



Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480

Gazebo Gazette

YOU MAY SIGN UP FOR ANY PROGRAMS OR EVENT BEGINNING NOVEMBER 1 AT THE FRONT DESK.

WELCOME NEW NEIGHBORS

Mrs. Anke Longest, Cottage 401. A native of Hamburg, Germany, Anke describes herself as a 'North German Yankee'. She and her husband Donald (deceased) met in Germany when he was drafted; they were married 49 years. Their home in Aylett is the family farm - horse and cattle; Anke is an avid equestrian and loves the farm life.

As a doctor's wife, Anke enjoys helping neighbors and meeting people. She loves to read (Vince Flynn is a favorite author), gardening, Mah Jongg (North American style), Pokeeno, RVing, and traveling.

Making the move with Anke is her 8 year old German Shepherd, Ben. Well trained, Ben will be a good neighbor.

Mrs. Nancy Collings, Free Standing Home 418. Born in Hornell, NY, Nancy moves to RWC from nearby Weems. Living in Weems for 20 years she and her husband Bob (dec. July 2020) were very familiar with RWC, having many friends who live and had lived here. Nancy stated, "I knew that I would move to RWC one day"

Nancy and Bob married in 1975 after meeting in the air. Since 1968 both worked for United Airlines – Bob was a pilot and Nancy a "Stew – now they call us flight attendants". They lived in Cambridge MD for 25 years, retired and discovered the Northern Neck after a trip to the Tides Inn; moved here full time in 2000.

Nancy is active in the community; she plays 18 hole golf with the Tuesday Ladies group at ICYCC and is an active member of the Rappahannock Garden Club. She also enjoys growing flowers, jigsaw puzzles and crafts. Nancy was happy to see the hobby room; she used to make wood crafts to sell in a small shop when they lived in Cambridge, MD.

Mr. and Mrs. Albert "Al" and Mary Louisa Pollard, Cottage 407. Native Washington DCers, Al and Mary Louisa are well known in the Irvington community. A second generation resident, Mary Louisa's parents, Mr. and Mrs. Wells, lived in Westbury Court.

Both Al and Mary Louisa have always been involved in volunteer efforts. Al served on many boards - Chesapeake Academy, St. Margaret's School, as well as VA Science Museum. An electrical engineer (UVA), Al enjoys engineering, inventing, and using his CAD skills. Mary Louisa was a founding member of the Northern Neck Land Conservancy, was involved in the planning and building of The Dandelion Shop, as well as other private enterprises. A graduate of the Cheadle Hulme School in Manchester England, Mary Louisa is an alumna of the Mary Washington College, now MWU. Making the move with the Pollards is their 10 year old Shitzu/Poodle mix, Oso (Spanish for Bear).

2022 NOMINATIONS

The Nominations, Elections, and By-Laws Committee of the RWC Residents' Association presents the names of the following individuals for the 2022 designated offices to be voted upon at the **Annual Meeting of the membership of the Association on December 1, 2021.** The membership may nominate additional candidates from the floor by notifying the Chairperson of the Nominations, Elections and By-Laws Committee, in writing, a minimum of one week prior to the Annual Meeting.

President: Jane Higgins

Vice-President: Vikki Marek-Young

Secretary: Valda Foulds

Treasurer: Fred Luxton

Directors at Large: Susan Jones, Phil Booth, Jay White and Bolling Williamson

Quality of Life: Don Gilmore (2 year term), Judy Caples (1 year term), and Jane Higgins

Finance: Ben Weimer, Gerald Hoskins, Suzanne Thomas, Ethel Frye, and Brian Bennett

Nominations, Elections, and By-Laws: John Roberts, Cecil Vail Schwartz, Milena Van Sant and Carl Blades.

