

# Kendal at Lexington

Vol. 14, No. 10

Kendal at Lexington

October 2014

## Kendal College to Study "Making the Constitution"

Professor J. Holt Merchant, who retired in 2013 after 43 years on the faculty of W&L, will present a four-part Kendal College series on "Making the Constitution: Men and Measures."

Meetings will be held on Oct. 22 and 29, and on Nov. 5 and 12 (all Wednesdays) at 4:30 pm in Kendal Hall. Information about registration will be placed in residents' mail boxes. Contact Sally Emory (463-2787) or Ruth Woodcock (464-5692) with questions.

The first session, Oct. 22, will focus on the concepts that form the basis of the Federal Constitution and their sources: ancient historians like Cicero and Tacitus; Enlightenment figures like Locke and Montesquieu; English common lawyers like Blackstone; Puritans like Cotton Mather; and opposition figures like John Trenchard and Thomas Gordon. Also to be considered are concepts the founders created or developed: balance of powers and separation of



powers; sovereignty and federalism; conventions and constitutions; representation and consent.

The second session, Oct. 29, will discuss "Vices of the System": state constitutions, the Articles of Confederation; the failures of early efforts to establish viable governments and the failure of attempts at reform; the road to Philadelphia.

The third session, Nov. 5, will cover the Great Convention; the men, the measures, the successes, and the failures; Madison's *Notes*.

The fourth session, Nov. 12, will focus on ratification, friends and foes, and *The Federalist*.

Professor Merchant earned his BA degree at W&L and his PhD at the University of Virginia. His specialities are the American South and the Civil War. During his career at W&L, he was known

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A Warm Kendal Welcome to  
Christian Cobb  
Apartment 12, South

(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 Dianne Herrick. "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.]

**Oct. 1, Wed., and continuing for at least a week.** Special sale of Kendal library books.

**Oct. 1, Wed., 7:45 pm.** The Lark Quartet, an all-women touring group, plays chamber music. No ticket required. Gillis Theatre, VMI. [bus, 7:15 pm]

**Oct. 3, Fri., 10 am.** Monthly meeting of the Essential Tremor Support Group, the oldest of Kendal's support groups. (See article in the September issue of this newsletter.) Open to area residents as well as Kendalites. For information, contact Preston Boggess (a resident of Floyd County who often visits Kendal) at 540-651-6777. Sunnyside.

**Oct. 4, Sat., 7 pm.** Kendal at Lexington sponsors a folk concert to benefit Meals on Wheels. Jim Connor (John Denver's banjo man) is joined by local performers SaraJane McDonald, the Blouins, and the Grumpies. Rockbridge County High School. Adult ticket \$12. For more information and/or carpool arrangement, see Alex Slaydon in Marketing.

**Oct. 4, Sat., 8 pm.** Pianist and composer Jonathan Cook plays works by Bach, Chopin,

and Cesar Franck, as well as the premiere performance of Cook's first piano etude. No ticket required. Wilson Concert Hall, W&L. [bus, 7:20 pm]

**Oct. 6, Mon., 8 pm.** Men's breakfast; no reservations needed. Dining Room.

**Oct. 7, Tue., 9 am to noon, then 1 pm to 5 pm.** Kroger Pharmacy will be on campus with this season's flu shots. Residents are asked to appear in alphabetical order (see posted notice for this sequence), but you can come at any of the times if you need to. Contact Cathy Lewis, Clinic RN, with questions (464-2609). Clinic, second floor near the dining room elevator.

**Oct. 7, Tue., 1 pm.** "Control Your Diabetes for Life: Glucose Control, Activity, and Stress." Third of four sessions that began in September. (See Oct. 14.) Taught by certified diabetes instructors from the University of Virginia; arranged by the Maury River Senior Center. Free, but registration is needed for limited seating; call (540) 261-7474. Borden Conference Room.

**Oct. 7, Tue., 4:00 pm.** Talk, "The Resources of the County Clerk's Office and the Local Legal System," by Bruce Patterson, Rockbridge County Clerk of Court. Followed by the weekly Wine and Conversation hour. Kendal Hall.

