



Kendal at Lexington

The Residents' Newsletter

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Back to the Classroom: Auditing Courses at W&L

Lifelong learning is a big thing at Kendal, and here in Lexington we are fortunate in our proximity to Washington and Lee University. W&L is a small (2000 undergraduates, give or take a few) private liberal arts school, where many members of the faculty welcome Kendal residents into their classrooms as auditors.

Classes start this year on Thursday, September 8, and end on Friday, December 9. Permission of the instructor is required for auditing a class. First, though, you need to choose the class, so an online quest is in the offing.

Sarah Giddings, who has audited a large number of W&L classes, suggests the address <https://managementtools3.wlu.edu/CourseOfferings/> to reach this semester's list of undergraduate courses. Alternatively, one can Google "Washington and Lee" plus "Course Offerings," find the "current students" box, and click on "course offering list."

Here the courses are listed by departments, in a chart format, with the meeting time, location, and name of instructor. To contact your instructor, click on the name of the course (not

the name of the instructor in its chart guise), and, when more details appear, click on the instructor's name as it has just materialized in this later context. (Am I making myself clear? No. Best I can do in the realm of computer lore, however.) You should then see a draft email, and you can write the instructor. Identify yourself as a Kendal resident and see what happens. According to Sarah, most instructors will give you an answer right away.

Incidentally, to find out more about your instructor, go to the main "wlu.edu" web page, find the "Academics" section, and click on "Departments and Programs." Here you'll find departmental directories with each instructor's academic background, teaching interests, publications, and often a photograph.

And how should you conduct yourself, once in the classroom? Sarah tells us it all depends on the instructor. Some prefer that auditors remain silent and virtually invisible. Others encourage auditors to participate. Whatever the case, keep in mind that your being there represents a courtesy on the part of the instructor. Take the class seriously, attend all the meetings, do the reading. (And enjoy!)

Questions? Consult Sarah, or Bill Russell, another frequent auditor who has kindly volunteered his help in this very Kendalesque endeavor.

-- Jo McMurtry

🎵 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.

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

Sept. 1, Thu., 4:30 pm. Brian Murchison, Charles S. Rowe Professor of Law at W&L, will speak on the Supreme Court decisions made during the past term. Kendal Hall. **Free and Open to the Public.**

Sept. 5, Mon., 8 am. Men's breakfast. No reservation required. Dining Room.

Sept. 7, Wed., 6:30 pm. Chinese feast at the very well-reviewed Canton Restaurant in Buena Vista. Dinner, \$20. [bus, 6 pm]

Sept. 8, Thu., 9 am. Informational event for prospective residents, arranged by the Marketing Department. Kendal Hall. (See story, p. 6.)

Sept. 13, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Program includes a talk and video by Kathleen Klumpp, author of a recent book on the cotton fiber art of Ecuador. Sunnyside House.

Sept. 14, Wed., 4:30 pm. Lexingtonian Bruce Summers, a retired Vice President of the Federal Reserve System, will speak on the payment system of the United States. (The system transfers literally trillions of dollars a day -- including the order you just placed with Amazon, using your credit card number.) Kendal Hall. **Free and Open to the Public.**

Sept. 16, Fri., 10:30 am. The Kendal Singers present "With a Song in Your Heart from Morning to Evening." Selections include songs about happiness and about specific times of day. Director, resident Don Taebel; pianist, Lexingtonian Betty Bond Nichols. Kendal Hall. **Free and Open to the Public.**

Sept. 16, Fri., 4:30 pm. VMI Dress Parade. Seating provided for riders on the Kendal bus. [bus, 3:50 pm]

Sept. 18, Sun., 3 pm. Gregory Parker, baritone, presents art songs and opera arias based on the works of William Shakespeare. Timothy Gaylard, pianist. No ticket required. Wilson Concert Hall, W&L. [bus, 2:20 pm]

Sept. 21, Wed., 9:30 am. Residents Association meeting. Light refreshments, lots of information. Karen Russell, president. Kendal Hall.