The deadline to submit articles for the December 2021 issue is
Friday, Wednesday, November 17 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
NOVEMBER 2021	10:00-FPL-Mini Horses Visit 10:00-FRL-Shopping* 11:00-MSP-Parkinson's Caregiver Support Group 1:00-CGR-Catch Phrase 4:00-CGR-Darts 4:30-AUD-Caregiver's Memory Support Group	10:00-FRL-Bus to Voting Poll* 10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam 4:00-AUD-Spark Program: Trivia & Word Games	9:00-FRL-Trip to Trader Joe's & NY Deli (Rescheduled from October)* 10:00-AUD-Residnets' Association Board Meeting 1:00-AR2-Stitching Stars Quilting Group 2:30-CH85-Rebroadcast "Update with Stuart" 7:00-CGR-Gentlemen's	2:30-CH85-Rebroadcast "Update with Stuart" 3:00-RAP-Praying the Rosary	8:30-LVG-First Friday Forum: Lois Williams* 2:30-FCR-Cornhole	1:00-CH85-Rebroadcast of First Friday Forum REMEMBER TO SET CLOCKS BACK ONE HOUR BEFORE RETIRING TO BED
DAYLIGHT SAVING TIME ENDS	HEALTHY HARVEST OFFERING BEGINS					
1:00-CH85-Rebroadcast of First Friday Forum 1:30-CGR-Campbell Memorial Presbyterian Church Communion (residents only) 4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 11:00-AR2-Art with Amy: Soap Making, Part 1* 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam 2:30-CH85-Rebroadcast "Update with Stuart" 4:00-CH85-Virtual Annual Memorial Service	11:00-AR2-Art with Amy Soap Making, Part 2* 1:00-AR2-Stitching Stars Quilting Group 2:30-CH85-Rebroadcast "Update with Stuart" 7:00-CGR-Gentlemen's Poker Group	11:00-CH85-Veteran's Day Video 2:30-CH85-Rebroadcast "Update with Stuart" 3:00-RAP-Praying the Rosary	11:00-AR2-Art with Amy We Whisk You A Merry "Kiss"mas* 2:30-CH85-Rebroadcast "Update with Stuart" 2:00-Lakeside Cornhole Tournament* 2:30-FCR-Cornhole— CANCELLED	
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 11:00-AR2-Art with Amy: Snowman Light Bulbs* 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-AUD-Special Concert with Rupert Wates* 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam 2:30-CH85-Rebroadcast "Update with Stuart"	10:00-AR2-Activities Committee Meeting 2:30-CH85-Rebroadcast "Update with Stuart" 7:00-CGR-Gentlemen's Poker Group DEADLINE FOR GAZEBO GAZETTE ARTICLES	10:00-AR2-Food Committee Meeting 2:00-AUD-Parkinson's Support Group Meeting* 2:30-CH85-Rebroadcast "Update with Stuart" 3:00-RAP-Praying the Rosary	11:00-AR2-Art with Amy: Step by Step Painting* 2:30-FCR--Cornhole 2:30-CH85-Rebroadcast "Update with Stuart"	
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-RAP-Communion for Rosary Group 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-CGR-Darts	10:00-AR2-Chat & Craft 11:00-AR1-Grocery Pick Up 11:00-AUD-Bible Study 1:00-AR2-Watercolor with Pam 2:30-CH85-Rebroadcast "Update with Stuart" 4:00-CH85-Virtual Thanksgiv- ing Service	1:00-AR2-Stitching Stars Quilting Group 2:30-CH85-Rebroadcast "Update with Stuart" 4:00-Rebroadcast: Thanks- giving Service 7:00-CGR-Gentlemen's Poker Group	THANKSGIVING DAY	2:30-FCR--Cornhole 2:30-CH85-Rebroadcast "Update with Stuart" 4:00-Rebroadcast: Thanks- giving Service	
4:00-CH85-Sunday Worship	10:00-FRL-Shopping* 10:30-RAP-RWC Book Group 1:00-CGR-Catch Phrase 2:30-AUD-Update with Stuart 4:00-CGR-Darts	HEALTHY HARVEST OFFERING ENDS	Are you receiving too many 2022 calendars from different organizations? Don't throw them away. Place them in the bin in front of the Resident Life Office and we will distribute them to staff that can use them. Thank you!!			

