



Kendal at Lexington

The Residents' Newsletter

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FEBRUARY 2016

W&L's Mock Convention To "Live Stream" at Kendal

A festive red-white-and-blue atmosphere is planned for Kendal's live streaming of the W&L Mock Convention on Friday and Saturday, February 12 and 13. According to residents Dianne Herrick and Ann John, who are arranging Kendal's streaming sessions for the Culture and Entertainment Committee, snacks will be provided, balloons will be in evidence, and the large screen in Kendal Hall will keep our audience close to the action as the simulated Republican nominating convention rolls along. Wine and beer will be available at a cash bar on Friday evening and Saturday afternoon.

Kendal's live streaming will include four sessions, two on Friday (afternoon and evening) and two on Saturday (morning and afternoon), as they are taking place in W&L's Warner Center. Kendal's coverage will not include Friday morning's parade of state delegations (role-played by W&L students) through downtown Lexington. This lively event is free, however, and is not difficult of access if one can cope with crowds. Watch for postings should arrangements be made to take a Kendal bus to the parade.

As this newsletter goes to press, speakers scheduled for "Mock Con" include Newt

Gingrich, former U.S. House Speaker; Ed Gillespie, former chairman of the Republican National Committee; Bob Goodlatte, a graduate of W&L's School of Law who currently represents Virginia's sixth district in the U.S. House of Representatives; and Kristen Anderson, columnist for *The Daily Beast* and author of *The Selfie Voter: Where Millenials Are Leading America (and How Republicans Can Keep Up)*.

Times and featured speakers for the sessions to be streamed at Kendal are:

Friday, 1:30 pm, featuring Kristen Anderson
Friday, 7:00 pm, featuring Bob Goodlatte
Saturday, 10:00 am, featuring Newt Gingrich and Ed Gillespie
Saturday, 3:00 pm, final session and selection of nominee

Up-to-date news about Mock Con can be found at www.mockconvention.com.

Students at W&L have held the Mock Convention every four years since 1908, with the exceptions of 1920 and 1944, with the goal of predicting who the party out of power in the White House will nominate to run for President of the United States. The track record is impressive. Students have correctly predicted the actual nominee in 19 of 25 elections.

(cont. on p. 4)

🎵 Calendar Notes 🎵

[See also pp. 12 and 13. With some exceptions, most of them specified, the activities listed here are arranged through the residents' Culture and Entertainment Committee, chaired by Ann John.

"Borden" = Benjamin Borden Center (skilled nursing care); "Webster" = Webster Assisted Living Center.

Some events are arranged too late for inclusion here. Please check the bulletin boards.

The charge for bus transportation to and from an event in Lexington is \$2.]

Feb. 1, Mon., 8 am. Monthly men's breakfast in the Dining Room. No reservation needed.

Feb. 1, Mon., 4:30 pm. Final meeting of the Kendal College course, "The High Renaissance in Italy," taught by Prof. George R. Bent of the W&L Art Department. See the January, 2016 issue of this newsletter for details. Open to Kendal residents and staff. Kendal Hall.

Feb. 4, Thu., 3 pm. Presentation on the future of dementia services at Kendal, with an update on work already accomplished as well as work to come. Arranged by Charlotte Sibold, Health Services Administrator, in conjunction with the Resident Care Committee. Kendal Hall. **Free and Open to the Public.**

Feb. 5, Fri., 7:30 pm. Student production, "Good Night, Desdemona, Good Morning, Juliet" at W&L. (Note: this play has been substituted for the one listed in the 2015-16 Lenfest Center brochure.) Comedy by Canadian writer Anne-Marie MacDonald, first produced in 1988. Ticket \$5. (Box office, 458-8000). Johnson Theatre, Lenfest Center. [bus, 6:50 pm]

Feb. 6, Sat., 8 pm. Andrew Willis, an authority on the historical development of keyboard instruments and a member of the music faculty

of the University of North Carolina at Greensboro, performs works of Chopin on his own 1848 Pleyel piano. Senior ticket \$20. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:20 pm]

Feb. 9, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers. (See story, p. 6.) Sunnyside House.

Feb. 10, Wed., 10 am. Monthly meeting of Kendal's Photography Group. All are welcome. Contact Wil Stratton with questions. Place TBA.

