 2020



Angel Tree

December 7-18, 2020

**Remember or Honor your Loved Ones
by Dedicating an Angel for the Angel Tree**

All donation amounts are welcome.

Proceeds will benefit the RWC Fellowship Fund.

Please fill out this form completely so we may print your request correctly in our Annual Report and place in the box at the front desk. Angels will be placed on the Tree each day and a video will be shown on Channel 85 on Christmas Eve at 4 pm

Thank you in advance for your generosity!

In Memory

Title _____ Name _____

Title _____ Name _____

Title _____ Name _____

Title _____ Name _____

Title _____ Name _____

In Honor

Title _____ Name _____

Title _____ Name _____

Title _____ Name _____

Title _____ Name _____

Title _____ Name _____

DONOR INFORMATION FOR ACKNOWLEDGEMENT

Mr. Name (s)	Check #	Amount	Phone
Mrs.			
Ms.			
Miss			
Address	State	Zip	Email

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

WHY YOU SHOULD SHOWER BEFORE YOU SWIM

Common Courtesy

Being considerate of others is always important. Showering before you jump into somebody else's pool will remove anything on your body that could dirty their pool.

Taking a quick shower before you get in is one of the best and most considerate things you can do for other swimmers.

Remove Contaminates from Your Body –

Unless you just stepped out of the shower, there is a good chance that your body will have substances on it that will contaminate a pool. These include sweat, soap, perfume, shampoo, deodorant, urine and even feces. A simple shower with water only can wash these substances from your body so they don't get into the pool water when you go for a swim. This will help the pool remain cleaner for much longer

Easier on the Pool – The more contaminated the water becomes because of what you introduce to the water, the harder the pool has to work to be sure it is clean. More chlorine has to be added to be sure the water is clean and safe and the pool's pumps and filters will have to work hard to remove these contaminants in the water.

Cleaner is Safer – Think about why pools use chlorine to keep them clean? Chlorine is used to kill potential harmful bacteria and other pathogens that not only impact how clean the water looks, but also how safe it is. Water that is filled with this bacteria can cause you to become sick if you spend enough time swimming in it.

Most people associate the smell of chlorine as a sign that a pool is clean. However, they couldn't be more wrong. The smell generated

by chlorine is only present while it is oxidizing contaminates. Therefore, a pool that is completely clean will have very little, if any, odor at all. The stronger the smell the more work the chlorine is having to do meaning the pool is actually dirtier.

As you can see, showering before swimming is one habit that everyone should try to develop. Not only is it common courtesy and better for the pool, but in the end it means that less chlorine will have to be used to make sure that it is safe and clean for everyone. So before you decide to take a swim, take a few minutes to take a short shower to be sure your body is properly clean. That way, you can do your part in helping maintain a clean pool that is free from both harmful chemicals and contaminates on your body.

*Written By Matt Giovanisci
Swimming Pool Expert
From Swim University
For PoolAndSpa.com News*

SUPPORT THE FOUNDATION WHILE YOU SHOP!

Did you know that you can support the RWC Foundation when you shop on Amazon? Its AmazonSmile program allows shoppers to choose a charitable organization to support and then Amazon donates .05 percent of the order price to that nonprofit. Just Google AmazonSmile and with a few simple steps you can establish the charity you want to support (our Foundation!). AmazonSmile is the same Amazon you know. Same products, same prices, same service.

amazonsmile
You shop. Amazon gives.

HOOKED ON BOOKS: EXPLORE, DISCOVER AND LEARN



The RWC Book Group's December selection is **CoriAnn Aground** by Stan Parsons (2017), a Young Adult book with a fictionalized Northumberland County waterfront setting that, Dean Loudy explains, is Reedville and the Little Wicomico River, locally known as Little River. A charter fishing boat captain is killed on the first page, and family and community become involved. We'll meet Monday, December 28, at 10:30 am. The RW-C Library will acquire about 400 books this year, most by donation. We recognize known donors with a label inside the book and a mention on the *Gazette* Library Page. We also purchase books and library supplies, using the \$1,000 donated annually by the RW-C Residents Association and administered by the RW-C Foundation's Library Fund.

2020 Fiction: **Leave the World Behind** by Rumaan Alam; **Troubled Blood** by Robert Galbraith; **Still Life** by Val McDermid, donated by Jay White; **All Our Summers** by Holly Chambers; and **Old Lovegood Girls** by Gail Goodwin, donated by Jane Henley. And we have a 2020 Non-Fiction, **Rage** by Bob Woodward.

2019 Fiction: **A Single Thread** by Tracy Chevalier and **Olive Again** by Elizabeth Strout, both from Suzanne Thomas, and **Giver of Stars** by Jojo Moyes (2019), from Jane Henley.

Biographies: **The First Founding Father** is a recently-purchased biography about Richard Henry Lee by Harlow Giles Unger. New-to-the-Library Biographies include one about Queen Mary, donated by Suzanne Thomas, and one about Joan of Arc. **The Power Broker** is about Robert Moses who built the New York City expressways and bridges.

Guy-Stuff: Three biographies, **Dale Earnhardt** and **The Earnhardt Family** about NASCAR racing, and **Wayne Gretzky**, about Hockey, were donated by Fred Luxton, as was **99**, "a great history of the game of hockey." Fred also donated **Lethal Agent** by Vince Flynn. In Mystery, **The Sentinel** is a new Lee Child donated by Jay White; **Target Alex Cross** is by James Patterson; and there are two new Henning Mankell books.

Other New-to-the-Library Fiction – **The Madonnas of Leningrad** by Debra Dean; **The 9th Girl** by Tami Hoag; **Falling: A Love Story** by Jane Green; and the intriguingly-titled **Lillian Boxfish Takes a Walk** by Kathleen Rooney. Oldies donated by Peter Bennett include **A Blink of the Screen** by Terry Pratchett and two train books: **Beware of the Trains** and **A Ticket to Ride**.

Library Card Bingo! The card for a Mary Higgins Clark mystery, published in 2007 and brand-new when we acquired it, has just filled up with 30 check-outs!

What Madame Librarian has been reading: **The Last Mrs. Parish** by Liv Constantine, an ingeniously diabolical novel recommended by Madame's granddaughter. Also two books of letters from Civil War battlefields – **The Delanys of Wellbourne**, donated by Suzanne Thomas, with letters from a Virginia Calvary officer, and **All Quiet on the Rappahannock Tonight**, with letters from a Rhode Island artillery man.

'Tis December, and the RW-C Library's collection of Christmas books comes out of storage for a month of nostalgia, seasonal spirit, and memories of Miller and Rhodes in Richmond.

Lois Williams – RW-C Residents Association Library Chair