GREETING FROM THE PRESIDENT & CEO

When I was in kindergarten, one of the first lessons we learned was about taking care of your school supplies. We had a box with the big pencil, a set of big crayons, and a pair of dull scissors – and not much more than that. One particular lesson was – Take care of your crayons – in other words – Do Not Break Them. That was emphasized to build responsibility, and I for one was particularly concerned about ensuring my crayons did not break – if you colored too hard – they might. When it happened in class for the first time, it was a cataclysmic event. My friend who broke his crayon was so ashamed and tears were shed. My resolve to keep my crayons intact deepened exponentially. Eventually, I broke a crayon and felt the same shame and disappointment. I became one of those kids with a broken crayon. I was extremely nervous from that point not wanting to break any more. My broken crayon still colored, but I was too disappointed at the time to realize the importance of that hidden lesson.

These days I expect we all feel like our crayons are broken as we have come through the challenging times of the last twenty months. Broken crayons represent other disappointments – things we have missed doing; things we have had to do differently; normal that has not returned as it was; shortages and delays; and so on. But our broken crayons still color! We navigate around the obstacles of life and shake off the disappointments with a view toward a better day ahead. We rekindle old interests and begin new. We have reasons to have hope to sustain us. We persevere. Why? Because our broken crayons still color. In fact, I would challenge you to find a broken crayon that does not color. Remember broken crayons still color, and we still have many, many reasons to make the best of today and hold hope for tomorrow.

With great appreciation for each of you, may you enjoy a wonderful Thanksgiving season and all the blessings of God.

Many hardships and perplexing circumstances confront the righteous,

But the Lord rescues [us] from them all. (Psalms 34:19)



ATRIUM CURIO CABINET SOUTHERN FOLK POTTERY: FACE JUGS AND OTHER WHIMSIES

There was a time in the South when most material possessions in the countryside were made either at home or by community specialists who sold their products. These domestic and professional craftspeople learned their designs and production techniques mainly from older family members, in addition, enslaved African-Americans were trained to produce much of what was needed for plantation life beginning around 1830.

By the Civil War, some industry had developed in the South, but the war required southern factories to shift to military production and brought Union blockade of imported goods, leading to a renewed emphasis on handicrafts. Hard times following the war encouraged the continuation of such skills, especially in more remote sections of the mountains. Before the general availability of factory made glass, metal and plastic containers, vessels of clay were one of the few means of preparing, preserving and transporting food and drink. Farming communities depended on the potter to provide jugs for holding cane syrup, whiskey, vinegar and water for thirsty field hands, as well as churns, crocks, pitchers and jars. The earliest face jugs were made by South Carolina slave potters. The source and original meanings of these intriguing vessels are uncertain. In the twentieth century a handcraft revival movement opened up a market for southern crafts.

BLACK FRIDAY IS COMING!!!

Looking for good quality crafted items homemade by **YOU** to fill the Auditorium for RWC's Black Friday Sale on Friday, November 26 from 10:00 am to 3:00 pm. **ALL PROCEEDS GO TO THE RWC FOUNDATION. Drop all of your handmade goods by Friday, November 19. You must tag and price your items. Anything that does not sell will be returned to you so please put your name on the item as well.**

Looking for a handmade crafts for a Christmas gift this year? Want to skip the lines and avoid the crowds? You can shop right here within the safety of RWC. We still need resident and staff crafters to donate their goods. Please, no used items or food.

MINIATURE HORSES VISIT RWC

Monday, November 1—10:00 AM

Front Parking Lot

Miniature horses are horses defined by their small height. They can be found in many nations, particularly in Europe and the Americas, and are the result of centuries of selective breeding. Depending on the particular breed registry involved, the height of these horses is usually less than 34–38 inches tall at the withers. While miniature horses fit a height-based definition to be considered a very small pony, many retain the physical appearance of the full sized horse and are thus considered "horses" by their respective registries. They have various colors and coat patterns.

BUS TO VOTING POLL OFFERED*

Tuesday, November 2—10:00 AM—Front Lobby

Sign up at Front Desk

General Election Offices on ballot: Governor, Lieutenant Governor, Attorney General, House of Delegates, some local offices (varies by locality).

FIRST FRIDAY FORUM*

LOIS WILLIAMS: TWO CENTURIES OF SLAVERY IN LANCASTER COUNTY

Friday, November 5—8:30 am—Auditorium

40 person limit

Sign up at Front Desk

Breakfast will be pre-plated and served.