Sept. 21, Wed., 4:30 pm. "Dog and Pony Show." John Nicholson, CEO of the Virginia Horse Center just north of Lexington, will speak on the history and future plans of the Horse Center, and will introduce his live animal performers: "Lily" and "Muffin," miniature horses, and "Willoughby," a service dog. Mr. Nicholson served as Director of the Kentucky Horse Park in Lexington, Kentucky, for seventeen years. **Free and Open to the Public.**

Sept. 22, Thu., 11 am/ 11:30 am. Trip to Glen Maury Park, Buena Vista, for the sixteenth annual Nothin' Fancy Bluegrass Festival. Tickets provided; lunch can be purchased from a large choice of vendors. Front row places reserved for all Kendal residents. Folding chairs provided for Borden and Webster residents; Independent Living residents need to bring a low-backed lawn chair or blanket for sitting on the grass. Return about 4:30 pm.

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Calendar Notes

(from p. 2)

Borden/Webster bus will load at 11 am from Borden (no charge to riders). Independent Living residents' bus will leave Anderson Center at 11:30 am; fare \$3.

Sept. 22, Thu., 3 pm. Is your home as safe as you can make it? A "home fit" presentation by Kendal's therapy staff will answer questions and give you ideas. Light refreshments. Kendal Hall. **Free and Open to the Public.**

Sept. 22, Thu., 8:15 pm. The Cardinal Ensemble (oboe, piano, viola, cello) presents music from across the eras of classical music. All four members perform with the Roanoke Symphony Orchestra. Senior ticket \$8. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:35 pm]

Sept. 26, Mon., 7:30 pm. The Havana Cuba All Stars present "Cuban Nights," representing the songs and music of the rich culture of the Cuban people. Senior ticket \$25. (Box office, 458-8000.) Keller Theatre, Lenfest Hall, W&L. [bus, 7 pm]

from Freeman's Auction House (Philadelphia) and Heritage Auctions (Dallas) will provide oral appraisals of objects brought in. The charge per piece for an appraisal, and other ticketing details, will be announced at a later date. Proceeds will go to several of Kendal's philanthropic programs and will be distributed by the Board of Directors' Philanthropy Committee.

All items should be small enough to be carried into Kendal Hall. The appraisal team will include specialists in fine and decorative art, silver, fine china and crystal, precious and costume jewelry, and luxury clothing and accessories. There will be no appraisers specializing in guns, dolls, stamps, or other collectibles.

In addition to the appraisals, the group is planning a silent auction of antiques donated by Kendal residents and others (future residents in the process of downsizing, for example). Watch for more details -- and, in the meantime, contemplate those mysterious heirlooms you've been wondering about.

Antiques Fair in October

Mark your calendars for Kendal's "Trinkets and Treasures Appraisal Fair," to be held on Saturday, October 29, in Kendal Hall. A group of residents including Nancy Epley, Trix Rumford, Ann John, and Dianne Herrick, with help from the Marketing Department, are planning this event, which is modeled on public television's popular "Antiques Roadshow."

The public is invited to participate.

Marcy Molinaro, a professional appraiser based in Lexington, and a team of appraisers

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, Rae Hickman, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

The deadline for the October, 2016 issue is Wednesday, September 21, 5 pm.

Meet Judy Kurtz, Our Dining Services Director

"Food is fun," said Judy Kurtz, our new Director of Dining Services, speaking at the Residents Association meeting of August 17.

Judy comes to us from New Jersey, where she served as general manager of Classic Café Management, based in East Hanover and concerned with creative food programs for corporate clients. Earlier, she worked for a number of years in the food division of Aramark, a very large corporation (270,000 employees) serving hospitals, universities, and other businesses around the world. Here Judy began as an assistant food service director and eventually became a general manager.