**Oct. 8, Wed., 10 am.** Photography group. All are welcome; contact Wil Stratton with questions (463-3863). Staff Development Room, near the Dining Room.

**Oct. 8., Wed., 10:30 am.** Parkinson's Support Group; open to patients and caregivers in the Rockbridge area. Contact Lexington resident Christine Steen at 784-4519 with questions. (See article in the September issue of this newsletter.) Sunnyside House.

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## Calendar Notes (from p. 2)

**Oct. 8, Wed., 7:30 pm.** The Herb Guild of the Valley of Virginia presents Andrea Wulf, British author and lecturer, discussing "Founding Gardeners: The Revolutionary Generation, Nature, and the Shaping of the American Nation." Wulf's book on this topic, describing the effect of gardening and farming on Washington, Jefferson, Adams, and Madison, was published in 2011 and appeared on the New York Times best seller list. Open to the public as well as to Kendalites. Kendal Hall.

**Oct. 9, Thu., 2 pm.** Dementia Caregivers Support Group. Open to all area residents. Contact Cathy Lewis, Kendal's Clinic RN, at 464-2609 with questions. (See article in the September issue of this newsletter.) Sunnyside House.

**Oct. 9, Thu., 4:30 pm.** Meeting of the Sunnyside Weavers, a group open to area weavers as well as to Kendalites. Contact resident Ruth Tafel (484-883-1043) for more information. Kendal Hall.

**Oct. 11, Sat., 8 pm.** Instrumental Ensemble concert. No ticket required. Wilson Hall, W&L. [bus, 7:20 pm]

**Oct. 14, Tue., 9 am.** Trip to Chiles Peach Orchard, near Crozet, Virginia. Apples and pumpkins are featured, with a wagon tour, cider tasting, and much else. Ticket will be about \$11, with the opportunity for other purchases. Return about 3 pm. Arranged by Rebecca Wilder, Health and Wellness Program Manager.

**Oct. 14, Tue., 1 pm.** "Control Your Diabetes for Life: Eat Smart, Change Your Lifestyle." Fourth of four sessions that began in

September. (See above, Oct. 7.) Borden Conference Room.

**Oct. 14, Tue., 8:30 pm.** Faculty guitar recital. Loren Pomeroy of the W&L music department plays compositions by Francisco Tarrega. No ticket required. Wilson Hall. [bus, 7:50 pm]

**Oct. 15, Wed., 3 pm.** Jeri Schaff of the Maury River Senior Center will discuss Medicare changes. (See story, p. 7.) Arranged by the Wellness Committee. Kendal Hall.

**Oct. 15, Wed., 7:15 pm.** Music by the popular local group Blue Ridge Brass. Kendal Hall.

**Oct. 16, Thu., 8 pm.** Thornton Wilder's "The Matchmaker." Ticket \$5 at the door. Gillis Theater, VMI. [bus, 7:30 pm] [Editor's note: it seems possible this listing may be changed, as the VMI website shows "The Matchmaker" on Friday, Oct. 17.]

**Oct. 21, Tue., 3:30 pm.** Dr. Gary Oberlender, a board-certified internist and geriatrician based in Roanoke, will speak on "Improving Communication with Your Physician." Dr. Oberlender has frequently done private consulting and in-home evaluation with Kendal residents. Arranged by the Marketing Department, which will also sponsor this week's Wine and Conversation hour. Open to the public as well as to Kendalites. Kendal Hall.

**Oct. 22, Wed., 4:30 pm.** First meeting of Kendal College course, "Making the Constitution." (See story, p. 1.) Kendal Hall.

**Oct. 23, Thu., 4:30 pm.** "A Journey to the Galapagos." Residents Cleve Hickman and

(cont. on p. 4)

## Calendar Notes (from p. 3)

Dianne Herrick show slides of their group's journey to the Galapagos in June. Kendal Hall.