We will video tape for those who are unable to attend in person and always rebroadcast the following Saturday and Sunday at 1:00 PM on Channel 85.

SPECIAL CONCERT: RUPERT WATES*

Monday, November 15—4:00 PM—Auditorium

Seating Limited: 40

Sign up at Front Desk

Rupert Wates was born in London and studied at Oxford University. He has been a full time songwriter since the late 1990s, when he signed a publishing contract with Eaton Music Limited. In London he worked with some of the best performers in the city. Moving in 2001 to Paris, Wates formed his own quartet and began playing live regularly. In

fall 2006 he came to the US. He is now based in New York City and Colorado. Since coming to the US, he has won more than 40 songwriting and performing awards.

ART WITH AMY CLASSES FOR NOVEMBER

All classes are limited to 8 participants and will be held in Art Room 2. Please sign up at the Front Desk to attend.

Soap Making, Part 1*

Monday, November 8—11:00 AM

Soap Making, Part 2*

Wednesday, November 10—11:00 AM

We Whisk You A Merry "Kiss"mas Craft*

Friday, November 12—11:00 AM

Snowman Light Bulbs*

Monday, November 15—11:00 AM

Step by Step Painting*

Friday, November 19—11:00 AM

VOLUNTEER OPPORTUNITIES AT SECONDS UNLIMITED

Seconds Unlimited thrift shop benefits Rappahannock General Hospital. Deborah Silvus, the stores manager, is looking for more amazing volunteers. "We are looking for outstanding active seniors that would love volunteering at Seconds. Business is booming and we need more support to keep up with donations as well as our busy sales floor." Interested volunteer candidates email: Deborahsilvus@bshsi.org. The shop is open 10 am-2pm.

Volunteers typically work 1-2 shifts a week. Typical shifts are 4 hours. However, they have some volunteers that help out more than 2 days. Volunteers usually commit to a shift on a certain day of the week.

Volunteer opportunities:

Tagging/pricing, Sorting, Adding merchandise to sales floor, Merchandising, Backdoor greeter/sorter, Cashiering (handwritten receipts/credit card machine) We do not have a POS system. Credit Card machine is user friendly for our volunteers.

FIT BITS: MIND AND MUSCLE

HAPPY THANKSGIVING

THE WELLNESS DEPARTMENT WILL BE CLOSED FOR THANKSGIVING NOVEMBER 25 AND FRIDAY, NOVEMBER 26. THE FITNESS CENTER AND POOL WILL NOT BE AVAILABLE TO USE.

GROUP EXERCISE SCHEDULE

Monday, Wednesday, and Friday

9:00-9:40 FC 1, 2&3-S&BC

9:50-10:30 FC 1,2&3- S&B & Core D

10:40-11:20 FC 1,2&3-Fit to Move (Parkinson's residents only)

11:00-11:30 *WC Strength & Movement **(Canceled Fridays for now)**

1:30 -2:00 FC 1,2&3-S&B B

2:05-2:35 Pool Water Walking

3:05-3:35 #HC dining room Moving & Grooving

Tuesday and Thursday

9:00-9:30 FC 1,2&3 Dance Aerobics **(Only on Tuesday)**

9:50-10:20 Pool Aqua Aerobic Fitness

10:45-11:15 FC1,2&3 Chair Yoga B

11:00-11:30 *WC Strength & Movement **(Canceled Thursdays for now)**

2:00-2:30 #HCDR Moving & Grooving

3:10-3:40 Pool Aqua Fitness Aerobics

*Westbury Clubroom in Assisted Living

#Health Center Dining room

ORIENTATION

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.

THERE'S A SUPPORT GROUP FOR THAT!!

PARKINSON'S CARE PARTNERS

Monday, November 1— 11:00

Main Street Pub

CAREGIVER'S MEMORY SUPPORT GROUP

Monday, November 1—4:30 PM

Auditorium

DIABETES SUPPORT GROUP

Will not meet until the beginning of the new year

PARKINSON'S SUPPORT GROUP

Thursday, November 18—2:00 PM

Main Street Pub

Alan Young will show a video he's quite excited about on Solo-Step. Please come, find out what it's all about and show support to Alan for sharing it with us.