Judy holds a degree in physical education from William Paterson College (now William Paterson University) in Wayne, New Jersey, where she put herself through school by cooking. Career-wise, the food interest would seem to have prevailed, but as an avocation Judy has played, coached, and umpired softball and volleyball, both adolescent and adult.

Judy and her husband, Dave, a recent retiree from AT&T Corporation, are currently living with Judy's mother, Janice Bronander, in Lexington. They plan to look for a house in the spring. Judy's daughter, Mary, lives in Charlotte, South Carolina.

Although none of her previous jobs has involved working with an elderly population of diners, Judy has not found the shift a difficult one. Since arriving on campus in late July, she has received considerable help from Kendal Corporation, including an on-site visit from Benjamin Butler, K-Corp's Director of Culinary Services and Operations. K-Corp has provided a computer program with menu cycles and is in

the process of connecting Judy with a personal mentor at another Kendal facility.

Judy plans to work closely with the residents' Food and Dining Committee, currently chaired by Allan Carlsson. She urges all Kendalites to put comments, whether positive or negative, in the suggestion box in the dining room. Or, she says, just speak to her in person.

"If I get a complaint," she says, "I see it as a gift. It gives me an idea for improvement. But if you don't speak up and I don't know about it, I can't fix it."

Judy's office is opposite the elevator on level one, near the dining room. Her telephone number is 464-2607, and her email address is jkkurtz@kalex.kendal.org.



Vespers Services in September

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

Sept. 4: Deb Klein (Lexington Presbyterian Church); musician, Kay Horner.

Sept. 11: Paul Carter (Grace Presbyterian Church); musician, Donna Mabry.

Sept. 18: Jason Grimes (High Bridge Presbyterian Church); musician, Clyde Moore.

Sept. 25: Joe Cailles (Trinity United Methodist Church); musician, Mary Harvey-Halseth.



Digital Bytes



Welcome back to the Digital Bytes column, presented by the KaLex Computer Group. We are an informal group of residents and staff interested in helping others take advantage of the opportunities offered in today's digital world. Efforts are currently under way to schedule more "hands on" workshops, like those provided by the VMI cadets last spring. Please let us know your learning priorities, and join in with us as we continue.

In this and future Digital Bytes editions we will present "apps" that you may find useful or fun. As you will see when going to the App stores, there are usually dozens or even hundreds of similar apps, so we do not endorse a particular one, but only want to introduce some that typify their genres. This month we focus on "apps" that could be useful to you when traveling by car.

The following apps are all free and are available from the Apple *App Store* or from *Google Play* for Android devices.

Google Maps is a comprehensive travel tool to guide you to your destination anywhere in the USA, as well as around the globe. To use it on your trip, you must be connected to the web, a capability available through your smartphone provider.

Gas Buddy identifies nearby gas stations, with current prices per gallon.

Waze provides real time traffic updates, alerting drivers to accidents, construction, and other delays on your route.

SpotHero is a parking availability tool that also generates reduced price deals. Linda Moreschi, of the Marketing Department, says,

"I've used it in both Washington, DC, and New York City to find cheaper parking. In DC . . . we used SpotHero to get a spot in the exact same garage the hotel used -- but at half the price!"

App Store for Mac: <http://www.apple.com/osx.appss/app-store/> for iPhone and iPad: App Store icon on your device.

Google Play: <https://play.google.com/>

For our next column, we would like to hear from residents about apps categories that you are interested in -- eg, identifying bird calls, or tracking your hikes, or counting calories, or translating foreign languages, or music and internet radio, or fun games. Let us know what you would be interested in, or have found and would like to share with fellow residents. And consider joining our group of enthusiasts -- we especially need more participation by PC/Android users.

Happy computing!

The KaLex Computer Group: Jack Geikler, Sarah Giddings, Dianne Herrick, Cleve Hickman, John South, Wil Stratton (residents); Nathan Straub (IT Network Administrator).