Feb. 11, Thu., 2 pm. Monthly meeting of the Dementia Caregivers' Support Group. Open to all Kendal residents and staff, as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

Feb. 11, Thu., 4:30 pm. Prof. Holly Pickett of the W&L English Department will speak on Shakespeare's "A Midsummer Night's Dream." (See Feb. 17, below.) Kendal Hall. **Free and Open to the Public.**

Feb. 12 and 13, Fri. and Sat. Kendal's "watch party," live streaming of the W&L Mock Convention. (See story, p. 1.) Kendal Hall. **Free and Open to the Public.**

Feb. 16, Tue., 1:15 pm. Tour of the George C. Marshall Museum, operated by the George C. Marshall Foundation and located on the VMI Post. Senior admission \$3. [bus, 1:15 pm]

Feb. 17, Wed., 9:30 am. Monthly meeting of the Residents' Association. Attending this meeting is the best way to keep up with what's happening in your home. Regular "Tune-up Clinic" for adaptive equipment (wheelchairs, walkers) immediately afterward. Kendal Hall.

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Calendar Notes

(from p. 2)

Feb. 17, Wed., 3 pm. Presentation by Select Rehabilitation on issues associated with urinary incontinence. (See story, p. 6.) Kendal Hall. **Free and Open to the Public.**

Feb. 17, Wed., 7:30 pm. Shakespeare's "A Midsummer Night's Dream," performed by "Actors from the London Stage," a five-person repertory ensemble. These versatile British actors play multiple roles, use minimal props, and enthusiastically bring the play to life. Senior ticket \$25. (Box office, 458-8000.) Johnson Theatre, Lenfest Center. [bus, 6:50 pm]

Feb. 18, Thu., 11 am. "Cozy Homes with Maintenance-Free Living," luncheon and tour for anyone interested in Kendal's one-bedroom or one-bedroom-plus-den apartments and cottages. RSVP to the Marketing Department, (800) 976-8303 or email info@kalex.kendal.org.

Feb. 18, Thu., 4:30 pm. Christopher Whelan, a visiting professor at the W&L School of Law, will speak on "The European Union on Trial." Prof. Whelan holds advanced degrees from the London School of Economics and from Oxford University and is associate director of the International Law Programmes at Oxford University. His previous talks at Kendal (on the Eurozone and the British monarchy, respectively) have been very well received. Kendal Hall. **Free and Open to the Public.**

Feb. 19, Fri., 1 to 4 pm. Trip to the Virginia Horse Center to view the Star City Canine Agility Trials -- clever dogs doing amazing things. Bring a jacket; the heat will be turned on, but Anderson Coliseum is chilly. Free. Arranged by the Wellness/Fitness Staff. [bus, 1 pm]

Feb. 20, Sat., 7:30 pm. The Rockbridge Symphony presents works by Debussy,

Beethoven, Rachmaninoff, Bizet, and others. This volunteer group, now a performing ensemble of the nonprofit organization Fine Arts in Rockbridge (FAIR), was founded in 1975, with Kendalite Rae Hickman as a member of the first steering committee. The director since 2005 has been Mark Taylor of the music department of Southern Virginia University. Ticket \$10, available at the door. Wilson Concert Hall, W&L. [bus, 6:50 pm]

Feb. 22, Mon., 7:30 pm. The VMI Glee Club, directed by Shane Lynch, will sing hits by Manhattan Transfer ("Operator," "Tuxedo Junction"), works by the Beatles, and traditional favorites. Kendal Hall. **Free and Open to the Public.**

Feb. 24, Wed., 4:30 pm. A look at W&L's Alumni College and other special programs. Robert Fure, Director of Special Programs, will speak. These opportunities are open to Kendalites regardless of their connection, or lack thereof, with W&L. Arranged by resident Hardin Marion for the Culture and Entertainment Committee. Kendal Hall. **Free and Open to the Public.**

Newsletter Statement and Staff

Kendal at Lexington is written by and for the residents of the Kendal retirement community of Lexington, Va.

Staff: Helen Behrens, Sally Emory, Sarah Giddings, Maury Hanson, Ned Henneman, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

The deadline for the March, 2016 issue is Wednesday, Feb. 17, 5 pm.