Please RSVP Rita Depew by Monday, October 13. rita.depew@kaballero.com or Ext. 4838.

MACULAR DEGENERATION SUPPORT GROUP

Will not meet until the beginning of the new year.

LAKESIDE CORNHOLE TOURNAMENT TO BENEFIT HEALTHY HARVEST*

Friday, November 12—2:00 PM—Lakeside by Gazebo

Sign up on the board going into the Lakeview Grille to participate in the tournament.

For more information contact Regin Ward at Ext. 4350.

RESIDENT LIFE REMINDERS:

- Daylight Saving Time will end on Sunday, November 7. As you walk in the mornings or afternoons make sure you are visible to drivers. Light colored or reflective clothing is helpful to avoid potential problems.
- While RWC offers a casual lifestyle, we encourage residents to dress in a manner of good taste and judgement. Pajamas, robes, and slippers should only be worn in the privacy of your own home or during an emergency transfer. If swimming, swimsuit coverups are appropriate only in the Life Enrichment Center.
- RWC welcomes pets in cottages, houses, and first-floor apartments. Pets, both cats and dogs, should be current in all inoculations. Cats are considered indoor pets and should not be outdoors. Dogs should be leashed trained and under your supervision while outdoors. Our campus is beautiful and inviting; please help maintain its beauty by picking up and disposing of dog waste properly. Waste bags are available by the dog run adjacent to the lake.

Thank you for being a considerate neighbor!

If you have any questions or comments, reach out to Maria in the Resident Life Office, ext. 4011 or mferrand@rw-c.org.

HOBBY ROOM IN THE LIFE ENRICHMENT CENTER (LEC)

We are so glad that many of you are enjoying the Hobby Room in the LEC. It is fulfilling its purpose as a place to enjoy old hobbies and discover new ones; to learn how to and to help others with projects. All equipment and materials in the hobby room have been generously donated by residents and family members; RWC is deeply thankful.

There are a few regular residents who do small repair jobs and are glad to do so. Please be considerate of their time and talent:

Ask first. Please do not leave furniture or projects with a note.

Keep requests simple. The hobby room is not intended to be a professional repair shop.

Consider a donation. There is no charge for repairs made, but it does take time and supplies. There is no fee structure, so you de-

side what the job is worth to you. Donations may be left with the Resident Life staff.

THANKSGIVING DAY DINING

Culinary Services announced plans for Thanksgiving last week. Three options – Dine In (residents only/ reservations required) with 2 seatings each limited to 100 residents. Pick-up and Family Style Pick up are available for you to dine in your residence with or without guests. We are not opening to dine-in guests on Thanksgiving – this includes the days before and after. This is in order to provide the opportunity for all residents who wish to dine-in and to enable some distancing. This is an incremental approach to re-opening. If you plan to have guests or family on Thanksgiving – you can order family style meals using the form on the back of the announcement.

The menus is as follows: Shrimp Bisque, Salad, Turkey, Dressing, Gravy, Green Bean Casserole, Candied Yams, Dinner Roll, Pumpkin Pie

RWC PHOTOGRAPHY SHOW

Introducing RWC's Photography Show. It is a great opportunity to display your favorite artwork, whether it is Landscapes, Water Scenes, Flowers, Portraits of People or Pets, Historical Buildings, Towns and Scenes of the Northern Neck or from your travels. Display your work taken with your camera or your Cellphone. Photographers have many choices for the style that best expresses their Vision. Documentary, Abstract, and Artistic photographs, including the many creative effects from in-camera to post-processing that offer many choices for you to tell your story and share your art with viewers.

No more than 2 photographs may be submitted per resident.

Photo must have been taken by resident.

Must be framed (matting is optional but desired)

Must have wire on back for hanging

Provide title and location of photo

All entries must be submitted to Amy in Resident Life by December 15.

Photos will be displayed in the Gallery Hall for the month of January.