Kendal Golfers Help the YMCA

Taking part in the local YMCA's "Tee Up for the Y" tournament, held August 12 at the Lexington Golf and Country Club to benefit YMCA programs, were Bill Russell and John South (residents) and Jason Bunn and Boo Rowsey (staff). According to Bill, "We shot 63, which was eight under par. It was not good enough to place us among the top teams, but we feel a dramatic improvement will be made next year, based on this year's experience."

Marketing Department Holds Informational Session

Prospective Kendal residents are invited to an informational session on Kendal's admission process for Independent Living, to be held on Thursday, September 8, from 9 until 10:30 am in Kendal Hall. Topics will include the financial and health requirements that prospective residents will need to meet at the time they reserve their cottage or apartment. Speakers will include Jessica Buhler, Director of Marketing; Charlotte Sibold, Health Services Administrator; and Felicia Bush, Finance Manager.

Attending this session offers many advantages to prospective residents. Questions will be answered in detail, including questions one might not have thought of. One can jump-start one's planning. And, thanks to the social aspect of the gathering, one might also jump-start one's friendships with future neighbors.

A light breakfast (NY bagels and yogurt bar) will be provided, and tours of the Kendal community will be offered following the session.

Though participants have been asked to reserve a spot by late August, there is plenty of room in Kendal Hall, and seats are still available. Telephone (800) 976-8303, email info@kalex.kendal.org, or register on the Kendal website, kalex.kendal.org/events.

Help Needed: Monitor for Bluebirds and Tree Swallows

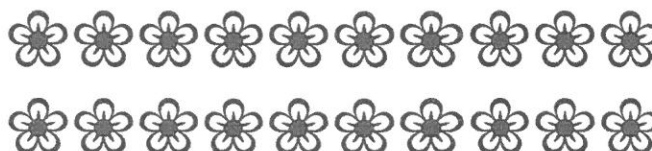
Position Description: Kendal is home to a large number of bluebirds and tree swallows. There are several nest boxes around the campus and there is a trail of 26 boxes in back

of the cottages on Sycamore Lane. Of the few boxes near Phase I cottages, most have been cared for by residents nearby. For the past two years, the 26 boxes between Sycamore Lane and the cow pasture have been cared for by Renate Chapman and Louise Hasselman, and for the two years before that by me [Maury Hanson] and Gene Shelar.

The job is not difficult. The birds return by early April (even late March if the weather is mild). There is competition between bluebirds and tree swallows for the nest boxes, but this is rapidly settled and reproduction begins. Then ideally each box is monitored once every seven to ten days. Occasionally there will be storm damage to one of the older boxes on fence posts. Generally the monitor's duty is making sure nesting is going well, documenting the number of eggs, hatchlings, and fledglings, and keeping a record of the dates and numbers and preparing a summary report at the end of the season. Eventually these numbers become data for the Cornell Lab of Ornithology. One year the total for the two nestings was 103 fledglings, 29 bluebirds and 74 tree swallows.

The parent birds tolerate their human visitors very well, returning rapidly to the nest. There are usually two nestings, the first April to mid June, the second from mid June through July. By mid August those birds that migrate are on their way. A tour of the 26 boxes takes about an hour to an hour and a half. It's a beautiful duty and will increase your love of bluebirds and tree swallows. If you are interested, please contact Renate.

-- Maury Hanson



Library Tidbits for September

How does one donate books to Kendal's library? This is a question that people often ask, and the Library Committee thought some clarification might be helpful.

The Tutwiler Library is delighted to accept donations of books or audiovisual materials at any time. All donations should be brought to Anderson and placed in the nook, on the left side of the desk where books are returned.

Please understand that for a variety of reasons Kendal's library cannot add every donated item to its collection. Materials not added to Tutwiler are usually placed in the library's regularly scheduled book sales, the proceeds from which help purchase memorial books and help defray some of the library's operational expenses. Be assured that every donation to our library is greatly valued, and will be handled in the way the Library Committee feels will most benefit everyone who uses our Kendal library.