Mock Convention

(from p. 1)

"This is hands-on learning," said Beau Dudley, W&L's Executive Director of Alumni Affairs, who addressed an attentive audience in Kendal Hall this past January 13. Students sign up to role-play delegates from various states, then analyze polling data and other sources to determine which candidate each state will support. Besides their months of research, for which they receive no direct academic credit, the students also raise money for the convention -- almost half a million dollars, so far, for 2016. ("We have some awesome but expensive speakers.")

Kendal's informational program of January 13 also included comments by William F. Connelly, Professor of Politics at W&L, and two of the students currently involved in Mock Con: Andrew McCaffery, General Chair, and Myers McGarry, Fund Raising Chair. A 39-minute DVD, "The Storied History of the Washington & Lee University's Mock Presidential Convention," with narration by author, former CBS newsman, and 1950 W&L graduate Roger Mudd, was a featured part of the program. (This DVD is currently for sale in the W&L Book Store for \$14.99.)

Ann and Dianne have focused on making Kendal's two-day viewing party audience-friendly and comfortable. Viewers may come and go as they please in Kendal Hall and adjacent parts of Anderson Lobby, enjoying snacks and beverages. A special area (the traditional "smoke-filled room," says Dianne, though minus the smoke) will be set up so that people can gather for conversation without disturbing others.

The cash bar on Friday night and Saturday afternoon has been arranged in line with our newly refurbished ABC license, which requires that drinks must be served by a Kendal employee and must show a profit; hence the price of \$3 per glass of wine or bottle of beer.

Volunteers are needed to help with the watch party. Please see the sign-up sheets on the bulletin board.

All of Kendal's streaming sessions -- Friday afternoon and evening, Saturday morning and afternoon -- are free and open to the public. Waitlist members will have received a special invitation and should contact the Marketing Department to RSVP.

-- Jo McMurtry

Vesper Services in February

All are welcome to the ecumenical Vesper services arranged by the Religious Activities Committee and held every Sunday at 4 pm in Kendal Hall. The generosity of the volunteer officiants and musicians is much appreciated.

Feb. 7: Deb Klein (Lexington Presbyterian Church); pianist, Kay Horner.

Feb. 14: Barbara Purdy (retired Methodist minister); pianist, Karen Fredenburg.

Feb. 21: Steve Cathcart (Timber Ridge "Old Stone" Presbyterian Church); pianist, Jerri Keen.

Feb. 28: Robert Gordon (retired Associate Reformed Presbyterian Church minister); pianist, Clyde Moore.



In Memoriam

Deo Boyland

Died January 16, 2016

Entered Kendal February 13, 2013

Review of Memorial Book

For Robert Huntley:
***Washington: A Life*, by Ron Chernow**
(Penguin Press, 2010)

This volume, a Pulitzer Prize-winning biography, joins the same author's *Alexander Hamilton* in the Kendal library. In writing its 800 pages, Chernow has made use of the 28 or more volumes of Washington's letters still being compiled by the University of Virginia. He covers Washington's life in monthly, weekly, and sometimes hourly (Revolutionary War battles) segments.

It takes a professional scholar of the period to review the military, Constitutional, and Presidential history that Chernow narrates. However, he also attempts a psychological profile of the General as a man. Three themes run through the biography.

The first is that of the hierarchical society of Virginia, into which Washington was born and raised. As a young man, he was fiercely ambitious and almost grasping in his attempts to acquire land. Aside from his own efforts, he acquired land when his father, and then his beloved brother Lawrence, died. He married Martha Custis, a widow, who brought him about a hundred slaves. He was constantly in financial difficulties because he spent beyond his means in order to keep up Mount Vernon and to enhance his reputation. He arrived in New York, the first Presidential capital, with about twenty servants, half of them slaves, who wore a red and white livery with cockades.

Second is his relation to the history of slavery. He and Martha owned about three hundred. When he switched from tobacco to crops that did not deplete the soil as much, he had too many slaves, spread over five farms, each with its own overseer. Away from Mount

Vernon, it was difficult to find people who could handle the enterprise efficiently.

Moving to Philadelphia, the second capital, he was dismayed to learn that slaves who remained in the state over six months would be emancipated; he therefore had to shuttle his complement of slaves from Mount Vernon to Philadelphia and back. He was continually trying to retrieve runaway slaves. When a Quaker delegation in black hats came to talk to him about abolition, he found them a distracting nuisance.