SPIRITUAL DEVOTION: DEDICATED, FAITHFUL AND HOLY

FROM THE CHAPLAIN

Recently I had the privilege of participating in two of our RWC annual events: The Blessing of the Animals and the Group Labyrinth Walk. The blessing ceremony was replete with dogs as well as a cat or two, which might be expected. But then there was an added wrinkle: we blessed the fish in the fishpond out front and also the parakeet in the Assisted Living hallway. (And by the way, that parakeet became quite animated during the prayer of blessing!) I so enjoy this annual event and by all appearances others do too. I really can't tell who receives the greatest blessing: the animals, the residents or the Chaplain. I'm sure it is us all. What joy! And then there was the Labyrinth Walk. Surely this means different things to different people. For some it's a time of awareness: of the sacred, of others, of one's surroundings, of oneself. For others it can be a time of meditation, reflection, finding direction or inspiration, personal transformation or prayer. I so appreciate the simplicity, the beauty, the discovery, the depth, the peace of it all.

Speaking of peace, and even joy, I'm struck by how easily we can lose them. I'm reminded of the questions posed by the Apostle Paul to one of his congregations: "What has happened to all your joy?" (*Galatians 4:15*). One thing's for certain: there are a lot of joy-robbers out there. Many forces and losses, changes and challenges can conspire to get us down. Maybe more than ever I'm so looking forward to this season of Thanksgiving: a time of remembering, recounting and rejoicing in all that has been, continues to be and will be ours, all by the goodness of a gracious and generous God.

"Why are you downcast, O my soul?"

"Praise the Lord, O my soul, and forget not all his benefits."

Happy Thanksgiving to all!

Chaplain Greg Houck

IN MEMORIAM
MR. CHARLES MCKERNS
OCTOBER 15, 2021

UPCOMING OPPORTUNITIES:

Annual RWC Memorial Service: November 9th, 4:00PM. Once again, this year the service will be pre-recorded and aired on Channel 85. It will also be available on a web link so it can also be viewed at other times. More details to come.

Annual Thanksgiving Service: November 23rd, 4:00PM. This service will also be pre-recorded and offered virtually on Channel 85. It will be shown several times during Thanksgiving weekend. The **offering** will again be received for the **Healthy Harvest Food Bank**. More information to come soon. Thanks to all in advance for your generous, practical, compassionate and visionary giving toward this incredible worthy cause right here in our neighboring area!

ONGOING OPPORTUNITIES:

Tuesday Bible Study Group: continues to meet on Tuesdays at 11:00AM. in the Auditorium. We continue our study of the Book of Psalms. Chaplain Houck is leading the study until our current outside visitation policy is revised. We hope to see you there!

Sunday Worship:

An in-person service of worship in the Westbury Clubroom has resumed. Please note: due to continuing Covid regulations in Health Services, for the time being this service is limited to residents of the Health Center and Assisted Living. I do so very much look forward to the time when we can all once again join together for worship, in-person! Until that time, we will continue to provide our virtual Service of Worship on Sundays at 4:00PM on RWC TV Channel 85.

NEIGHBORHOOD KNOWING: CARE, COMMITTEES & COMMENTARY

GROUNDS AND LANDSCAPING COMMITTEE THANK YOU

November is the final 2021 Meeting of the Grounds and Landscaping Committee. We begin again in March 2022. Thanks to participation of both committee members and other residents, this has been an outstanding year. Of special importance are two happenings. First of all, last winter Damon Chowning, RWC Manager of Grounds and Landscaping, decided to build a small facility near the entrance of the trails through the woods near the lake and roadway adjoining the new garden areas reserved for residents. This three part kiosk was built to give walkers information of options available. Maps of the trails are on each side with the middle area available for changing exhibits featuring nature's offerings on our campus such as birds, plants, etc. Much to my surprise and joy, two new members of RWC Mary and Brian Bennett produced nature exhibits for this space. Brian is a Virginia Master Naturalist and has ample materials of interest to walkers. This relieved me, the chairman, the extra duty of arranging for a committee to fill the space. The Bennetts welcome visitors to the exhibits they have put up during the year and will continue to do so during this next year. If anyone has special nature items of interest, please contact Mary and Brian Bennett at Extension # 4308.