**Oct. 24, Fri., 4:30 pm.** VMI Dress Parade. Free. [bus, 4 pm]

**Oct. 25, Sat., 7:30 pm.** The Rockbridge Symphony performs at Lexington Presbyterian Church. Watch for postings of additional details. [bus, 6:50 pm]

**Oct. 26, Sun., 4 pm.** W&L's Marlbrook Ensemble presents an afternoon of Dvorak. Julia Goudimova, cello; Timothy Gaylard, piano; Jaime Letourneau, violin. No ticket required. Wilson Hall. [bus, 3:30 pm]

**Oct. 27, Mon., 6 pm.** Annual dinner celebration of Kendal's Jeanne Kibbee Society. If you have remembered Kendal in your planned giving (your will, etc.), let management know by contacting Becky Edmondson, Executive Assistant. You will then not only feel good about benefitting your home, but will receive an invitation to honor the generous spirit of the late Jeanne Kibbee, among our first resident benefactors. The Restaurant.

**Oct. 28, Tue., 6 pm.** Gala celebration for Kendal's residents who will be ninety years old or better in 2014. Arranged by the Residents Association. Kendal Hall.

**Oct. 28, Tue., 8 pm.** Fall choral concert, with the University Singers, the Men's Glee Club, and Cantatrici (women's voices). A varied program includes the world premier of *Aether*, composed by Shane Lynch, Director of Choral Activities. Ticket free, but required; will be distributed to passengers on the Kendal bus. Wilson Hall, W&L. [bus, 7:20 pm]

**Oct. 29, Wed., 8 am.** Walk downtown to the Farmers' Market. Meet at the Fitness Center and set out; the Kendal bus will bring walkers (and their purchases) home from the market by about 9:30 am. Arranged by Rebecca Wilder, Health and Wellness Manager.

**Oct. 29, Wed., 4:30 pm.** "Making the Constitution." (See story, p. 1.) Kendal Hall.

**Oct. 30, Thu., 3 pm.** Halloween party for "Kendal Kids" – children and grandchildren of residents and staff. Costumes, treats, games. No masks, please, and nothing scary. Independent residents are welcome to give out treats and help with simple crafts. Contact Activities Assistant Teresa Markham (464-2612). Borden Center.

### And in early November:

**Nov. 2, Sun., 3 pm.** Faculty piano recital by Shuko Watanabe and Byron W. Petty. Wilson Hall, W&L. [bus, 2:30 pm]

**Nov. 4, Tue., 8 pm.** Fall concert of the University Wind Ensemble. Wilson Hall. [bus, 7:20 pm]

**Nov. 5, Wed., 7:45 pm.** Kandinsky Trio at Gillis Theater, VMI. Watch bulletin boards for further information.

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## Kendal College (from p. 1)

as a dedicated teacher who read his students' papers with great care and who simultaneously kept up with the new literature in his field.

He has served as head of the history department (1999 to 2007) and was the first holder of the Martin and Brooke Stein chair in history. Although officially retired, he will continue to teach two courses per year for several years.

## Strategic Planning for Kendal at Lexington

Kendal at Lexington's strategic plan for 2014-2019 has three key components: 1) to strengthen core operations and infrastructure; 2) to strengthen and expand services to meet the needs of present and future residents; and 3) to position Kendal at Lexington for the future. Obviously, your Board of Directors is *always* focused on these key objectives, but we are now especially engaged in an intensive effort to determine how best to position KaLex for the future, which has to do with size and scope as well as comprehensiveness and quality of services. Our overriding concern is how we can make life at KaLex even better and more satisfying for our residents.

We conducted a marketing study in 2013 that provided some direction and focus for our efforts. That study led to the appointment of six Task Groups who were asked to give special attention to: 1) contracting options for new residents; 2) independent living opportunities; 3) environmental and programmatic needs at the Borden Center; 4) environmental and programmatic needs at the Webster Center; 5) improvement and expansion of dementia care services; and 6) home health care needs and services. The Task Groups, each of which included residents as well as Board members and staff, completed their work in the early summer of this year and reported to the Board of Directors through the Strategic Planning Committee, chaired by Sally Wiant. As expected, most of the Task Group reports included a "wish list" of needs and

desires that now must be evaluated and prioritized.