In retirement after two Presidential terms, and weary of slaveholding, he freed his slaves in his will. (He could not free Martha's dower slaves, who would go to her grandson.)

Finally, he was a firm believer in the separation of church and state. He attended Protestant services, as well as Quaker meetings and Catholic masses. He never took communion. He wrote affectionately as President to Jewish communities in Newport, Rhode Island, and Savannah, Georgia. Chernow stresses that neither he nor any of the Founders had any intent to found a Christian nation.

-- Anne Preuss

W&L Art Department **Treks to Washington in March**

Kendalites may sign up to accompany W&L art/art history students and faculty on a day trip to Washington, D. C. on Saturday, March 5, according to resident Sarah Giddings. One need not have any connection with the art department to join the trip. The buses will go directly to the National Gallery. At that point, Kendalites will be free to spend the day on their own or perhaps to take the afternoon side trip to

(cont. on p. 6)

Washington Trek

(from p. 5)

the Dumbarton Oaks Research Library and Collection in Georgetown.

Buses leave at 7:30 am from the Lenfest Center and return at about 7:30 pm. The cost is \$35. Contact Sarah for more information and/or to get on the list.

Sunnyside Weavers Welcomes Fiber Artists

The Sunnyside Weavers, an area group not at all limited to Kendalites although it includes some, is open to anyone interested in working with fiber, according to Linda Wilder, Rockbridge resident and, incidentally, a member of Kendal's Board of Directors.

"Most of our members weave regularly," Linda says. "Some are new to the craft, some are spinners, some are interested in other types of fiber art. All are welcome."

The group meets at 6:30 pm on the second Tuesday of each month at Kendal's Sunnyside House. For the February 9 meeting, Sandra Stuart and Frances Richardson will demonstrate Shaker weaving techniques that Frances learned on a trip to The Mannings, a weaving studio in Pennsylvania.

"There are other weaving opportunities to consider," according to Linda, "including an exhibition of Navajo weaving at the Fralin Museum of Art at the University of Virginia, available through early May. Our March meeting will feature a color exercise led by Roanoke weaver Meredith Entingh. In May we will join with the Albemarle Weavers for a farm day at Calluna Farm (north of Fairfield)." Also on tap is a weaving workshop the first weekend in August. Kathryn Weber, whom Linda tags

"the yarn whisperer," will join the group for a three-day exploration of designing on the loom.

Anyone interested in joining the Sunnyside Weavers, or with questions about it, may contact Linda at lindawilder@gmail.com.

Incontinence Program In February

"Incontinence," says Heather Strong, Program Manager for Select Rehabilitation, "is the problem nobody wants to talk about."

Urinary incontinence is not in itself life-threatening, but it can negatively impact a person's quality of life. Avoiding parties, concerts, bus trips, or any situation that doesn't guarantee immediate access to a bathroom can shrink one's world considerably.

Heather will give a presentation on incontinence on Wednesday, February 17, at 3 pm in Kendal Hall. Joining her will be a representative of Accelerated Care Plus, a nationwide provider of integrated clinical programs for sub-acute and long term care rehabilitation. ACP specializes in non-invasive, medication-free programs.

"Everything we do is confidential," Heather emphasized. Any Kendal resident can come to the therapy room in the Borden Center for a private conversation. If therapy is indicated, a doctor's prescription is needed, but, Heather says, there is seldom any problem in getting it. People go in and out of the therapy room constantly, and "nobody will need to know what you're there for."

Heather and her colleagues are employees of Select Rehabilitation, a national corporation which partners with over 600 communities in 31 states. Select has been our therapy vendor since June, 2014.

Library Tidbits for February

Experiences: Life at a Continuing Care Retirement Community. That title alone should get your attention. This compilation of essays was created by our friends at Kendal at Longwood in 2015. We have been given ten copies, and we want to make them available for everyone. So here is how your library committee has set it up.

All ten copies will be placed on the big round table in Anderson for the months of February and March. There will be a sign-out sheet with them. Please be sure to sign out each copy and sign it in again when you return it to the round table. Note that the copy number is on the upper right hand corner when you first open the book. And enjoy comparing Lexington and Longwood as you peruse these musings.

-- Sarah Giddings

[Kendal at Longwood is located in Kennett Square, Pennsylvania, not far from Philadelphia.]