Secondly, Nick Ferriter has taken on the Monarch Butterfly as a special project for RWC. He convinced Damon to hold up on cutting all milkweed in the meadow near the gardens which were usually cut twice a year. As a result he and other residents have been searching for Monarch caterpillars on the common milkweed and marsh milkweeds now in our meadow, a common food source of all Monarchs in Virginia. The results have been gratifying as many gardeners have planted milkweed in their own gardens and watched the butterfly caterpillars eat their leaves before going on with their development. RWC has declared itself "A Monarch Butterfly Sanctuary" and are looking forward to further results next year.

Other residents who give extra time to our beautiful campus are Linda Hildebrand and her committee who water most of the hanging plants

during the summer; Jonathan Smith who encourages walkers to use the trails for extra exercise; the Directory team who revised the list of residents in independent living with color codes for home groupings; the Grounds and Landscaping Committee members who contact all independent residents bimonthly to check on their home's planting and pruning needs to aide our hero, Damon Chowning, and his crew who have made our campus so beautiful. Submitted by Jane Henley

NEW OFFERING FROM CULINARY SERVICES: COCKTAIL NIBBLES

Having a couple of guests over for cocktails before dinner or, just feeling like a little snack yourself with a friend?

Beginning November 5 Culinary Services will offer, on a trail offer to assess demand, small plates of cocktail nibbles that will serve 2-4 people. The plate will include: A choice of either Boursin Cheese or Cheddar Cheese (5oz.), "Dot's" Pimento Cheese (5oz.), Strawberries (1/2 lbs.), Grapes (1/2 lbs.), Crackers (16-20).

The cost of each plate is \$10.00. Please do not request substitutions. Offerings will vary from time to time, depending on availability, however you will be notified in advance.

To order:

- Call at least 2 days ahead to place your order.
- Call Betty Polk at Ext. 4016 or Chef/Manager on Duty at Ext. 4017. You will get a confirmation.
- When you call, please provide your name, quantity of Cocktail Nibble Plates you wish, and if it you'd like to charge to your account or pay by check.
- Pick up your order in the Lakeview Grille between 3:00 PM—4:00 PM.

It's as easy and delicious as that!! If this proves to be a welcome addition to life at RWC, Culinary Services will continue to provide the service. ENJOY!!!!

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

MILITARY VETERANS ANNUALLY HONORED IN RWC NOVEMBER SHOW

Meet RWC residents who served in U.S. Armed Forces

As former military members move in at RWC, they quickly find they are in good company – 62 RWC residents served in the armed forces.

In its annual November tribute to military members, RWC will display their photos and stories as part of a Veterans Wall of Honor exhibit in RWC's Gallery Hall. Collectively, these vets have given 648 years of service to their country.

One of the residents featured is U.S. Navy Capt. (Ret.) Norman Mosher who as a lieutenant was awarded the Bronze Star with Combat "V" for action against the enemy while commanding a ship later in the conflict. He was also recognized for exceptionally meritorious conduct for his work in 22 combat patrols, three major operations and three minor operations in Vietnam.

"The draft was in effect when I graduated from college, and it was very real," Mosher said. "You had to do your duty one way or the other, and I didn't see myself in trenches. I went into the Navy not intending to spend more than the minimal amount of time.

After 26 years and three sea commands, I retired." Frances Bacon and Robert Holley, a married couple at RWC, served in the U.S. Army also during the Vietnam War years. Bacon received a direct commission as a second lieutenant right out of college in 1970. She served on active duty for four years, in the reserves for one year and was finally reassigned to the Ready Reserves. Her service time allowed her to use the G.I. Bill for graduate school. She taught for 30+ years in Fairfax County and Prince William County Public Schools. Holley was in the 11th Airborne Division in Munich, Germany from 1957 to 1960. During that time, the Vietnam War was underway, but the U.S. had not yet entered the fighting.

"It was a peaceful time," Holley said. "Mine was a lucky generation – too young to serve in the Korean War and in and out before the Vietnam War heated up."

The couple met years later in Northern Virginia. Holley was teaching Earth science in Prince William County and Bacon taught special education. They've been married 30 years and moved into RWC about a year ago.

