
CONNECTIONS

Published by and for Residents of KENDAL at Lexington

www.kalex.kendal.com

Vol. 18, No. 4, April 2018

Phase III Expansion and Renovation Project Update

Kendal at Lexington is currently in the quiet phase of our expansion and renovation project. This phase involves behind the scenes planning, finalizing decisions, and sharing information with stakeholders, including but not limited to residents, staff, board members, volunteers, neighbors and community members.

The plans for the soil relocation, the accommodations for the inability to use current Webster entryway and parking, and the required resident room and apartment transfers at the Borden and Webster centers occupied much of our energies during March.

As part of the site preparation work for the new Sunrise Ridge cottages, excess soil will be relocated from the ridge to our newly acquired property behind the Sycamore Lane cottages. When the project is completed, there will be an amazing new recreational ridge for resident and visitor use. We hope to plant wildflowers and natural grasses, mow walking trails and strategically

locate benches for relaxation and enjoyment of the wonderful views.

The area outside the Webster Center will become a construction zone, providing limited parking and entryway access for residents, staff, and visitors. As you will recall, we expanded the Anderson parking lot in 2017 in preparation for interim and long term parking needs. Residents in

the North Apartment building and in clusters #1 and #2 cottages will have assigned parking spaces in the Anderson parking lot until the completion of the project. The entrance between the Borden

Center therapy area and the Anderson building will be equipped with wagons for resident use. Residents walking to the Anderson building from the Cluster #1 and #2 for mail, dining, or programming will be able to use the existing entry until a new entry is completed. Once completed, the new entry will be available for use throughout the duration of the renovation and will be the new permanent

►

When completed, there will be an amazing new recreational ridge for resident and visitor use. We hope to plant wildflowers and natural grasses, mow walking trails and strategically locate benches for relaxation and enjoyment of the wonderful views. —Mina Tepper

entrance. New covered walkways to the new entrance will connect with the existing covered walkways.

Meetings are being held with Borden and Webster residents and their families to discuss the impending renovations. In order to renovate the interiors of the resident rooms and apartments and keep our residents safe and comfortable, residents will be relocated while the work is being performed. In the Borden Center, the renovated rooms will have improved lighting and new flooring, blinds, and furnishings. The walls will have been painted bright, cheery colors and new privacy curtains will have been installed. Most of the Webster Center assisted living apartments will have similar facelifts with four apartments being completely reconstructed to accommodate the new common areas.

The quiet phase may sound calm, but it is actually very lively and interactive as it brings us closer to executing our vision for a model senior living community.

—Mina Tepper

March Madness Update!

At this moment, March Madness is in full swing. The championship game is April 2nd, and a Kendal champ will be crowned. Can Meg Stackpole defend her title? Will Jerry Massie win the staff contest again? We will know shortly!

Address changes:

John Dinkel: to Webster 215

Julie Krentzlin: to Borden 606

Marketing Report

Kendal at Lexington's occupancy remains at 100% of all available residences. Eighty percent of the thirty future Sunrise Ridge Cottages have also been reserved. All ten of the duplex models and all five of the 1750 sq ft models are now sold out. Five of the fifteen TX3s (1500 sq ft free-standing cottages) remain available for reservation.

A small reminder from the library committee: please remember to check your books out at the desk in the Tutwiler Library in the Anderson Center. And mark them off when you return them.

Books from the satellite shelves scattered about the main building do not need to be checked out, but please return them to the same shelf.

About Connections

Connections is written by and for the residents of Kendal at Lexington, VA.

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The deadline for the May, 2018 issue is Sunday, April 15, 5 pm.

Email: connectionsarticles@gmail.com

Kinship & Memory

“I am a coalminer’s daughter whose granddaddy worked low coal and so do I!!”

(Inscription on the shirt of a southwest Virginia woman in the 1989 coal strike.)

In 1989 Uncas McThenia was a professor of law at Washington and Lee University. He was also serving as the Chancellor of the Episcopal Diocese of Southwest Virginia. (Anglicans may have killed Sir Thomas More, but they liked the title Lord Chancellor. So they kept the title for Anglican Church lawyers.)