-- Elsa Burrowes

Sherry Brings a Smile To Our "Front of the House"

The term "front of the house," in restaurant language, refers to all the actions and areas that customers will be exposed to during their stay at a restaurant. Sherry Smith, who became Kendal's Front of the House Supervisor this past June, sees her job as making sure everybody eating at Kendal has a good experience from the moment they come into the dining room. She wants everything to look nice, she wants diners to be greeted with a smile, she wants the wait staff to provide friendly and

efficient service. Her hours are 11 am to 8 pm, with the result that she is in the dining area during our most heavily attended meals.

"I love it here," Sherry says. Her most recent job was with Arby's of Lexington, on East Nelson Street. She enjoyed interacting with the customers but disliked the company's policy of getting customers out of the restaurant as quickly as possible. Sherry feels that diners should be encouraged to linger over a pleasant meal. At Kendal, of course, this is very much what we do.

Sherry is in charge of training the dining area wait staff and is currently dealing with a seasonal turnover. Kendal hires a number of students, both high school and college. Some of our summertime students plan to continue their Kendal jobs, some may be returning to Kendal after spending the summer elsewhere, and others will be hired for the first time. All will need to schedule around their classes and extracurricular activities. Sherry says the prospect does not dismay her. "I'm used to working with teenagers. And I want them to love this place as much as I do."

Sherry was born and raised in the Lexington area. Her husband, Dale Smith, owns Lexington Discount Muffler, on East Midland Trail. The Smiths have two sons and two grandchildren.

In Memoriam

Nancy Saxton

Died August 16, 2016
Entered Kendal July 31, 2003

Jason's Sports Preview: Here Comes Football

Jason Bunn, Kendal's Health and Fitness Program Manager and an enthusiastic sports fan, lets us in on his thoughts about the upcoming football season.

College Football. Looking at the closest teams to hand, Jason reminds us that W&L had a great season last year, playing in Division III of the NCAA (National Collegiate Athletic Association), and should continue their success under coach Scott Abell. VMI, on the other hand, "always struggles in Division I," and the Keydets will be "just trying to win more than they lose." VMI's coach, Scott Wachenheim, is in his second year.

Jason points out that Southern Virginia University in Buena Vista also has a team in Division III. The Knights are coached by Joe DuPaix, who assumed his position this past January and has experience at Brigham Young University. The Knights play their home games at Rockbridge County High School.

UVa and Virginia Tech (both Division I) are starting the season with brand new head coaches. UVa's Bronco Mendenhall comes from Brigham Young University; Tech's Justin Fuente, from the University of Memphis. According to Jason, the talent is there in both cases, but "neither team has been picked to do very well." Jason is a UVa fan, which creates some friendly dissension in his household; his wife, Karla, cheers for Virginia Tech.

And who will make the college bowl games? This is tough to predict, Jason says, but he mentions Clemson, Alabama, Florida State, and Michigan as probable stars of our holiday TV watching.

[Editor's note: The NCAA has now been with us for 110 years. It was founded in 1906 by President Teddy Roosevelt, whose son had been injured playing football at Harvard. (He wasn't alone. Injuries were rife; forty five football players died between 1900 and 1905, many of them having been kicked in the head while at the bottom of pileups. There were calls for banning the sport altogether.) Roosevelt summoned a group of coaches to the White House and asked them to reform the rules -- a story told by John J. Miller in *The Big Scrum: How Teddy Roosevelt Saved Football* (Harper Perennial, 2012). While the coaches were at it, they legitimized the forward pass, a revolutionary rule that changed the sport by spreading play across the field. Size was still important, but so were speed and dexterity.]

Pro Football. Jason, a fan of the Miami Dolphins, predicts the NFL teams that will probably do well this season: the Carolina Panthers (based in Charlotte, North Carolina), the Arizona Cardinals (Phoenix metro area), and the New England Patriots (greater Boston area). Fans of the Washington Redskins, Jason says, can be "legitimately, cautiously optimistic."

