



Rappahannock Westminister-Canterbury  
132 Lancaster Drive  
Irvington, VA 22480

# Gazebo Gazette

## **RWC CURRENTS WITH PHIL WILLIAMS: OWNING CAMP WACHUSETT\***

**Friday, March 5—10:00 AM—Auditorium  
Limit 30 people**

Founded in 1903 as one of New England's first camps for boys, Camp Wachusett provides a rich and varied program in a gorgeous Vermont setting. Camp Wachusett generates a spirit of fun, excitement, and adventure as it strives to realize its broader purpose of personal and social growth for each camper. It promotes a boy's independence and self-confidence as well as his sense of himself as part of a group. Camp Wachusett recognizes that a relatively small environment maximizes the opportunity to individually care for each boy and to devote the necessary time and energy to provide the best possible summer experience each camper deserves. Please sign up at the Front Desk to attend.

## **TOUCHTOWN AT RWC**

Over the last few years RWC has been exploring technology to enhance how we provide information to residents, staff, and family. Until recently CH85, the *Gazebo Gazette* (our newsletter), email, and paper notices was the standard.

RWC looked at several information sharing technologies and chose TouchTown. TouchTown is an integrated communication platform. We can put information into TouchTown once and distribute or provide access to the information through any combination of CH85, digital signs, a web portal, and/or the TouchTown app loaded on your cell phone, iPad or home computer. It provides the ease of use and flexibility of customization that fits best with our needs.

When fully implemented TouchTown will provide a one-stop site to give you access to information about what is happening at RWC: menus, updates, sign-ups, the calendar, and important announcements. In addition, TouchTown provides easy access to your directory, handbook, and resident profiles. TouchTown also provides the ability for staff to update communications remotely.

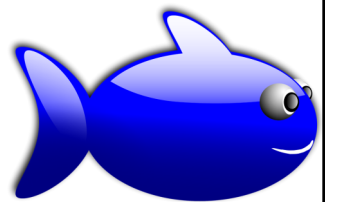
Some of you may have heard of TouchTown, have been introduced to TouchTown or may even be using TouchTown. As recommended by TouchTown, we are using a soft launch with a limited group of people to have time to work out any initial issues and lay groundwork for a larger-scale launch.

Amy Lewis and Regina Ward are the administrators of this program. Regina is the direct contact for sign ups and questions regarding the app. She has already reached out to many of you and helped you with setting up the app on your phones and giving you the initial how-to instructions. If you are interested in learning more or starting to use TouchTown, please call Regina at ext. 4350.

RWC is looking forward to moving on to the next phase of bringing TouchTown to CH85. Thank you for taking this next step with us!

## **FISHING TOURNAMENT**

Spring is coming and the fish will be biting! Would you be interested in participating in a fishing tournament, here on Wood Duck Lake? If so, please contact Denise Kenner at 4877 or email at [dkenner@rw-c.org](mailto:dkenner@rw-c.org).



## **STITCHERS AND QUILTERS GROUP**

A group of stitchers and quilters will be gathering the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays in AR2 from 1pm-3pm. Our goal is to share our love of stitching and quilting with our neighbors, learning skills from fellow quilters and passing along tips and teaching to each other! We will be working on personal projects and are going to work on a group project. It is called a **Library Bookshelf Quilt** – which will hang in the Library – Madam Librarian says “YEA! New décor”. We will also be working on some small projects for our neighbors in the Health Services and Assisted Living areas. From a gracious donation of fabrics by Marge Alderson when she moved from her cottage, we have plenty of fabric for many projects.

*The deadline to submit articles for the April 2021 issue is  
**Tuesday, March 23 by noon.**  
Contact us: 804-438-4000*