As a Specialist 4th class, Holley oversaw a unit that built atomic warheads. "It was a kit," Holley recalled. "These were highly explosive nuclear warheads, but we never even tested one of them. We just assembled them."

As serving in the military during wartime goes, Mosher seems to have been in the right place at the right time as well. He volunteered to go to Vietnam in 1963 and was sent as an advisor before American combat troops came into the country.

"I was part of a rather loose advisory organization and wandered around the country living on the economy, largely independent," he says. "Parts of it were delightful, and parts were terrifying. Our headquarters town was Vũng Tàu, which was a delightful beach resort frequented by French planters. I later was told the Viet Cong (VC) officers bought me drinks. You wouldn't know because we were all in civilian clothes. We never had a VC incident because their officers enjoyed Vũng Tàu as much as we did."

RWC veterans on the Gallery Wall have served in World War II, Korea, Vietnam and/or the Cold War. Each display includes a photo of the resident in uniform (when available), a current photo, and a short biography, including branch of service, years served, special engagements and commendations.

In addition to the exhibition in the Gallery Hall, a special video will play on Channel 85 (close circuit television at RWC) at 11 a.m., Nov. 11, to commemorate Armistice Day and the RWC veterans. The video will also be available for viewing on RWC's YouTube Channel.



The RWC Book Group's November selection is *Sooley* by John Grisham, a 2021 book about a basketball player from South Sudan on an HBCU team that reaches the NCAA Division I Basketball Tournament. We have a Large Print copy of *Sooley* plus our two usual copies. Join us for the discussion on Monday, November 22 at 10:30 a.m.

More Large Print: *In Search of a Kingdom: Francis Drake, Elizabeth I, and the Perilous Birth of the British Empire* by Laurene Bergreen (2021), donated by Jean Gilmore, and *The Real Mother* by Judith Michael, donated by Jewel Ray.

Fiction: *The Narrowboat Summer* by Anne Youngston (2020), *2nd Chance* by James Patterson, *Starting Over* by Robin Pilcher, and two by Elin Hildebrand, *The Castaways* and *The Perfect Couple*, all from Tanya Bohlke. *The Midnight Library* by Matt Haig comes from Dean and Mildred Loudy, who say, "It's different!" Fiction donated by Michael and Ersel Buckley-Sharp includes *Streets of Laredo* by Larry McMurty, *Devils' Gate* by Clive Cussler, *Red War* by Vince Flynn, and three by James Patterson—*Deadly Cross* (2021), *Three Women Disappear* (2020) and *The Cornwalls Are Gone*. The new Stephen King book, *Billy Summers*, comes from Jay White.

Mystery: *The Guest List: You'd Better Be On It* (2020) by Lucy Foley is from Tanya Bohlke, and four new mysteries by M. L. Longworth are from Jay White.

Miscellaneous: *I Alone Can Fix It* by Phil Rucker and Carol Leonnig, donated by John Hess, and *Peril* by Bob Woodward and Robert Costa.

Non-Fiction Paperback: *Bottom of the Ninth: Branch Rickey, Casey Stengel and the Daring Scheme to Save Baseball from Itself* by Michael Shapiro, and *First Ladies of the Republic: Martha Washington, Abigail Adams, Dolley Madison, and the Creation of an Iconic American Role* by Jeanne E. Abrams. Also, *The Library Book* by Susan Orleans, from Claudia Holmes.

Fiction Paperback: *The Overstory* by Richard Powers from Claudia Holmes, a bunch of paperbacks from an anonymous donor, and another bunch from a Used Book Sale—all paperback books that we didn't already have.

New to Public Spaces Books: *Captivating Bluebirds* from Robert Holley and *North by Northwest and South by Southeast* from Howard Montgomery.

The Library Wall Hanging is another reason to Come On Up And Check Us Out! People who see it say, "Ooooooh! Look at the kitty cat on the shelf!" It's the work of the Stitching Stars—Tanya Bohlke, Helene Braatz, Ginny Johnson, Maxine Luxton, Pat Morris, Jan Mosher, Denise Munns, Sylvia Prince, Linda Stemple and Janet Waite. And on the back of the wall hanging, where no one can see, it says, "We Love Our Library!"