Spotlight on Wellness:

"Auditory Yoga"

"Auditory Yoga" is an intermediate-level class, but, according to Catie King, our Health and Wellness Manager, it can be modified for individuals, and anyone can participate.

"Auditory Yoga" is offered on Fridays, from 1 to 2 pm in the Fitness Center classroom. It is taught by means of podcasts, and while the technology is different, the effect as far as class participants are concerned is basically that of listening to a tape recording or CD. The auditory instructor describes each pose as Catie demonstrates it, so that participants can see exactly what to do. Catie is also available to offer encouragement and to suggest modifications for individual participants. The routine will vary from one class to the next.

The class is conducted in this way, Catie explains, because "I'm not a certified yogi, and as many times as I have taken yoga classes, I wouldn't want to lead our residents astray by creating my own yoga sequences without being certified." Catie hopes to work toward a yoga certification in the future, but the process is very time-consuming and at present her other responsibilities have a higher priority.

An intermediate yoga class which Kendal residents may attend is held in the Fitness Center at 8:30 am on Tuesdays, but this class is arranged by one of the activity groups of the Greater Lexington Newcomers' Club. Catie's class is currently the only one designed specifically for Kendal residents.

The only major change in the February fitness/wellness calendar is that the Chair Zumba class has moved to 11:30 am on Tuesdays. Copies of the fitness/wellness calendar are placed in residents' mail boxes early each month and are also available in the Fitness Center. On the back of the sheet is a descriptive list of our array of classes. In addition, this calendar is sent out via email by Becky Edmondson, Executive Assistant.

Jason Bunn, our Health and Fitness Manager, and Catie can be contacted at 458-0103.

Fellowship Fund Looks to the Future

February is National Heart Month, and at Kendal we can exercise our hearts in more ways than one.

Contributions may be made to Kendal's Fellowship Fund at any time, but February has been chosen for special emphasis. Residents have received, or will receive shortly, a message from members of the Board of Directors' Philanthropy Committee giving details of the fund and describing a number of ways (often with tax advantages) that donations may be made.

Please consider a generous gift. The fund is designed to benefit residents who, through no fault of their own, are no longer able to meet their monthly fee obligations. In today's uncertain economy, and with the longer lifespans that have become typical of our society, this situation is one to which any of us may some day wake up. The goal of the fund is to make certain that, whatever fate may have in store financially, no resident of Kendal will be asked to leave.

Waitlist Members Keep Fit

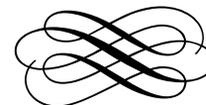
Kendal's future residents don't have to wait until they move in before taking advantage of our wellness/fitness opportunities. For \$30 a month, a fee that compares well to health clubs in the area, anyone on our futures list may use the Kendal facilities and take part in classes and other activities.

Approximately thirteen people are currently on this list, according to Joyce Clark, Billing Coordinator, and of these about ten are faithful

workers-out. Joyce is uncertain about the exact tally because of the program's user-friendly billing policy. If a "Future Fitness" person has been out of town or for any reason hasn't been turning up, "I just tell them not to send a check," Joyce says.

Any waitlist member (or, for that matter, anyone who hasn't yet signed onto the waitlist but is considering it) interested in joining the "Fit Futures" may make an appointment with Jason Bunn or Catie King, wellness/fitness program managers, at 458-0103. Either will be happy to conduct a tour of the 7900-square-foot facility, with its weight room, exercise classroom, and 50-foot-long heated indoor pool. The exercise machines include Keiser Air Resistance circuit training equipment, three treadmills, a NuStep, a recumbent bike, and an elliptical trainer, along with a colorful pyramid of free weights, a stretching table, and, suspended from the ceiling, two flat-screen televisions. The classroom has a wall of mirrors and cushioned flooring. The pool is kept between 86 and 88 degrees Fahrenheit and uses a salt chlorination water sanitizing system -- kinder to skin, hair, and swimsuits than the usual chlorine-based system.

Jason or Catie can supply the forms needed for joining the Fit Futures and can take care of the rest of the process. Those needing to join the waitlist as well should see the Marketing Department (telephone 463-1910). Currently, the waitlist fee is \$1250 for either one person or two persons sharing a residence. All but \$250 of this amount is refundable should one change one's mind about living here, or -- assuming no change of mind-- is applied to the entry fee when one moves in.