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MARCH 2021</b>	10:00-FRL-Shopping* 11:00-MSP-Parkinson's Caregiver Support Group 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 4:00-AUD-Spark Program: Trivia & Word Games 7:00-Youtube-Northern Neck Orchestra Video Series, Pt. 1	11:00-AUD-Resident Association Board Meeting 11:00-AR1-Grocery Pick Up 1:00-AR2-Quilting Group	3:00-LAN-Praying the Rosary	1:00-AUD-Camp Wachuset with Phil Williams* 1:30-AR2-Cornhole	
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 2:30-CH85-Virginia Museum of Fine Arts Presentation	10:00-AR2-Activities Committee Meeting 11:00-AR1-Grocery Pick Up	10:00-AUD-Great Courses* 10:00-AR2-Food Committee Meeting 3:00-LAN-Praying the Rosary	11:00-AR2-Art with Amy: Step by Step Painting* 1:30-AR2-Cornhole	<b>SET YOUR CLOCKS AHEAD ONE HOUR BEFORE RETIRING TO BED.</b>
<b>DAYLIGHT SAVING TIME ENDS</b>	10:00-FRL-Shopping* 10:00-AUD-Grounds & Landscaping Committee Meeting 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 7:00-Youtube-Northern Neck Orchestra Video Series, Pt. 2	12:00-ATR-St. Patrick's Day Scavenger Hunt 11:00-AR1-Grocery Pick Up 4:00-CH85-Suzanne & Jim Concert Video: The Irish in America	10:00-AUD-Great Courses* 3:00-LAN-Praying the Rosary	12:30-FRL-Trip to Kinsale Foundation & Museum* 8 max. 1:30-AR2-Cornhole	
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study	11:00-AR1-Grocery Pick Up 1:00-AR2-How Rockets Are Made*	10:00-AUD-Great Courses* 3:00-LAN-Praying the Rosary	12:30-FRL-Trip to Gloucester Historical Museum* 1:30-AR2-Cornhole	7:00-CH85-Saturday Night Movie: Our Souls at Night
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 1:00-AR2-Art with Pam 1:00-CGR-Catch Phrase 2:30-CH85-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 7:00-Youtube-Northern Neck Orchestra Video Series, Pt. 3	11:00-AR1-Grocery Pick Up 1:00-AR2-Going Supersonic with US Air Force Thunder- birds*	<b>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.</b>		

**GREETINGS FROM THE PRESIDENT/CEO**

At the February Board of Trustees meeting, the Board recognized Brandon Rohr Louisell with a resolution for completing six years of service on the Board. The February Board meeting is the annual meeting, so the Board elects the slate of corporate officers for the coming year. The Board elected Norman Faulkner, Jr., to the second year of a two-year term as Chair. Jeff Joy continues a Vice-Chair. I am very proud of the two new Vice-Presidents elected by the Board: Shanee Jones, Health Services Administrator, was elected Vice President – Health Services; and Wanda Wallin, Director of Human Resources was elected Vice-President – Human Resources. Shanee and Wanda join Wade Bishop (Chief Financial Officer/Treasurer), Phillip Williams (Vice President – Operations), Heidi Bristow (Assistant Secretary/Treasurer) and me (President, CEO and Secretary) to complete the staff corporate officers. I am also happy to share that Lauren Ambrose White has been promoted to Marketing Manager for RWC. Please join me in wishing Shanee, Wanda, and Lauren well. Work continues on the Small House Project despite significant weather over the past several weeks. Soon framing will begin, and the overall structure of the Small House will take shape and be very apparent. Meanwhile design work continues on the details such as the various electrical and low-voltages systems that will support the House when it opens. Construction is slated for completion in the late August timeframe barring any significant weather interruptions. Recently I received a note from a resident with a list of twelve things the resident was grateful for throughout the pandemic. This note came at the perfect time, as such things do. I was particularly taken by the closing paragraph which I will share here: *“With a cup full, it is hard to have a half-full outlook. Thank you for positive help rendered in a positive manner by lots of folks acting as the gentlemen and gentlewomen they are.”* Positive is the emphasis of this note, and admittedly positivity is in the eye of the beholder. But in times when it seems that which we control is less and less, this note reminds me, and I hope encourages you, that we are absolutely in control of our outlook – and why not make it positive. The late Dr. Norman Vin-

cent Peale still teaches us – “Change your thoughts, and you change the world.” Let’s go positive!


**A MOUSE NAMED ED**

In 2004, George Frayne, former director of the Fisherman’s Museum in Reedville, formed a team with Bob Butler and Dan Boley to prepare the first exhibit for Irvington’s Steamboat Museum. The exhibit included a diorama, a ship model and a large board depicting a timeline of steamboat development and use from the mid-nineteenth century to the 1930s. By 2006, Terri Thaxton was Director of the Steamboat Era Museum and Dick Wilson, Chairman of the Board of Directors. Phil Williams soon became the third member of this mighty trio, and thanks to them, the museum took on a more professional look. Display changed completely each year and George, desperate for any kind of help at all, asked me to help in the preparation.