Many of the needs identified by the Task Groups require answers for which we will need professional expertise, in areas such as architecture, engineering, finance, and marketing. In order to develop an affordable and executable master plan for KaLex's future, with counsel from the Kendal Corporation we issued a Request for Proposal ("RFP") to four large architectural firms that have done similar planning projects for other CCRCs, including other Kendal affiliates. The selection of an architectural firm is only the first step in the next phase of this process. The architects will consult with us (meaning residents, prospective residents, staff, and Board members), and they will present a number of options, from which we will make decisions about specific action steps to be taken over the next few years.

It is important for KaLex residents to know two things about this strategic planning process: first, *no* decisions have been made on any of the issues, and second, residents, along with staff and Board members, will have a significant role to play as we prioritize among the many options and opportunities that will be presented to us. The Board of Directors looks forward to your thoughtful input into this process.

—Robert Glidden, Chair  
Kendal at Lexington Board of Directors



## Nesting Season On Sycamore Lane

Kendal has been providing housing for bluebirds just about as long as it has been providing housing for retirees. Some of the early residents placed nest boxes on the fence posts of the adjacent cow pasture. Picturesque as they are, these fence post nest boxes have two drawbacks. One is their proximity to one another. Both bluebirds and tree swallows can be territorial; however, each species tends to tolerate the other better than its own. [Editor's note: for more on tree swallows, see the article by Victoria Shelar in the June, 2014, issue of this newsletter.] The second problem, a very real one, is their lack of protection from predators, especially black snakes. Recently some residents on Sycamore Lane have provided safer nurseries by installing the recommended boxes, mounted on metal poles with baffles. This year we tried to assess the hatch rate on Sycamore Lane.

Of the 26 boxes monitored, 17 were on fence posts, bordering the cow pasture, and nine on poles (eight metal and one wooden) with baffles, in back yards close to the pasture. The winter resident population of bluebirds appeared to decline and remain low during the monitoring period. Tree swallows, on the other hand, were legion this spring, with large numbers soaring over the field and swooping around the nest boxes. No other species (chickadee, wren, sparrow) used the boxes.

Nest boxes were checked, i.e. opened and the nest examined briefly, every two weeks or so during the breeding season. However, the monitoring was not as regular or as often as recommended. In most cases, fledging was not observed; that is, no one was there to count the young as they made their first flights. So the figures given here rely on some assumptions. [Editor's note: Please see the list of assumptions posted in the Information Alcove.]

### Season's Fledglings

#### Early: April - midJune

Baffled poles: BB 10 TS 15

Fence posts: BB 4 TS 46

#### Late: midJune - midAugust

Baffled poles: BB 12 TS 10

Fence posts: BB 3 TS 3

**Total BB fledglings: 29**

**Total TS fledglings: 74**

Some lessons: 1) Bluebirds seem to prefer nest boxes on baffled poles to those on fence posts. 2) Nest boxes on fence posts are invitations to predators. 3) Our population of BBs and TSs is large enough to justify replacing the fence post boxes with proper baffled boxes, which could be fewer and spaced further apart. (One resident has stoppered the holes in the fence post boxes near her yard and installed boxes on baffled poles.) 4) Bluebirds are known to have more than one clutch per season, sometimes as many as three. Late clutches are much less common for tree swallows; however, there was some late nesting by TSs here this year. 5) The American Bluebird Society recommends placing nest boxes 100 yards apart. The Sycamore Lane nest boxes are much closer, some just twenty feet apart, and nonetheless are used by BBs and TSs. This "crowding" may be tolerated because the adjacent cow pasture is such a rich food source.

By mid-August the tree swallows were gone, off to Florida, the Caribbean, Mexico, and Central America for the winter. Bluebirds remain, at least some of them, a mixed flock with shabby adults, exhausted from parenting, joined now by their fat, speckle-chested young.

-- Maury Hanson

[Editor's note: Maury has excellent advice for cleaning out your nest boxes. He suggests that you visit the website of the Virginia Bluebird Society, or, better yet, join the Society.]

## Blue Devils

### (Part Two of Two)

[Victoria Shelar tells us more about the mud dauber wasp ("blue devil") and its amazing "organ pipe" nest. Last month, the female wasp was busy storing paralyzed spiders as food for her young. Photo by Gene Shelar.]