Handbook Committee Always On Alert

The latest revision of the Resident Handbook, otherwise known as the Red Book, was distributed at the Residents Association meeting of January 20. If you missed getting yours, contact the front desk.

This mine of useful information is perhaps most immediately seized upon by new residents, who receive a copy along with the piles of forms and papers they deal with on moving in. Between the bright red covers can be found such nuggets as the locations of bulletin boards, the procedure for putting up guests at Sunny-side House, Dining Room and Restaurant hours, regulations concerning pets, and much, much more. Newcomers are not alone, though. Longtime residents need the Red Book as well. (How familiar are most of us with the bylaws of the Residents Association?)

The Handbook Committee, appointed by Residents Council, is a permanent body manned by an alert and dedicated resident group, with staff liaison and assistance. Those involved with the 2016 revision include Karen Jackson, Director of Resident Services; Ashley Brunty, receptionist; and, at various times and in various capacities, residents Helen Staley, Penny Henneman, Margy Werling, Winifred Hart, Ruth Tafel, Tom Bridges, and Ken Brow.

Cover-to-cover revisions occur usually at intervals of a few years. (The previous revision was published in 2014.) Between these major shake-ups, the Handbook Committee sometimes revises a few pages and distributes them so that residents can make the substitution in their binders. See Karen or Ashley should you need updated pages.



Master Planning Update

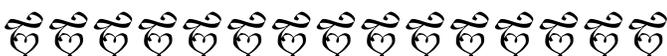
"This doesn't mean we're actually doing anything yet," said Mina Tepper, our Executive Director, at the January 20 meeting of the Residents Association. "But the master planning process is in the early stages of moving forward."

For the Webster Center (assisted living) and the Borden Center (skilled nursing care), initial designs for renovations have been presented, incorporating "wonderful improvements that everybody will appreciate," according to Mina. "Architects at Spectrum Design are in the process of turning our initial concepts into designs so that we have a more accurate estimation of the project costs. Then we'll see what we can afford."

The matter of additional Independent Living residences is at an earlier though active stage. In mid-January, management held group discussions with a number of prospective residents who are interested in moving here in the near future. "We got a lot of direct feedback," according to Mina. The group included several couples who are not from this area but who traveled to Kendal especially for the discussion.

For an earlier update on the Master Plan, see the September 2015 issue of this newsletter.

As we go to press, it looks like a Kendal bus (both of them, actually) will be available to take residents to the W&L Mock Convention parade in downtown Lexington on Friday morning, February 12. Watch for a sign-up sheet!



"Accessibility": A Term That Covers a Lot

While the first thing people think of when they hear the term "accessibility" may be handicapped ramps, there is a lot more to it, according to Karen Jackson, Director of Resident Services. Karen's Power Point presentation at the Residents Association meeting of January 20 touched on many kinds of barriers, including communication and transportation.

Attention to accessibility is required for our certification by CARF (Commission on Accreditation of Rehabilitation Facilities). The process of identifying barriers calls for "input from all our stakeholders," Karen points out, "residents, staff, family members, Board of Directors, visitors, vendors -- everybody who comes on campus." Karen uses many means to get information, including conducting special discussions -- her "annual chat."

Improvements in accessibility during 2015 include, among other things, the building of a handicapped ramp to the Fitness Center; installation of lighting near Sunnyside House; the clearing of shrubbery that had blocked visibility when driving uphill from the south parking lot; additions to the call bells and fire extinguishers already in Sunnyside House; additional handicapped parking spaces in parking lots; procedures for consistent communication with residents who do not have email; arrangements for access to meals during inclement weather; and the enlargement of a large number of water pipes. (A clogged pipe that bursts can result in a definite barrier.)

Campus-wide window washing by a professional crew is planned for 2016, thus eliminating barriers to our beautiful views. A plan for improving our directional signage will be undertaken to make it easier for residents and guests to find their way around campus.

If you missed Karen's presentation but wish you had been there, contact Karen at 458-3785 and ask to see a copy of the Power Point text.

Bits and Pieces . . .