Uncas applied for and was accepted as a Jubilee Intern by the National Episcopal Church, to work with coal miners and their advocates to secure funding for the establishment of black lung clinics in the southwestern Virginia coal fields. (Black lung is the street word for a terrible respiratory illness—pneumoconiosis—that has wreaked havoc in the coalfields.) The nature of Uncas’s internship changed radically once he got to the Virginia southwest. But more of that later.

Southwest Virginia is a unique place. The far western county, Buchanan, is west of Detroit, Michigan. There is little of the mint julep “Carry me back to old Virginny” culture in the region. Nor do people down there hum “Shenandoah” in their sleep. Most of the region is drained by the Clinch River which flows into the Tennessee River. Southwest Virginia has at best a distant kinship with the Halls of Ivy in Charlottesville, and one can barely hear the hustle bustle of the Washington Beltway.

What it does have is a lot of coal, and like much of Appalachia, severe and chronic unemployment. It also has an incredible kinship network, hence the title of this piece. Shortly after Uncas’s arrival in southwest Virginia, the United Mineworkers of America (UMWA) went on strike against the major employer in the region, the Pittston Coal Company. That strike became all consuming in the region, and working with strik-

ing miners and their families became the focal point of Uncas’s internship.

There was a long tradition of violence in the Appalachian coalfields. The old timers used to say, “When the leaves turn green, things get mean.” And no question about it, things usually did get mean. But in 1989 the Pittston strike was radically different. It was centered on the health care contract between the UMWA and the Pittston Coal Company. Basically Pittston sought to delete coverage for retired and disabled miners who had been members of the UMWA.

The union had weathered a very stormy period in the 60’s and 70’s. In the 1980’s the union leadership had passed to a younger generation. People in southwest Virginia had memories of violence, and the community was very nervous as the strike deadline approached.

But what happened was incredible. The new leadership adopted many strategies of the civil rights struggles of the 60’s and 70’s. There were thousands of arrests with almost no violence. When people on the picket line were arrested, neighbors went to the various local courthouses and posted bond by putting up the deeds to their own houses. The strike lasted several months and it was ultimately settled with no loss of life or serious injury. Fewer than 20 felony charges were filed, and most of those were dismissed.

Perhaps the major untold story of the strike was the factor of kinship. And that is summed up in the T-shirt worn by a woman coal miner. She represented three generations of memory. And memory is incredibly important to people in the Appalachian coalfields.

—Uncas McThenia and Susan Lynch

Memorial Book Honoring Beeb Jackson

The Gatekeeper: An Inspector Ian Rutledge Mystery, by Charles Todd
(Morrow, 2018)

This is the twentieth mystery novel by Charles Todd featuring Ian Rutledge, a WWI officer, following his past battles in the trenches to the present and his career as police inspector, Scotland Yard.

Still shell-shocked, Rutledge cannot escape terrifying memories of the war nor the voice of Hamish, a former soldier offering comments from somewhere in his head.

Following a much happier event, the wedding of his sister Frances, Rutledge decides to take a drive around the local countryside before his return to London. Suddenly, on a remote section of the road, he is stopped by two people - one a young woman, waving frantically and the other lying shot dead at her feet.

Hysterically she denies the shooting and with no gun at the scene, Rutledge has to believe her and call for help from the local police. The young people had been driving back to their home village, Wolfpit in Suffolk, and it is there that Inspector Rutledge is to spend time, first as a witness and then, with permission from the Yard, as detective in charge of the crime investigation.

Rutledge was to learn that the victim, Stephen Wentworth, had grown up in the village, well liked by all and normal in spite of growing up with a vengeful mother and seemingly uncaring father. He owned a bookstore, had a girlfriend in Cambridge, but the puzzle was - why a sudden trip to Peru?

Wolfpit residents were to be shocked by a second murder, this of a retired farmer with no apparent connection to Wentworth but killed by the same method - a bullet through the heart.

Strangely, at the scene of both crimes, Rutherford found a small, hand carved, wooden wolf.

As investigations continued, word came of a similar murder, not in Suffolk but in Sussex and therefore out of Rutledge's jurisdiction. In spite of that and knowingly venturing into his Chief Inspector's territory, he set forth, hoping to find a link to the Wolfpit murders.