When the larva hatches from its egg, food is within easy reach, but life in the lap of Mother Nature can prove hazardous. If parasites have found their way into the brood chamber, their larvae may be the ones to dine on the spiders or even on the wasp larva itself. If the male wasp is not vigilant enough, various types of flies, mites, even other wasps, may lay their eggs inside open cells. Even after the cells are closed, tiny holes about the size of a thick needle can betray the presence of another insect penetrating the clay covering to lay its egg inside. Studies in western North Carolina and elsewhere have shown a level of between 15% to 45% mortality from parasites when the male's sentry efforts have been insufficient, a common occurrence. Mud dauber larvae spin cocoons and overwinter as pupae, emerging in the spring to renew the cycle, leaving holes slightly larger than 1/4 inch.

When someone advised us to get rid of the nest to avoid being stung, we demurred, saying how much enjoyment we had being voyeurs. One doesn't often get the chance to observe a wild animal at work so up close and personal. When my case of nerves prompted me to look up our species (*Trypoxylon politum*), I learned that both male and female daubers are notably peaceful members of their fearful family. They won't attack you or bite unless picked

up or swatted. All they ask is to be left alone to construct their decorative architecture.

You might want to think twice before destroying a mud dauber's nest; some of the spiders they remove are black widows. Also, when the adults finally chew their way out of their protective chambers in the spring, their diet consists entirely of flower nectar, causing them to be useful pollinators of such plants as goldenrod, black-eyed susan, and common milkweed, the latter plant so essential to the life cycle of our vanishing monarch butterfly.

— Victoria Shelar

(Photos in the Alcove.)

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## Speaking of Wellness . . .

The Wellness Committee is pleased to announce that Jeri Schaff, Director of Senior Services at the Maury River Senior Center in Buena Vista, will give a presentation on the changes in Medicare coverage for 2015, with emphasis on Part D. Jeri will speak on Wednesday, Oct. 15, at 3 pm in Kendal Hall.

For residents with specific concerns about their Medicare or supplemental insurance, Jeri will return on Tuesday, Oct. 21, and on Thursday, Oct. 30, for individual appointments. Residents wishing to schedule an appointment with Jeri should register with Becky Edmondson, Executive Assistant (458-3782).

Please join us for this informative presentation.

- Margy Werling  
Chair, Wellness Committee

## Helen Gillespie Now at Kendal

Helen Gillespie, who lives in Webster 213, moved to Lexington in 1952 when her late husband, Samuel S. Gillespie, became an instructor of civil engineering at VMI. A few years later, Sam took a job with the Corps of Engineers in Alexandria. The family returned to Lexington in 1986. Sam died in 2000.

Helen was born and grew up in Purcellville, Virginia, in Loudoun County. She studied fine arts, costume design, and illustration at Virginia Intermont College in Bristol. She met Sam when one of her aunts by marriage, who happened to be Sam's aunt through another family connection, arranged an introduction.

Helen and Sam raised two boys. Andy lives in Seattle with his wife and three sons; Tom, who is not married, will continue to live in Helen's house in Lexington until the house is sold.

Helen is enjoying her life at Kendal, where she indulges her love of light reading. Because Webster residents take all their meals in the Dining Room, Helen finds that she is particularly pleased to give up cooking. "I might put some popcorn in my microwave," she says, gesturing around her comfortable apartment, "but that's it."

-- Jo McMurtry

## Resident Address Change

**Helen Behrens**, from Apt. 107, South, to Cottage 1033.

## Kay Pless Is Part of the Scene

Kay Pless, now living in Webster 211, was born in Wytheville, Virginia, and is an only child. She studied piano and played the flute and piccolo. During her high school years, she was organist at St. John's Episcopal Church. She majored in nursing at Mary Washington College. She met Bob Pless, of Galax, Virginia, at a Duke University fraternity party.

Bob and Kay married in 1962, and ten days later moved to Lexington for Bob to enter law school. Bob then practiced law in Richmond, where both their sons were born. Sadly, their elder son, Stephen, died in open heart surgery at the age of seven. Their younger son, Bryant, is a W&L graduate. Bryant now lives in Jericho, Vermont, with his wife, Tamara, and their two children, Isabel and Iain..