Of the Dallas Cowboys, Jason says, "the fans always have unrealistic expectations."

Players to watch include Cam Newton, quarterback for the Panthers, and Josh Norman, cornerback for the Redskins. Jason's all-time most-admired pro football player is Jim Brown, active in the 1960's and 70's and now 80 years old. "He has aged gracefully, with his mind in good shape," Jason says.

[Editor's Note: the National Football League was founded in 1920 as the American Professional Football Association and took its

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Football Preview

(from p. 8)

present name two years later. The league went through several reconfigurations before establishing its present format of 32 teams which, after a four-week preseason, play sixteen games during a seventeen-week regular season. Then come the playoffs, and then -- first Sunday in February -- the Super Bowl, the most-watched television program in American broadcasting history.]

-- Jo McMurtry

Want to Share Your Sports Opinions/ Predictions/ Observations? Jason doesn't have a monopoly here; other voices are welcome. Please focus your ideas on what's coming up for the month ahead, whatever that month might be, in the way of sporting events -- local or televised -- that Kendal residents are likely to follow. Contact the editor of this newsletter, Jo McMurtry, (540) 463-7723.

Memorial Book Now in Library

In memory of Jean Morgan, who died in May, her husband, Jim Morgan, has donated (via Bill Wright as intermediary) to the Kendal library Lynn Seldon's novel, *Virginia's Ring* (Indigo-blueink Press, 2014).

The novel focuses on the Virginia Military Institute -- "VMI" to all of us in Lexington -- and particularly on the bond of loyalty among those who "wear the ring." There are two first-person narrators: Nick, class of 1983, and Virginia, class of 2004. The two sections are linked, as Virginia is the daughter of one of Nick's room-mates.

Not surprisingly, the author is a VMI grad (class of 1983), and his descriptions of Lexington and also of Richmond, where many of the characters live, are specific and colorful. Seldon portrays the continuity of VMI tradition but is also aware of changes brought by time, in particular the admission of women, which occurred in 1997.

The author's lengthy "acknowledgements" section includes names familiar to many Kendal residents. And, on page xvii, we find an expression of thanks to "Major General James M. Morgan, Jr," dean of the faculty during Seldon's cadetship.

-- Jo McMurtry

**Independent Living Residents:
Can You Make Your Home Safer?**

A well-designed home ensures safety and autonomy for those who live there and visit. Most importantly, it allows everyone the freedom to spend time enjoying each other. If you want to stay in your current home for as long as possible, and most people do, you need to ask yourself if your home will continue to match your needs as your lifestyle changes over time.

Take a fresh look at your home and see if it matches your needs now and will continue to do so in the years to come. Livable homes empower you to remain self-sufficient, safe, and engaged in your community, in addition to offering a better quality of life.

If you would like a more complete assessment of your home for livability, enlist the help of an Occupational Therapist who can evaluate

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Safer Home

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you and your home environment. Many Occupational Therapists specialize in the area of home modifications and can identify strategies for improving home safety and changing your home to meet your needs, abilities, and lifestyle. Stop by the Clinic (Level Two, next to the beauty parlor) or the therapy gym (Borden Center) for an Occupational Therapy referral.

And please join us on September 22 at 3 pm in Kendal Hall to learn more about home safety.

-- Heather E. Strong
Rehab Program Manager

New Kendalite:**Kay Quirk****Apartment 117, Cox Hall**

Kathleen ("Kay") Quirk comes to Kendal from Alexandria, where she was a longtime resident of Parkfairfax, a unique community of 1600-plus condominium units originally built in 1941 as housing for federal workers during World War II. Parkfairfax is now a self-governing enterprise with a Board of Directors, a Residents' Association, and a host of volunteer committees -- excellent preparation for life at Kendal, one would have to say. Kay served on the Activities Committee and was instrumental in a number of projects, including a chili cookout combined with an arts festival. She received an "Outstanding Volunteer" award when she left Parkfairfax.