The victim in this case was a solicitor Harvey Mitchel, who had at that time been working closely with an elderly client to locate an ancient book on horticulture. Taking up the search, Rutledge was to find, with the history of this book, a clue leading to the end of his investigations and eventually to the long awaited return to London.

—Anne Wilson

Cornershot by Marian Carlsson

Our first apartment was a small two-room with no space for pets. I'm allergic to cats, dogs need walking—and we didn't want to leave one alone all day while we worked—and birds are messy. So we settled on a couple of goldfish that we kept in a bowl on a bookcase just a few feet from our sofa bed.

But we had to get rid of them because they were too noisy. Just as we were about to fall asleep, they would make bubbly sounds and swish their tails around, rattling the pebbles at the bottom of the bowl. Who could sleep with all that racket?

I wonder if there are any truly noise-free pets—maybe a couple of nice quiet earthworms?

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Kendal resident Marian Carlsson, among other contributors, has written Cornershot items for the Times for several years. She also writes poetry for Kendal's Kalex magazine. — The Times recognizes her this way: Marian Carlsson, a reader in Lexington.

April's Moons and Meteors

In April, three events offer viewers bright, shiny things to see in dark skies. The fourth event will be the Full Pink Moon. It should be warm enough to enjoy the sights. Here are dates to watch:

April 16 - New Moon. During the New Moon the Sun partially obscures the Moon, which locates on the same side of the Earth as the Sun and so is not visible in the night sky. The New Moon is among the least exciting astronomical events, but it's the best time of the month to observe faint objects such as galaxies and star clusters because no moonlight interferes. This phase occurs at 5:30 pm Eastern Standard Time. Perhaps many of you will make careful sketches of the galaxies and star clusters that you get to see without moonlight interfering.

April 22, 23 - Lyrids Meteor Shower. The Lyrids is an average shower, usually producing about 20 meteors per hour at its peak. It is produced by dust particles left behind by comet C/1861 G1 Thatcher, which was discovered in 1861 by an observer named Thatcher. The shower is visible annually from April 16 to 25. It peaks this year on the night of the 22nd and morning of the 23rd. The Lyrids can sometimes produce bright streaks that last for several seconds. The first quarter moon will set shortly after midnight, leaving dark skies for what could be a good show. Once again, the moon is on its best behavior, and the best viewing will be from the constellation Lyra directly overhead, after midnight. Meteors will seem to radiate from Lyra heading in all directions.

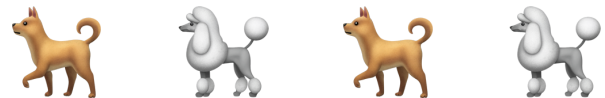
April 29 - Mercury at Greatest Western Elongation. The planet Mercury reaches its greatest western elongation of 27 degrees from the Sun.

This is the best time to view Mercury since it will be at its highest point above the horizon in the morning sky. Look for the planet low in the eastern sky just before sunrise. Naked-eye observations of Mercury are relatively rare.

April 30 - Full Moon. The Moon and Sun will be on opposite sides of the Earth, and the face of the Moon seen from Earth will be fully illuminated. This phase occurs at 8:58 pm EDT. This full moon was known by early Native American tribes as the Full Pink Moon because it marked the appearance of the moss pink, or wild ground phlox, one of the first spring flowers. This moon has also been known as the Sprouting Grass Moon, the Growing Moon, and the Egg Moon. Many coastal tribes called it the Full Fish Moon because this was the time that shad swam upstream to spawn.

We might consider naming this the Kendal Sunrise Ridge Moon. We can't let native Americans have *all* the rights of naming full moons.

—Tom Williams



Missy's Musings

(Missy Quirk, canine protectress of resident Kay Quirk, keeps us up to date on her doggy friends)

Spring is in the air and it's time to take some exploratory walks with my neighbor Mr. PB Whigs. Who in the world is that, you ask?

Well, PB, as I call him, is Lea McGovern's companion. They arrived in October from Arlington, VA, where he lived in a high-rise, above a hotel. ►

PB is a late-in-life rescue from a breeder who died and left no records. He is a Petit Basset Griffon Verdeen (google it!). Lea estimates his age to be about nine. He loves Kendal because of the beautiful views from the front door. He loves riding in the front seat of the small Fiat. Everyone looks and smiles at the two white heads in the front seat! He also loves watching the birds from his perch on Lea's bed. In addition to the sheep (resin) on the patio, there are several bird feeders. Once he spotted a coyote out there!