Working one evening in my basement workshop I had a feeling of being watched and turning around expected to see my wife, Jinx, but there was no one there. Then my eyes fell to the floor, and about six feet away there was a mouse, sitting there and staring at me.

He appeared night after night, sitting there and staring, and no question about it, there was something very special about this mouse. I began to think of him as the museum mascot, named him “Ed” for lack of a better name, and started to leave out a piece of cheese before I went to bed. Then days went by and he failed to show up. The poor guy must have ventured outside for some fresh air one evening and was dispatched by my neighbors cat, who, in his defense, was only looking to augment his boring diet of canned fish.

Anyway, when advised of my relationship with Ed, friends told me in no uncertain terms that I was pathetic and should get a life. But I missed that mouse and even thought of getting a hamster to take his place. I never did though. Hamsters are kind of stupid running around on those treadmills all the time and it just wouldn’t have been the same.

Bill Wright, Resident

**ART WITH AMY: STEP BY STEP PAINTING\***

Friday, March 12—11:00 am—Art Room 2

Like any craft, learning how to paint with acrylics takes a little time to get the hang of and involves plenty of trial and error as you set on your way. With guidance and advice you will find your inner artist. Please sign up at the Front Desk to attend. Class limit: 8.

**ST. PATRICK’S DAY SCAVENGER HUNT**

Wednesday, March 17—12:00 pm—Atrium

Find the shamrocks for your clues and follow them to the end of the rainbow. Look for more information in your boxes at the Front Desk.

**HOW ROCKETS ARE MADE (ROCKET FACTORY TOUR - UNITED LAUNCH ALLIANCE) \***

Wednesday, March 24-1:00 pm

Art Room 2 Class Limit: 10

ULA is harnessing the potential of space for humanity. ULA is inspired by possibilities not yet imagined, believers driven to broaden horizons, and doers combining technology, innovation, expertise, ingenuity and a commitment to the extraordinary. Take an in-depth tour of their rocket factory with the CEO of ULA. Please sign up at the Front Desk to attend.

**SATURDAY NIGHT MOVIE**

March 27 —7:00 PM—Channel 85

Feature: **Our Souls AT Night**

Though widow Addie Moore and widower Louis Waters have been next-door neighbors for decades, they've scarcely had any contact since their spouses died. But everything changes when Addie, looking to make a connection, pays Louis a visit. (2017) 1 hour, 43 minutes. Not Rated.

Cast : Jane Fonda, Robert Redford

**GOING SUPERSONIC WITH U.S. AIR FORCE THUNDERBIRDS! PULLING 7 G'S IN AN F-16 \***

Wednesday, March 31—1:00 pm—Art Room 2  
Class Limit: 10

The professionalism displayed by the Thunderbirds is astounding. Their goal is to inspire and demonstrate the capabilities of the US Air Force. Sign up at the Front Desk to experience the 30 minute journey.

**WE SEE YOU**

We see you, our health care workers at the front lines of RWC and of our community.

We see you fast-walking through the halls to bring respite to our residents.

But even if we don't see you in the present, our mind's eye reminds us with deep gratitude of your dedicated care in the past not only of us but of our loved-ones.

How much harder your work is now, how much more wrenching, now that you must fight the unseen, unpredictable menace! You meet it head-on, masked, wearing goggles over your eyes, and a protective shield covering your face to hold the virus at bay so that you can continue your meticulous work at your own risk and always to our benefit.

And still you persevere, tired to the bones from long, watchful hours, weighed down by the responsibility for the welfare of your patients, weary of endless concern and relentless, repetitive daily and nightly work.

You never show your exhaustion. Your masks may hide your smiles just now but even through the protective covers your eyes tell the story of your dedication. We laud you. Yes, we see you!

Milena Van Sant, Resident

## FIT BITS: MIND AND MUSCLE

### AQUA FITNESS AEROBICS

We will be starting our Aqua Fitness Aerobics class on Tuesdays at 3:10 pm to 3:40 pm. We will not be using any equipment like noodles or hand weights. The class will be limited to 3 participants and 1 instructor. This class will start on Tuesday, March 9th and will be added to the sign-up link on Thursday, March 4<sup>th</sup>. If you have any questions, please contact Jonathan at 4290.