The family moved to Atlanta in 1980, when Bob became lead counsel for an international tobacco corporation based there. They returned to Lexington in 2005. Bob died in 2011 after a lengthy illness.

In Richmond, Kay volunteered with the American Heart Association and with a local hospital, and served on the junior board of another hospital. In Atlanta, she worked in labor and delivery and later managed an endocrinology practice.

Kay's interests are people, the Fitness Center, reading, knitting, her computer, and Virginia history, particularly that pertaining to the War Between the States. Her greatest accomplishment is to have reared a fine son.

-- Kay Pless



## Philanthropy Report

Gifts received between July 1, 2014, and July 31, 2014:

\* **Fellowship Fund:** Four gifts were made to this fund in memory of Clentis Gupton, Helen Watt, and Peachie Bennington.

\* **General Fund:** Four gifts to the general fund included monetary contributions and two in-kind gifts to Kendal: an iMac computer and an office chair.

\* **Staff Appreciation Fund:** There were two gifts to this fund during the month.

Gifts received between August 1, 2014, and August 31, 2014:

\* **Fellowship Fund:** There were eleven gifts to the Fellowship Fund in memory of Jack Hemmings, Audrey Todd, Helen Watt, Clentis Gupton, and Bob Peniston.

\* **General Fund:** There were seven gifts to the General Fund. These include donations to the Barbara Brown Staff Education Fund, and in-kind gifts of a rollator walker, knee braces, a recliner chair, and a telephone. One anonymous donation was received to help fund the repairs to the wonderful Steinway piano at Sunnyside (also a donation), and another for stone work done on the grounds.

\* **Staff Appreciation Fund:** four gifts were made to this fund.

The generosity of our residents, friends, Board members, and families is truly

inspirational. Life at Kendal wouldn't be the same without it.

-- Becky Edmondson  
Administrative Assistant

## Let's Welcome Uncas McThenia

Andrew Wolfe McThenia, Jr. is always called "Uncas," a name given to him on a "bad hair day" by a high school classmate who told him that he "looked like the guy in the book." At the time they were reading James Fenimore Cooper's *The Last of the Mohicans*, in which Uncas is a major Native American character.

Uncas was born in Alderson, West Virginia, but Lexington has been his home for most of his life. He has a BS from W&L, an MA from Columbia, and a JD from the W&L School of Law. In addition, he was the recipient of an honorary doctorate in theology from Virginia Theological Seminary.

In his first year in law school, he met Anne Whitley, a student at Randolph Macon Woman's College whom he later married. He believes that Anne (who died in 2010) was his life's greatest good luck.

There are three McThenia children. Daughter Paige McThenia is a trial court judge in Charlotte, North Carolina. She is married to Jon Adams, an attorney, and they have one daughter, Finley. Andy McThenia is a geologist in Fort Myers, Florida. He has two daughters, Whitley and Emma. Tal lives in New York and is a writer. His partner, Brett Burk, is also a writer and journalist.

(cont. on p. 10)

**Uncas McThenia**

(from p. 9)

Uncas practiced law in Alexandria, Virginia, and Washington, DC, before returning to W&L, where he was a professor of law for most of his working life. He specialized in contracts and remedies, and planted the seed for the Black Lung Clinic at the law school. The Clinic's purpose is to ensure that coal miners suffering from black lung disease have competent legal representation in their efforts to receive compensation.

Uncas is an Episcopalian and was Chancellor of the Diocese of Southwest Virginia for eight years, providing legal counsel to the Bishop on canon law. He participated in a Jubilee Ministry to the coal regions of southwest Virginia and West Virginia and was headquartered at Grace House, a Diocesan mission, to build community and to help people in need in the region. His mission trip coincided with the Pittston Coal strike and led to interesting experiences as well as a longtime commitment to those with black lung disease, as the foundation of the Black Lung clinic attests. In more recent years, Uncas has spent some time with families of murder victims. Both efforts are "pretty stressful," and he says that he "may be too old to do it any more." Now he volunteers his time to visit with Hospice patients.