Kay was born in Cazenovia, New York, where her father taught industrial arts in high school. She was active in the Girl Scouts and later, in the 1960's, she and some friends led an

inner city Brownie troop. The group planned special trips and, Kay says, "We were able to give those little girls some experiences they wouldn't have had otherwise."

Kay entered the Eastman Dental School for Dental Hygienists, affiliated with the University of Rochester. After practicing for several years in Rochester, she left in 1968 for Zurich and later Lausanne, where she was part of a pilot program begun by American-educated Swiss dentists to introduce the profession to the country. Upon her return to the United States in 1973, she remained in Rochester before moving to Alexandria in 1976. A few years later, she began a new career in dental sales. Her position with the Colgate Oral Pharmaceuticals division of Colgate Palmolive had her calling on dental professionals, dental schools, and military installations in the mid-Atlantic area.

Kay loves the French language and plans to audit French courses at W&L. She loves travel, especially in Europe, and also has happy memories of visiting India, Istanbul, Egypt, Czechoslovakia, Hungary, Yugoslavia, and Marrakech. Among her many other enthusiasms are theatre, art, music -- including jazz and some pop (her favorite pop artist is Sting). She enjoys current movies and follows current events, describing herself as a Charlie Rose devotee.

Kay shares her charming just-off-the-courtyard apartment with her nine-year old smooth collie, "Missy." She has frequently cared for the pets of traveling friends; "I've taken care of cats, dogs, rabbits, fish, guinea pigs, and even pet rats."

A Catholic, Kay has joined several other Kendalites in attending St. Patrick's Church in Lexington.

-- Jo McMurtry

Do You Love Reading? Want to Share Your Love?

The concept of lifelong learning doesn't just relate to a person's later years, resident Ted Burrowes points out. The earlier a person starts to learn, the better. That's why Ted urges Kendalites to consider becoming a Youth Literacy Tutor/Mentor.

As a Reading Tutor/Mentor, you volunteer for the school year. The student assigned to you (kindergarten through fifth grade) will have been referred to the program through the Rockbridge County or Lexington City schools. You will meet your student at least once a week (not including vacations and holidays) for about an hour, at a time and place you and your student have agreed upon. Typically this is right after school, at a designated room in the school.

Tutor training is free and consists of an information/orientation session Monday, September 12, from 6:30 to 8:30 pm in Room M47 of Leyburn Library (W&L) and three training sessions: Tuesday and Wednesday, September 13 and 14, also in Room M47, and Thursday, September 15, in the Piovano Room at Rockbridge Regional Library.

You do not need prior teaching or tutoring experience. Attendance at the three training sessions will provide you with the tools you need to be effective. You will have support from professionals as well as year-round access to an extensive collection of children's books and reading games. Lesson planning takes about thirty minutes per session.

The program's brochure suggests that the benefits are two-way, enriching the lives of the tutors as well as the students. "With only a little bit of time, you can open the world of reading to a striving young reader. As you share your love

of reading, provide extra practice and offer encouragement, your student will blossom in front of your eyes, much more confident in his/her learning abilities."

Youth Literacy is sponsored by the Rockbridge Regional Library and the county and city schools, and is supported in part by grants from the United Way, Washington and Lee University, and the Community Foundation of Rockbridge, Bath, and Alleghany Counties.

If this idea warms your heart, contact Ted without delay. He will provide brochures and more information.

Out and About in September

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

Sept. 10, Sat., noon to 7 pm. Twenty second annual Rockbridge Beer and Wine Festival. Eleven Virginia wineries, six craft breweries, food vendors, and music by local bands, including Fatty Lumpkin and the Love Hogs. Sponsored by the Chamber of Commerce serving Lexington, Buena Vista, and Rockbridge County. Taster tickets, \$20 in advance (from www.lexrockchamber.com), \$25 at the gate; non-taster tickets, \$10 in advance, \$5 at the gate. Rain or shine; no refunds. Lime Kiln Theater, 607 Borden Road.