### NCAA BASKETBALL TOURNAMENT BRACKET CHALLENGE

Would anyone like to have a friendly competition to see who at RWC can come the closest to getting the most picks correct? Please contact Jonathan at 4290 if you would be interested in entering a bracket.

### ORIENTATION FOR THE WELLNESS DEPARTMENT

Our orientation process is to help you understand how the Wellness Department works and for us to learn how we can help create the best exercise prescription for you. Orientation Process Includes:

- Taking a tour of the facility if you have not already done so.
- Medical clearance form filled out by your doctor.
- Health history appraisal.
- Interests and goals appraisal.
- Sign a waiver form.
- Fitness Assessment (usually done in a separate appointment)
- Exercise Prescription (usually done in a separate appointment)

As you get involved in our program, if you have any changes in the appraisal or need a change in your exercise prescription, please

let us know. We will update and take care of your exercise needs.

Please contact Jonathan at 4290 or Alex/Demetrick at 4852.

### UPDATE TO THE WEEKLY CLASS GROUP EXERCISE SCHEDULE

**(Please sign-up for your classes weekly by calling 4290 or using our link. If you need our link please call Jonathan for more information)**

#### Mondays, Wednesdays & Fridays

9:00-9:30 FC 1, 2&3-S&BC & CH85  
 9:45-10:15 FC 1,2&3-S&B C  
 10:30-11:00 FC 1,2&3- S&B & Core D  
 10:30-11:00 HC/ALC Ch 85 for now  
 11:15-11:45 FC 1,2-3-Fit to Move Independent Living residents only and CH85  
 1:30 -2:00 FC 1,2&3-S&B B CH85  
 1:45-2:15 POOL Water Walking  
 3:30-4:00 HC/ALC CH85 for now

#### Tuesday and Thursdays

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 HC/ALC CH85 for now  
 2:00-2:30 HC/ALC CH85 for now

#### Starting March 9—3:10 –3:40 POOL Aqua Fitness Aerobics

### CHANNEL 85 CLASSES FOR HEALTH CENTER AND ASSISTED LIVING RESIDENTS

Monday, Wednesday, and Friday  
 10:30am  
 3:30 pm  
 Tuesday and Thursday  
 11:00am  
 2:00pm

### GREAT COURSES\* “HISTORY OF THE SUPREME COURT, PART 3 (FINAL)”

Thursdays, March 11, – April 8, 2021

10:00 am - 11:00 am

Auditorium

12 Lectures in a Six (6) weeks course.

This course on the Supreme Court in American history will trace the Court’s development from its founding to the present, with a focus on the landmark cases that have reflected conflicts in American society.

The final set of 12 lectures will deal with the Court under the leadership of Chief Justices Warren Burger and William Rehnquist, judicial conservatives who were both named by Republican presidents. Burger replaced Earl Warren in 1969 and retired in 1986, and Rehnquist became the first sitting justice to head the Court since Harlan Stone in 1941. Burger and Rehnquist both had “law and order” credentials, and both made clear their desire to reverse many of the Warren Court’s “activist” decisions in criminal law and First Amendment rights.

Class size will be limited to 25 maximum. Chairs will be appropriately spaced and participants will need to wear masks. Please sign up at the Front Desk.

### VMFA ONLINE-VA ARCADIA: THE NATURAL BRIDGE IN AMERICAN ART

Run time: 58:15 minutes

Tuesday, March 9—2:30 pm—Channel 85

One of the most famous and frequently depicted sites in American landscape art of the 19th century, the Natural Bridge of Virginia was rendered by some of the nation’s preeminent artists, including Frederic Church, David Johnson, and Edward Hicks. Dr. Christopher Oliver discusses the major themes associated with the site and shares some highlights of the exhibition Virginia Arcadia: The Natural Bridge in American Art.

### TRIP TO KINSALE FOUNDATION & MUSEUM\*

Friday, March 19—12:30 pm—Front Lobby

Limit: 8 people—Sign up at Front Desk

There are Native American artifacts, models of a variety of boats, tomato cannery information, a collection of books and gift shop that include numerous volumes for sale about wars that touched the town, details of the 57 businesses operating in the town’s heyday, information about the James Adams Floating Theater, and details of the Great House and how it was impacted by the War of 1812. In Kinsale, a treasured Museum donation or loan — so far at least! — does NOT include bejeweled Faberge eggs.