Uncas reads "a good deal of theology," and finds it interesting to spend time with "people on the fringes" of American society. He also bikes a lot and does a lot of yoga. In 2002, he participated in an instructional DVD for astanga yoga [a form of yoga emphasizing a smooth breath]. The DVD

was reviewed in the *Yoga Journal*, which noted that "Perhaps the most interesting aspect of this program is the older grey-haired man who does the practice with grace and dignity." That's Uncas.

His special friend, Sudy Dressler, lives in South Carolina. She has several paintings in the Kendal Collection.

-- Nanalou Sauder



## Library Tidbits

with Sarah Giddings

Announcing a very special book sale. We have received donations of a really fine selection of books, so here is your chance to pick up a treasure or two. The sale will start on Wednesday, Oct. 1, and continue for at least a week. Look every day. There may be additions to the collection as we find more room on the book cart.

### Newsletter Statement and Staff

*Kendal at Lexington* is published by and for the residents of the Kendal retirement community at Lexington, Virginia.

Staff: Margaret Craighill, Sally Emory, Sarah Giddings, Maury Hanson, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Marjorie Sherrill, Louise Tardy, Rudie Terhune, Clara Belle Weatherman.

Deadline for the November issue: Monday, Oct. 20, 5 pm. The newsletter timeline is posted each month in the Information Alcove.



## Out and About in October

[This column lists events and activities to which Kendal is not offering transportation, but which may be of interest to residents and their guests.]

**Oct. 4, Sat., 7 pm.** The Halestone Dance Connection presents "An Appalachian Ballet" at the Lime Kiln Theater. Ticket \$12 in advance (visit limekilntheater.org) or \$15 at the door. Children five and under are free.

**Oct. 11 and 12, Saturday and Sunday, throughout daylight hours.** Seventh annual "Paint Lexington" paint-out show. Artists will be painting at various locations around town, with an exhibit of the paintings at 5 pm on Oct. 12 at the Nelson Gallery, 27 W. Washington St.

**Oct. 18, Sat., 11 am to 3 pm.** Annual Apple Day Festival at the Stonewall Jackson House. Pressed cider, live music, games and crafts for all ages. Participation is free; tours of the house cost adults \$8, youths six to seventeen \$6, children under six free. VMI alumni (any age) can tour the house for \$5. 8 E. Washington St.

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## .... Bits and Pieces ....

☞ According to Jessica Buhler, Director of Marketing, and Alex Slaydon, Marketing Associate, Kendal's Independent Living occupancy is 94% as of the Residents Association meeting on Sept. 16. Three of our seven currently vacant residences have been reserved. Several "Try It -- You'll Like It" visits are scheduled for the near future, and Jessica thanked the residents for being

so willing to spend time entertaining visitors to the campus.

☞ Resident Dick Minnix, our election expert, reminds us that a photo ID will be required in order to vote in the general election on Nov. 4. A valid driver's license is the usual recourse, but there are other possibilities, and Dick can tell you about these as well as the requirements for registering to vote (the last day is Oct. 13, for the upcoming election) and for requesting an absentee ballot (last day is Oct. 28). Dick has the forms for just about everything. Contact him at 463-5256.

☞ The Webster Center is the place to be on Thursday afternoons. Quite often, around 3 pm, physicists Dick Minnix and Rae Carpenter entertain with one of their "Dick and Rae Show" demonstrations. Webster's weekly wine and cheese party follows, frequently including a singalong to Anne Maxwell's rollicking piano music. Other independent residents are welcome to join the fun. Webster Activities Room.

☞ Last month's survey of Kendal authors who have given our library copies of their books inadvertently omitted Alan Carlsson, whose book *Butler's Ethics* is in our collection. Joseph Butler (1692-1752) was an English bishop, theologian, and philosopher.

☞ A message from Rae Carpenter: "The number of printer cartridges for recycling has dropped off, and this is the source of rebates from Staples Rewards that provide money for our reams of copier paper used by the residents' copier. The container for recycling of these used cartridges is located in the alcove across from the elevator and the beauty shop door. Thanks."