Another frequent visitor to the patio is Mac, the big yellow cat. Mac also has a cozy box by the courtyard entrance to the south building and PB always stops by to say hello without any drama. Quite unlike me!!

PB loves his vet who just happens to be Lea, but soon he will meet Dr. Logan. Pampered Pups keeps him smelling fresh with monthly appointments in their mobile unit.

You will often encounter PB outside of the dining room as he waits for Lea to pick up her supper. If you don't see him, you may hear him as he calls to Lea with a loud and deep WOOF! Stop and greet him if you are nearby.



Lost and then Found

Many residents will recall the email notice ,after one recent very windy day, that the Stackpoles' patio umbrella had gone missing.

A few days later, Burrell Fisher spotted the errant item - on the Stackpoles' roof!



My Bucket Runneth Over

Several years ago I made a short bucket list. (The list, not the bucket.) Yes, it wasn't an original idea; I got it from the movie, but my bucket didn't include sky diving.

My bucket included a trip to the Metropolitan Opera in New York City, with "Tosca" the preferred opera. At lunch one day in the Kendal dining hall our group was discussing the local addition of Amtrak train service to Roanoke. Inspired by a life-long enthusiasm for train travel, I said, "Oh, let's take a train trip!" Nancy Epley, a Kendal resident and neighbor, said, "We can go to New York from Charlottesville on Amtrak."

"Oh," I said. "I've always wanted to go to an opera at the Met."

Nancy said, "Okay, let's go. We can stay with my daughter." I was, and am still, amazed at her spontaneity.

We did go, and nothing can surpass the adventure and excitement of that trip. The train trip was an unwelcome adventure... a bust going and coming. The visit with Nancy's daughter Anne, her neighborhood eateries, the opera and museum trips were the rewards. The opera's tragic deaths, the beauty of the theater and the overall New York experience were so overwhelming, I cried. Never have I been so thoughtfully and comprehensively hosted.

The same week I was crying at the Met, Tim Gaylard, the wonderful music professor at Washington and Lee University (W&L), had begun four sessions at Kendal on Puccini operas.. Back at Kendal I caught up with Prof. Gaylard's programs with "La Boheme", a tear jerker ►

without equal. I was among the weepers. Then on January 24 I attended Prof. Gaylard's installment on "Tosca" and wept some more. On January 28 I returned to see the Met's Tosca again in a live transmission at the State Theater in Lexington, mainly to see high definition close-ups of the singers and sets. I cried again; tragedy never fails to open the tear ducts.

I took one event, greatly amplified, out of the bucket, but dropped lots of tears back in.

—Susan Lynch

Calling All Gardeners

Yes, it is that time of year once again. Time to pore over plant and seed catalogs, dream of warm weather, and maybe even start some seedlings and do some cleanup work outside.

Last year Kalex registered with the National Wildlife Federation (NWF) to become a certified Community Wildlife Habitat. With a rapidly changing climate and so many plant and animal species facing habitat loss and even extinction, this program fits nicely with the work of both our Horticulture and Sustainability Committees. Certification requires that 20 individual gardens within our community meet NWF standards by providing native wildlife with food, water, shelter, and places to raise their young. Birds, butterflies and beneficial insects are to be encouraged. (We are not expected to provide a banquet for the local deer herd or every marauding groundhog that happens by.) Although I anticipate that we will need to include a few future Sunrise Ridge residents in order to reach our goal of 20 gardens, several of you have

already indicated that you are ready to join our effort. In the near future I will be contacting you and giving you the necessary forms to register your gardens. In addition, we need to meet a variety of other criteria: activities like our Enfield Rd. trash cleanup, bluebird house observation and maintenance, talks relating to environmental stewardship and gardening, and even articles like this column all count. Generally, registered communities can achieve certification in about 2 years, but because Phase 3 construction will temporarily disrupt our lovely habitat, it will probably take us upwards of 3 years to be certified.