Sept. 16 and 17, Fri. (7 to 11 pm) and Saturday (10 am to 11 pm). Antique truck show, celebrating the first anniversary of "Destination Station" at White's Travel Center, 2440 Raphine Road (exit 205, Interstate 81). Free admission, live music, food vendors,

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Weekly Scheduled Activities

Sundays (4, 11, 18, 25)	4:00 pm	Vespers	Kendal Hall
Mondays (5, 12, 19, 26)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (6, 13, 20, 27)	1:00 pm 5:00 pm	Recorder Consort Wine & Conversation	Kendal Hall Kendal Hall
Thursdays (1, 8, 15, 22, 29)	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 (2, 9, 16, 23, 30)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (3, 10, 17, 24)	3:00 pm	Movie	Webster

Out and About

(from p. 11)

fireworks, and an array of beautiful antique trucks. Kendalites met Bobby Berkstresser, owner of White's and of nearby Lee-Hi Plaza, at a program that Mr. Berkstresser gave at Kendal this past August 15.

Sept. 17, Sat., 11 am to 1 pm. Book signing for Kendalite Dabney Stuart's most recent collection of poems, *Only the One Sky*. The Bookery, 107 W. Nelson St.

Sept. 17, Sat., 6 to 10 pm. The Rockbridge Area Hospice holds its annual "Hospice Hustle" at the Lexington Golf and Country Club, benefitting the Hospice. Entry fee \$15 for adults; children under thirteen free. Participants will run or walk a five kilometer (three miles and a bit) course on golf cart paths, lit by glow sticks plus anything glitzy the participants are carrying or wearing. Flashlights and head lamps are encouraged. Live music, prizes.

Kendal is one of the sponsors of this event and will provide a barbecue meal included with admission. Learn more at www.hospicehustle.org.

Sept. 22, Thu., 7 pm. Professor Stephen P. Nash, a member of the journalism department at the University of Richmond since 1980, will speak on "What Climate Change Means for Virginia." Stackhouse Theater, Elrod Commons, W&L. Free admission. Presented by the Rockbridge Area Conservation Council. Prof. Nash has published widely on southern environmental issues. His recent book, *Virginia Climate Fever: How Global Warming Will Transform Our Cities, Shorelines, and Forests* (University of Virginia Press, 2015), won an award from the American Institute of Physics. After the lecture, Prof. Nash will show a short documentary about the rise in sea levels, made by National Geographic.



September Activities Calendar

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

1, Thu.	* 4:30 pm	Prof. Brian Murchison on the Supreme Court	Kendal Hall
5, Mon.	8:00 am	Men's Breakfast	Dining Room
7, Wed.	6:30 pm	Chinese Feast in Buena Vista	[bus, 6:00 pm]
8, Thu.	9:00 am	Informational Event, Marketing Dept.	Kendal Hall
13, Tue.	1:00 pm 6:30 pm	Residents Council Meeting Sunnyside Weavers	North Parlor Sunnyside House
14, Wed.	* 4:30 pm	Bruce Summers on the US Payment System	Kendal Hall
16, Fri.	* 10:30 am 4:30 pm	Kendal Singers Concert VMI Dress Parade	Kendal Hall [bus. 3:50 pm]
18, Sun.	3:00 pm	Gregory Parker, Voice Recital, W&L	[bus, 2:20 pm]
21, Wed.	9:30 am * 4:30 pm	Residents Association Meeting Talk by John Nicolson of the Horse Center	Kendal Hall Kendal Hall
22, Thu.	11:00 am * 3:00 pm 8:15 pm	Trip to Bluegrass Festival "Home Fit" Presentation on Safety Cardinal Ensemble at W&L	[buses, 11:00 and 11:30 am] Kendal Hall [bus, 7:35 pm]
26, Mon.	7:30 pm	Havana Cuba All Stars at W&L	[bus, 7:00 pm]

* Free and Open to the Public

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