## October Activities Calendar

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

1, Wed.	All Day 7:45 pm	Special Book Sale in Library -- Runs about a Week Lark Quartet at VMI	Alcove [bus, 7:15 pm]
3, Fri.	10:00 am	Essential Tremor Support Group	Sunnyside
4, Sat.	7:00 pm 8:00 pm	Concert benefitting Meals on Wheels Jonathan Cook, pianist, at W&L	[Car Pool] [bus, 7:20 pm]
6, Mon.	8:00 am 1:00 pm	Men's Breakfast Residents Council	Dining Room Kendal Hall
7, Tue.	9 to 5 1:00 pm 4:00 pm	Flu Shots "Control Your Diabetes," Part 3 Talk, "The County Clerk's Office"	Clinic Borden Conference Room Kendal Hall
8, Wed.	10:00 am 10:30 am 7:30 pm	Photography Group Parkinson's Support Group Meeting, Herb Guild	Staff Development Room Sunnyside Kendal Hall
9, Thu.	2:00 pm 4:30 pm	Dementia Caregivers Support Group Sunnyside Weavers	Sunnyside Kendal Hall
11, Sat.	8:00 pm	Instrumental Ensemble Concert, W&L	[bus, 7:20 pm]
14, Tue.	9:00 am 1:00 pm 8:30 pm	Trip to Chiles' Peach Orchard "Control Your Diabetes," Part 4 Faculty Guitar Recital, W&L	[bus, 9:00 am] Borden Conference Room [bus, 7:50 pm]
15, Wed.	9:30 am 3:00 pm 7:15 pm	Residents Association Meeting Talk, "Medicare Changes" Blue Ridge Brass	Kendal Hall Kendal Hall Kendal Hall
16, Thu. (?)	8:00 pm	"The Matchmaker" at VMI	[bus, 7:30 pm]
21, Tue.	3:30 pm	Talk, "Communication with Your Physician"	Kendal Hall
22, Wed.	4:30 pm	Kendal College: "Making the Constitution"	Kendal Hall
23, Thu.	4:30 pm	Talk, "Journey to the Galapagos"	
24, Fri.	4:30 pm	VMI Dress Parade	[bus, 4:00 pm]
25, Sat.	7:30 pm	Rockbridge Symphony at Lex. Presbyterian Ch.	[bus, 6:50 pm]
26, Sun.	4:00 pm	Marlbrook Chamber Ensemble, W&L	[bus, 3:30 pm]

(cont. on p. 13)

## Activities Calendar (from p. 12)

27, Mon.	6:00 pm	Annual dinner, Jeanne Kibbee Society	The Restaurant
28, Tue.	6:00 pm	Gala Celebration for Ninety-Pluses	Kendal Hall
	8:00 pm	Fall Choral Concert, W&L	[bus, 7:20 pm]
29, Wed.	8:00 am	Walk to the Farmers' Market	Fitness Center
	4:30 pm	Kendal College, "Making the Constitution"	Kendal Hall
30, Thu.	3:00 pm	Halloween Party for Kendal Kids	Borden Center

### And in Early November --

2, Sun.	3:00 pm	Faculty Piano Recital, W&L	[bus, 2:30 pm ]
4, Tue.	8:00 pm	University Wind Ensemble, W&L	[bus, 7:20 pm]
5, Wed.	7:45 pm	Kandinsky Trio at VMI	[TBA]

## Weekly Scheduled Activities

Sundays (5, 12, 19, 26)	4:00 pm	Vespers	Kendal Hall
Mondays (6, 13, 20, 27)	1:30 pm	Sewing Circle	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (7, 14, 21, 28)	10:30 am	Poetry Group	North Parlor
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (2, 9, 16, 23, 30)	10:00 am	Bible Study with the Rev. Tom Crittenden	Kendal Hall
	12:45 pm	Recorder Group	Kendal Hall
	7:00 pm	Movie	Kendal Hall
Fridays (3, 10, 17, 24, 31)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (4, 11, 18, 25)	3:00 pm	Movie	Staff Development Room

## Fitness Classes Currently Offered

Please see bulletin boards and other postings for fitness classes offered during October. If you have questions, contact Rebecca Wilder, Health and Wellness Program Manager, at 458-0103, or Karen Jackson, Resident Services Coordinator, at 458-3785.



Kendal at Lexington

Newsletter