Rather, it tends toward more personal items: a handmade North Carolina Lily quilt, a cow creamer collection, grandmother’s doll, pipes, mortars-and-pestles, tools, arrowheads, a whale’s vertebra. There are items used in the Museum in its various other uses: as a tavern in the late 1800s and a butcher shop in the early 1900s.

### GLOUCESTER HISTORICAL MUSEUM\*

Friday, March 26—12:30 pm—Front Lobby

Limit: 8 people—Sign up at Front Desk

The Museum also continues to display numerous permanent exhibits which include:

- Antique Survey Equipment
- Battle of the Hook
- Celebration of African American History in Gloucester
- Civil War
- Fairfield
- Free School House
- Gremer Doll Houses
- The Hotel Botetourt
- James D. Gardner
- The Old Country Store
- Pocahontas

Eat your lunch early as we will not be stopping to dine on this trip. Please sign up at the Front Desk to attend.

## SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

March: the month of hope. As winter wanes we once again begin to sense the nearing of spring, and the time to enjoy it! Indeed one of my favorite things about March is that the days get longer, which is to say there's more evening daylight, more time to be outside, take a walk, work in the yard, watch a sunset. Glimmers of hope; and yet at the same time March is known for being a crossroad of sorts, a juxtaposition of opposites. On the one hand, there's this aspect:

"In March, the soft rains continued, and each storm waited courteously until its predecessor sunk beneath the ground." *John Steinbeck*

"The stormy March has come at last, with winds and clouds and changing skies; I hear the rushing of the blast, that through the snowy valley flies." *William Bryant*

"March is the month God created to show people who don't drink what a hangover is like." *Garrison Keillor*

And yet, on the other hand:

"In March, winter is holding back and spring is pulling forward. Something holds and something pulls inside of us to." *Jean Hersey*

Or perhaps most famously: "March is in like a lion and out like a lamb."

This lion and lamb imagery, as it turns out, has everything to do with the season of Lent: repenting turns to rejoicing, darkness leads to light, death resolves into life. The Lion of the tribe of Judah becomes the Lamb of God who takes away the sins of the world.

"Aslan is a lion - The Lion, the Great Lion." 'Ooh' said Susan. 'I'd thought he was a man. Is he quite safe? I shall feel rather nervous about meeting a lion.' 'Safe?' said Mr. Beaver... 'Who said anything about safe? Course he's not safe. But he's good. He's the King, I tell you.'" *C.S. Lewis, The Lion, the Witch and the Wardrobe*

God indeed is anything but safe and surely not someone to trifle with. And yet simultaneously, completely lovingly perfectly good. Especially in this Lenten season we're ever so poignantly reminded of how he's both: dangerous indeed, and yet wholly good. Sort of like life: good in so many ways: so very many blessings. And yet, definitely not always safe:

so many things can go wrong. And so in this month of March, as Lent continues and Easter approaches, once again I remind myself and all of us of the hope that is coming. And I continue to stand amazed by and grateful for your courage, strength, perseverance, perspective and faith in and through all the things of life. Dangerous, but good; very good. Chaplain Greg Houck

### LENTEN DEVOTIONAL GUIDEBOOKS

Books are still available for all residents and staff alike. They can be found on tables in the atrium, by the chapel and in the Assisted Living entryway.

### TUESDAY BIBLE STUDY GROUP

The group continues to meet on Tuesdays at 11:00AM. in the auditorium. Our topic is the *Book of Psalms*. Chaplain Houck is leading the study until our current outside visitation policy is revised. We hope to see you there!

### IN MEMORIAM

**MR. CLARK SCHUMACHER**  
JANUARY 27, 2021

**MRS. SIBYL BAYNE**  
JANUARY 28, 2021

**MR. JOHN BARBER**  
FEBRUARY 6, 2021

**MRS. LOIS FRENCH**  
FEBRUARY 12, 2021

**MRS. MILDRED HUFFMAN**  
FEBRUARY 13, 2021

"You hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory. Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever." *Psalms 73:23-26*

### SPARK PROGRAM : TRIVIA & WORD GAMES

Tuesday, March 2—4:00 pm

#### Auditorium

Spark program- the first Tuesday of every month at 4:00pm in the Auditorium. Learn new ways to challenge the brain and keep the brain sharp. Word games, trivia, sensory stimulation and more.