☞ **The Rockbridge Choral Society** is beginning rehearsals for its presentation of Mendelssohn's *Elijah*, scheduled for April 24, according to resident Wil Stratton. Other Kendalites who have had a long involvement with the Choral Society and who are still actively singing with the group include Matt Paxton, Caroline Hemmings, Ruth Woodcock, Barbara and John Winfrey, and Elsa and Ted Burrowes. All singers are welcome. Rehearsals are held on Monday nights, and Kendal residents often carpool.

☞ **A display of paintings by students of Kathleen Olson-Janjic**, Professor of Art at W&L, has been arranged by resident Christian Cobb and the Furnishings and Interiors Committee. The paintings will be shown in Kendal Hall for a week or so in early February, probably beginning February 3.

☞ **It's Snow Wonder** we love our marvelous staff. The storm of Friday and Saturday, January 22-23, left sixteen to eighteen inches of snow on campus, according to Bill Houff, Director of Operations. Luckily, Kendal escaped the power outages that affected many areas touched by this very large storm. The entire Maintenance staff, working in shifts, kept our roads and sidewalks clear. The kitchen staff prepared delicious meals, while the CNA's and nurses manned their posts in the Webster Center and the Borden Center. Many staff members slept over on Friday night, some in Sunnyside House, others on cots set up in various parts of the main building. "It was a team effort all the way," Bill says.



Sixty Years On:

A Mock Con Memory In a Class by Itself

On April 30, 1956, a surprisingly large number of present-day Kendalites were in Lexington and were connected in one way or another with the W&L Mock Convention. Among these were Lew John, Hardin Marion, Uncas McThenia, Bill Russell, and Larry Weinerth, W&L students; Frank Parsons, Matt Paxton, and Mary Coulling, journalists; and Sally Holland, a high school student.

The aim of Mock Con, as always, was to predict the person that the party out of power in the White House would nominate to run for President of the United States. The White House was then occupied by Dwight D. Eisenhower, a Republican; consequently, Mock Con was impersonating a Democratic nominating convention. Alben W. Barkley, who had served as Vice President under Harry Truman (1947-53), who had spent more than 40 years in the House and the Senate, and who was currently serving again as Senator from his home state of Kentucky, was the featured speaker. And, as he was giving his speech before 1700 people in the Doremus Gymnasium, he suddenly collapsed and died.

"I'd been asked to march in the parade," Sally Holland explains, "representing a delegate from one of the states -- I don't remember which state." W&L had no women students in those days, and, as women did serve as delegates to the national conventions, Lexington girls were recruited. "I remember a couple of W&L boys came to my algebra class and asked the teacher to recommend some girls for the parade. That must be how I happened to get a ticket. I was sitting in the balcony and had a perfect view of everything." What Sally remembers

most, she says, was the immediate silence. "Here was a crowd that had been cheering and applauding and making all the noise it could -- but suddenly there wasn't a sound."

Mary Coulling, who worked at the time for the W&L Alumni Office, was writing an article for the alumni magazine and remembers how popular Senator Barkley had been with the students during his visit. "They just loved him. He was having a wonderful time -- he was such a pro." Then, as she sat up front taking notes, "I looked up, and he was gone from the podium" -- he had fallen behind it. There was no doctor on the premises, Mary says, and one of the students ran to a telephone and called his own Lexington doctor, Robert S. Munger.

Hardin Marion had been sitting on the platform, next to the podium, when Senator Barkley collapsed. Hardin instantly tried to assist him. "He died with his head in my lap. There were about three gasps, and he was gone." It was Hardin who suggested that the crowd be asked to stand for a moment of silence.

"I was in the front row, about ten feet from the podium," Larry Weinerth remembers. Senator Barkley suddenly "stopped speaking, looked puzzled, and fell over. They brought a stretcher pretty quickly and took him to an ambulance." By coincidence, Larry's wife-to-be, the late Nancy Secrist, an RN, was working in the emergency room of Stonewall Jackson Hospital when Senator Barkley was brought in. "There was nothing they could do," Larry says. "He was pronounced dead at the hospital."

Another present-day Kendalite, retired surgeon Bob Irons, was at the hospital that day. He was busy in the operating room and learned the news when he came out.