Stay tuned for future updates, and if you'd like to learn more, or if you'd like to become involved in our efforts to achieve certification, please contact me at 462-2952.

—Robyn Potter

In Memoriam

Wil Stratton

died 3/14/2018

Entered Kendal 12/6/2008

In Memoriam

Elinor Denney

Died 3/19/2018

Entered Kendal 10/23/2000

Cats Connections at Kendal

I met Lexie with owners Joe and Margaret Skovira in their lovely apartment. He is about four years old and they have had him for two years. Joe's brother who lives in Augusta County called and said he had a very good cat if they were interested in giving him a home. Joe's brother did run into the former owner at a later date and was told he had been a barn cat and just disappeared one day. He was told that Lexie is very happy in his new home.



Lexie loves people but doesn't care much for other cats (not sure about dogs). He is very handsome with orange coat and white paws and chest. He was very friendly when I came for the interview and was interested in my tablet and pen. When I arrived, Lexie was sitting in a sunny spot in the Skovira's sun room. He has a nice bed in the sun room and enjoys watching the activity outside and soaking up the sunshine. Joe says he spends most of the day in the sun room.

Lexie is indeed a very special cat. He loves playing with a little cat toy soccer ball and will get up on the computer when Joe is playing solitaire and uses his paw to try to move the cards. He also enjoys watching TV shows that have animals, especially cats. It is very clear that he watches the TV and reacts to the cat sounds. He

will curl up on Margaret's lap to snuggle (she is the one who feeds him).

Lexie seems very adjusted to his new home at Kendal and loves checking to see the newspaper delivery each morning. He has a routine of walking down the hallway late at night accompanied by Joe. There are lots of pets who live on his hallway but they are all tucked in for the night so Joe and Lexie never see anyone. We are glad to have such special cats join the Kendal family.

—Shay Peters

The following is a repeat of the front page article in the April 2013 issue of the Kendal at Lexington Residents Newsletter, on the occasion of a Blue Ridge Garden Club Tour. Sunnyside House will once again open for an Artist Studio Tour. (See article on page 13). The lovely line drawing on the back page of Connections, by former Editor Jo McMurtry, originally appeared then.



Sunnyside House

- was built in the 1790's (oldest part)
- has had a succession of owners
- in the 1990's, together with funds for its restoration, was part of the Bartenstein family's gift of property to the Lexington Retirement
- Community
- is furnished with help from generous donors
- since 2006 has served as Kendal's guest house and as a venue for meetings, receptions, and special occasions

How to Have a Library Without a Librarian

Many of us remember the moment we walked into Tutweiler Library and thought “Wow! I always thought it would be fun to live in a library!”

And it is! It’s an attractive and welcoming space and invites browsing, relaxing, and “gentle” visiting. But how can a library not have a “librarian”? We are lucky to have a large, dedicated Library Committee, not all of whom have formal library training, to keep things organized and running smoothly. Here’s some information about how it works:

One of the primary roles of the Library Committee is the seemingly unending process of sorting, organizing, and “culling”... a necessary function because we have limited shelf space and we want to be able to have our collection as accessible and attractive as possible. There are also books in a number of “satellite” collections in various hallway locations, and they need to be cared for as well.

A part of the committee’s work is to accept and respect donations. Many of us cherish our books and find it hard to let them go! So what happens to books that we can’t accept either because they are duplicates of books we already have or because we’re out of space? Many of them are offered for sale in the periodic used book sales (keep an eye out for the sales in the Alcove); some have been donated to the library at W&L, and others to the local public library. Another important monthly function of the committee meetings is deciding on memorial books, consulting as possible with family members, based on what we know of the interests of the deceased. We also buy an annual memorial book for people who were not independent living resi-

dents but who were with us only in Webster or Borden.

A major accomplishment lately has been the “catalogue” ... in the form of three notebooks listing all our volumes, sorted by Author, Subject, and Title. Then there’s the challenge of keeping those resources up-to-date, which happens primarily through the efforts of committee members who sometimes seem to live at the computer in the library office (the room that shares the space where the magazines live).

And speaking of periodicals, the magazines and newspapers (all donated by residents) present the never-ending job of keeping them current and organized.