### SUZANNE & JIM PRESENT "THE IRISH IN AMERICA" VIDEO CONCERT

Wednesday, March 17—4:00 pm—CH85

Since 2015, Suzanne & Jim have been bringing to RWC the best of live performance in Americana and folk music. To celebrate St. Patrick's Day, Suzanne & Jim have produced a video featuring their arrangements of beloved Irish music. Along with a commentary of the Irish in America, Suzanne & Jim will entertain you with their special vocal and instrumental arrangements.

### VIDEO SERIES HOSTED BY MUSIC DIRECTOR MICHAEL REPPER

The Northern Neck Orchestra will present an entertaining and informative series of free online videos hosted by Music Director Michael Repper with the first of four talks premiering March 2 on YouTube.

A new program will debut every two weeks through April 13. All videos will be available continuously following their initial release. The series, "Music with Michael Repper," will showcase the conductor's unique talent to enhance the appreciation of classical music in fun and innovative ways and feature performances by stellar members of the orchestra, said Ammon G. Dunton, Jr., chairman of the orchestra. The talks will outline the historical development of classical music through the Baroque, Classical and Romantic eras and feature essential works by Bach, Mozart, Beethoven, Chopin,

Clara Schumann and Scott Joplin. The programs also place the music of each era within the broader context of the cultural, philosophical and scientific developments of its time. The 20 to 30-minute programs will be available on the following dates at 7 p.m.:

**Bach and the Baroque Era on March 2:** The first talk introduces the Baroque period with a focus on Johann Sebastian Bach and the balance of complexity and order in his groundbreaking work. Violinist Wanchi will perform Bach's moving *Chaconne* with Repper at the piano.

**Music for the Age of Enlightenment: The Art of the Fugue on March 16:** The second lecture extends the discussion of the Baroque era and its historical environment with a review of the construction of the fugue and its ingenious interweaving of multiple voices. Repper will perform Fugue No. 1 in C Minor from Bach's *Well-Tempered Clavier*, whose exquisite harmonies resonate today.

**The Classical Era, Mozart and Beethoven on March 30:** The third talk introduces the classical style present in the compositions of Mozart, Haydn and a significant portion of Beethoven's work. Repper will play Mozart's memorable *Piano Sonata in C Major*. Violinist Adelya Shagidullina will perform the first movement of Beethoven's delightful *Spring Sonata* with Repper at the piano.

**The Romantic Era: Music for the Sake of Emotion on April 13:** The series concludes with a review of the Romantic period and its passionate appeal to human emotions. Repper will perform Chopin's haunting *Prelude No. 4*. He will be joined by Adelya Shagidullina in Clara Schumann's wistful *Romanze No. 2*.

**To enjoy this series, tune into YouTube on your preferred digital device.**

**NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY**

Dining Comments can be sent to:  
**foodcomments@rw-c.org**  
 Dining Reservations call Ext. 4516  
 Dining Immediate Assistance call Ext. 4017  
 Chef Flynn can be reached at Ext. 4019

Yes, it will be safe to venture out of doors, walk on a trail, or dig in your own yard. The Landscaping staff will be pruning and planting, so if you have suggestions for them, contact Jane Henley, Chairman of Landscaping and Grounds Committee, or your personal contact who checks in with you every other month to see if you have horticultural or landscaping needs. The Committee will be meeting with Damon Chowning and Phil Williams on March 15. Have good cheer, Spring is almost here! Jane Henley, ext. 4303

**SIMPLE FORMULA FOR LIVING**

- Live beneath your means.
- Return everything you borrow.
- Stop blaming other people.
- Admit it when you make a mistake.
- Give clothes not worn to charity.
- Do something nice and try not to get caught.
- Listen more; Talk less.
- Everyday take a 30 minute walk.
- Strive for excellence, not perfection.
- Be on time. Don't make excuses.
- Don't argue. Get organized.
- Be kind to unkind people.
- Let someone cut ahead of you in line.
- Take time to be alone.
- Cultivate good manners.
- Be humble.
- Realize and accept that life isn't fair.
- Know when to keep your mouth shut.
- Go an entire day without criticizing anyone.
- Learn from the past. Plan for the future.
- Live in the present.
- Don't sweat the small stuff.
- It's all small stuff.