(cont. on p. 12)

Weekly Scheduled Activities

Sundays (7, 14, 21, 28)	4:00 pm	Vespers	Kendal Hall
Mondays (1, 8, 15, 22, 29)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (2, 9, 16, 23)	1:00 pm 5:00 pm	Recorder Consort Wine & Conversation	Kendal Hall Kendal Hall
Thursdays (4, 11, 18, 25)	10:00 am 3:30 pm 7:00 pm	Bible Study with the Rev. Tom Crittenden Tea Served Movie	Staff Devel. Rm. Dining Room Kendal Hall
Fridays (5, 12, 19, 26)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (6, 13, 20, 27)	3:00 pm	Movie	Webster

Mock Convention (from p. 11)

Matt Paxton covered the story for the Rockbridge County News. Shortly before the speech, he had taken one of the last photographs of Senator Barkley as he rode in a convertible with Francis P. Gaines, then president of W&L. The Senator, Matt says, "looked very cheerful in the picture."

The last words that Senator Barkley delivered had to do with his current membership in the Senate. He had been offered a front row seat in the chamber, in honor of his previous service there, but technically he was a freshman Senator and preferred, he said, to sit in the back with the other newcomers. Paraphrasing Psalm 84, he said, "I am glad to sit on the back row, for I would rather be a servant in the House of the Lord than to sit in the seats of the mighty." A recording of the end of the speech can be found on Youtube, which includes a bit of the audience reaction -- cheers during the speech, then gasps as it stopped.

Senator Barkley was 78 years old. The Associated Press account of his death speaks

of the heat of the day and the stuffiness of the gymnasium, details remembered by the Kendalites who were present. Another Associated Press article of the time states that Senator Barkley had had a heart attack in 1952 -- a fact that had not been publicized, as the Senator had tried to counter arguments that he was too old for public office. (He had in fact been the oldest Vice President to serve.)

The Mock Convention was recessed after Senator Barkley's death but then reconvened -- at the insistence, according to Mary Coulling, of Mrs. Barkley, who had been present. The Presidential nominee chosen by W&L's simulated Democratic party was Adlai Stevenson. The prediction turned out to be accurate, although Eisenhower won a second term on election day.

-- Jo McMurtry

[Editor's Note: Were other Kendalites, or persons associated with Kendal, present on this memorable occasion, so evocative of a time in our own and our country's history? Let me know and the newsletter will print an addendum. -- JMcM, 463-7723.]

February Activities Calendar

(See pp. 2-3 for details. Please watch the bulletin boards for changes, additions, etc.)

1, Mon.	8:00 am 4:30 pm	Men's Breakfast "The High Renaissance in Italy," Kendal College	Dining Room Kendal Hall
4, Thu.	* 3:00 pm	Presentation on Dementia Services at Kendal	Kendal Hall
5, Fri.	7:30 pm	"Good Night, Desdemona," at W&L	[bus, 6:50 pm]
6, Sat.	8:00 pm	Chopin recital by Andrew Willis at W&L	[bus, 7:20 pm]
9, Tue.	1:00 pm 6:30 pm	Residents Council Sunnyside Weavers	North Parlor Sunnyside
10, Wed.	10:00 am	Photography Group	Place TBA
11, Thu.	2:00 pm * 4:30 pm	Dementia Caregivers Support Group Holly Pickett, "A Midsummer Night's Dream"	Sunnyside Kendal Hall
12, Fri.	* Afternoon/Evening	Mock Con Live Streaming	Kendal Hall
13, Sat.	* Morning/Afternoon	Mock Con Live Streaming	Kendal Hall
16, Tue.	1:15 pm	Tour of Marshall Museum	[bus, 1:15 pm]
17, Wed.	9:30 am * 3:00 pm 7:30 pm	Residents Association Meeting Presentation on Incontinence "A Midsummer Night's Dream" at W&L	Kendal Hall Kendal Hall [bus, 6:50 pm]
18, Thu.	11:00 am * 4:30 pm	Marketing Luncheon and Tour, "Cozy Homes" Christopher Whelan, "The European Union"	Campus Kendal Hall
19, Fri.	1:00 pm	Canine Agility Trials at the Horse Center	[bus, 1:00 pm]
20, Sat.	7:30 pm	Rockbridge Symphony at W&L	[bus, 6:50 pm]
22, Mon.	* 7:30 pm	VMI Glee Club	Kendal Hall
24, Wed.	* 4:30 pm	Presentation on W&L's Special Programs	Kendal Hall

* Free and Open to the Public

Kendal at Lexington

The Residents' Newsletter