We are fortunate to have such a fine collection of books and periodicals available – and fortunate to have such a dedicated and hard-working committee of volunteers. So the next time you see a resident busily working on one of the shelves, or at the periodicals and newspapers, or working busily on the computer in the library workroom, take a moment to be grateful for the gifts of the many people who have donated their books and the many volunteers who keep the library working!

—Kathy Holmes

Kendal Physical Therapy – Designed for You

Physical therapy is something that many of us are not acquainted with. If your doctor approves, he/she will order it for you here at Kendal through Kendal’s nurse, Cathy Lewis. It is covered by Medicare for an undefined number of sessions as long as the therapists report that you are making progress. The Therapy office is in ►

Borden, open five days a week for Independent Living residents. Telephone — (540) 464-2638.

Those who pursue physical therapy typically do so for three to four months, usually several times a week for about an hour. So be prepared to make a commitment in both time and effort and stick with it.

Physical therapy is often needed after knee or hip replacements, incidents of falling, broken bones or other accidents, or difficulties with enduring pain in various places of the body. It includes exercises with or without exercise machines, and possibly heat treatments and/or stretching as well.

I was initially very skeptical of what it might do for me. My doctor ordered it last autumn, since I had a history of falling as many as three times in one month, and could not get up without help. I described to the therapists my problems with gait and balance, pain from peripheral neuropathy, and the need for support in walking. They put together a program of riding the Nustep machine to strengthen my legs, in combination with a variety of other leg and balance exercises to be done three times weekly.

The program was murder for about the first month and one-half, making me sore and wearing me out. Little by little, it has become marginally less difficult, but now they are upping the exercise repetitions, the resistance and length of time on the Nustep, and the heaviness of ankle weights. So each visit remains a challenge, as do my visits to the Fitness Center on my “off days” between regular sessions. As a result, however, I think I am more likely to stay erect, and I have not fallen a single time since I began.

My brother, an MD, urges me on with the phrase “progress, not perfection.” Your program will be designed for you alone and could differ a lot from mine. Without the supportive encouragement of our excellent Kendal therapists, however, I would have abandoned the effort long before the end of the second month.

— Maureen Crandall

Vultures have a Bad Reputation, but...

Many people think vultures are disgusting birds and are not happy that they have adopted some trees on our campus as a roosting place. Indeed these birds suffer from a bad reputation, but if we are willing to look a little deeper, we will see that these birds perform an important function in the environment. Sometimes vultures are called the “garbage men” of the world as they eat largely dead animals and birds. If they were to disappear, what would happen to dead creatures? The rotting carcasses would be eaten by maggots and bacteria and the populations of those creatures and of flies would soon explode. One can deduce, from the number of vultures we have nearby, that there is plenty of dead flesh to be consumed. Most animals that die can be found by vultures either by odor or by following turkey vultures, who find their food by smell.

Here in Virginia we have two kinds of vulture: the turkey vulture and the black vulture. Most of the obvious birds we have seen in the trees have been black vultures, but some turkey vultures are in the trees also and are the more common species in our wider area. Adult black vultures have grey heads and in flight



are slightly smaller than turkey vultures who sport red heads. Blacks fly flatter and show a small rounded tail while turkey vultures fly with wings tilted up a little and tend to rock from side to side. Both of these species have excellent eyesight and are equipped with strongly acidic stomachs that can kill bacteria. It is very likely that their clean-up efforts help to prevent disease. Both species can soar on the winds effortlessly while looking for prey, but they rarely kill anything.



The black vultures in a few places have shown an interest in pecking at the windshield wipers of cars, but I've never heard a scientific explanation. This practice has not been seen here probably due to the easy availability of carrion. Also, some have noticed the birds spreading their wings while roosting, which is a common wing-drying method for other species such as the cormorant or anhinga.

So give our guests a break! They are out there doing their part in keeping our environment clean and we can be happy to see them while they choose to spend time in our trees.