On February 1<sup>st</sup> Culinary started back with lunch dining in the Lakeview Grille Sunday-Saturday (11:00-1:30) - February 15 dinner service started Monday-Friday (4:00-6:30) with limited seating during both meal periods. Please call 4516 to make a reservation. March 17<sup>th</sup> Culinary will be observing ST. Patty's Day during the lunch meal period. The menu will consist of:

- Irish Colcannon Soup
- Watergate Salad
- Baked Salmon w/ Irish Whiskey Glaze
- Irish Lamb Stew
- Roasted Zucchini Squash
- Irish Rice Pilaf
- Irish Soda Bread
- Chocolate Ganache Cheesecake
- Irish Guinness Cake

**RAINFALL REPORT!**

Dean Loudy, who checks the RWC Rain Gauge each morning at 6:00 a.m., reports a 2020 rainfall of 74 inches, surpassing the Richmond Airport's 1888 record of 72 inches. January 2021 saw 4.09 inches, and February had 5 inches through the 21<sup>st</sup>, with a week left to go.

**GROUNDS & LANDSCAPE NEWS**

Spring is around the corner, or so says my calendar. Daylight savings begins March 14 and First Day of Spring is officially March 20. In a few weeks daffodils will be popping up all over the RWC grounds.

**HOOKEO ON BOOKS: EXPLORE, DISCOVER AND LEARN**

The RWC Book Group's March selection is *The One-in-a-Million Boy* by Monica Wood—about a boy doing chores for the 104-year-old Ona, and sharing with her his obsession with the *Guinness Book of Records*. It's been called "a simultaneously sad and joyous story."

*A Mariner's Filmography From 1930 to 2020: Seafaring Historical Naval Maritime Cinema* by our own Lawrence J. Treadwell Jr. is the RWC Library (in manuscript form) for browsing. Take the notebook off the top shelf in the New Books area, find a chair, look through *Filmography*, and return it to the shelf for others. Playbook for *Mr. Rogers*:

1955, WWII, Small Navy cargo ship in South Pacific. Comedy drama with Cagney as the eccentric captain, Powell is the philosophical doctor, Henry Fonda is the executive officer who wants to transfer to a destroyer, Lemmon is laundry officer.

Our most exciting new books are *The Daughters of Yalta: The Churchills, Roosevelts, and Harrimans, A Story of Love and War* (2020), donated by Ginny Burnette and *Pappyland: A Story of Family, Fine Bourbon and the Things That Last* (also 2020). Two other non-fiction books with long titles were donated by Nina Walls: *The Professor and the Madman: A Tale of Murder, Insanity and the Making of the English Dictionary* and *The Feud: Vladimir Nabokov, Edmund Wilson, and the End of a Beautiful Friendship*.

Other new books include Tom Clancy's latest, *Code of Honor*, donated by Gerald Hoskins; *Love You More* by Lisa Gardner, donated by Marilyn Hess; and *One For the Blackbird, One For the Crow* (2019), all in Fiction. And from Jay White, *The Historians: A Novel of WWII* (2021!) and books by mystery authors Jeffrey Archer and Michael Connelly.

New Large Print Books: *The Scarecrow* by Michael Conneley, *Summer House* by James Patterson, and *Lost and Found* by Danielle Steel, all from Elaine Lowrey, and *Hidden Figures* by Margo Shetterly and *The Vanishing Half* by Brit Bennett, both from Jean Gilmore.

New in Fiction Paperback: From Mildred Loudy, *One Day in December* by Josie Silver, *The German Girl* by Armando Lucas Correa, and *The Simple Wild* by K. A. Tucker; from Marilyn Hess, *The Dry* by Jane Harper; from Jay White, *Kindness Goes Unpunished* by Craig Johnson and *Snowdrift* by Helene Tursten; and the delightful *The Music Shop* by Rachel Joyce.

**LIBRARY WORKERS AT WORK:**

Pat Kirby and Katherine Lantz are doing the semi-annual inventory, removing books not read in the last five years. Discards under the Magazine Table; keep any books of interest!

Ann Wiggins asks that you bring your paperbacks to the Paperbacks for Troops box.

Computer Guys Ken McCraney and Kerley LeBoeuf have come up with this data:

January 1, 2021 RWC Library Numbers			
Category	Total Number of Books	Acquired in 2020	Owened Since 2005
Fiction	791	140	3
Mystery	501	48	13
L P Fiction	311	25	20
L P Mystery	199	9	14

Lois Williams – RWC Residents Association Library Chair