—Don Holmes

Rockbridge Stories

Kendal resident Margaret Skovira continues a local history column. She invites readers to ask a question about an event, person or place of historic interest in Rockbridge County (including Lexington and Buena Vista) to be answered in this column. She continues with the third question:

Q. I've heard of Brownsburg – what can we see there?

A. In 1793 two land developers laid out a plat for a town midway on the stage coach route between Lexington and Staunton. A year later they had sold 24 lots in the town which came to be called Brownsburg. (An early local clergyman was Rev. John Brown, but there is no proof that the town was named for him.) The town, where the stagecoach horses were changed, quickly became a center of commerce and education serving the farm families in the surrounding areas of northern Rockbridge County. But just as the stagecoach initiated the creation of Brownsburg, changes brought about by the Valley Branch of the Baltimore and Ohio Railroad in the 1880s, and UA-11 11 in the 1920s led to its gradual commercial decline. Today it is a residential village worth a visit.

Brownsburg no longer offers the three stores, along with, among other businesses, shoe factories, tailor shops, a saddlery, a tavern, and blacksmith forges located there in the 1800's, or the school that served students from 1850 to 1992.

However, the community has retained approximately one dozen homes of historic interest, and the whole village (less than one mile long and one-half mile wide) is a designated historic district. A self-guided walking tour brochure is available at the Brownsburg Museum. ►

Ten years ago the citizens of Brownsburg and its surrounding area created a museum to showcase the history of their community and its citizenry. This year that museum celebrates its 10th anniversary with an exhibition of local handicrafts, entitled “With These Hands – Crafted in Rockbridge and Augusta Counties 1750-1900.” On display will be exceptional art, furniture, tools, and household and farm items that display the skills of local crafts people of the past. In addition, a permanent exhibit details the 19th century history of Northern Rockbridge. The museum is open Saturdays from 10 am to 4 pm and Sundays from 1 pm to 4 pm, April 14 through Thanksgiving weekend, November 22 to 25.



Directions to Brownsburg from Lexington: For the scenic drive, take US 11 North, just past I-64, turn left on Rt. VA-39, in 7.5 miles turn slight right on VA-252, in 5.4 miles you will reach Brownsburg. After you pass several houses, the Museum is on the right and has a sign.

Memorial Book honoring Bob Griner

*The Accidental Agent by Andrew
Rosenheim (Overlook Press, 2016)*

FBI agent Jimmy Nessheim features once again as protagonist in this, the third in Rosenheim’s trilogy of suspense novels set in the years leading up to, and during, World War II. This time the action is centered in Chicago, home to the top-secret Metallurgical Laboratory, a kingpin of the Manhattan Project’s push to make the US first in the world to possess (for better or for worse) the “ultimate weapon.”

It is late 1942. Nessheim has recently resigned from the FBI to pursue a law degree at the University of Chicago, envisioning a far less chaotic, stress-filled future as a result. His comfort is short-lived; prompted by growing evidence that enemy agents have infiltrated the Met Lab’s staff, his former boss secretly rehires Nessheim to investigate.

What follows is a page-turner roller coaster ride, complete with espionage/counter-espionage, indiscretions in high places, political activism turned violent, budding romance, and the heart-break of loss. No super-heroes here — the characters for the most part are believable and very human.

Rosenheim has a talent for bringing the Chicago of that era to life: the look and feel of the center-city and varied residential neighborhoods, the sounds, smells and tastes both of affluence and of deprivation, and the Chicagoans’ apparent energy and resilience in the face of that winter’s growing wartime unease.

—Elsa Burrowes

Calendar Notes

Encounter Art Up Close and Personal

Saturday and Sunday, April 21-22 at Sunnyside House

Visitors to the Lexington Rockbridge Studio Tour will be able to talk with the artists, see their tools, look into kilns, talk paint qualities, see sculptors at work, discuss photography and much more. The Tour is set for 10 am to 5 pm, Saturday and Sunday, April 21-22. It is free, and the art is for sale.

A total of 36 artists will share their skills in 11 studios scattered throughout the county.

Sunnyside House at Kendal will house Studio 3 of the Tour, with works by weaver Ruth Tafel, painters Jo McMurtry and John Winfrey,

and sculptor Nelson Potter; all Kendal residents. Ruth Tafel will be among the “Sunnyside Weavers” — Mary Barnes, Catharine Hagan, Candy Hargett and Francis Richardson. The weavers group meets regularly at Sunnyside. Special guests, potter Mary Luttrell and painter Sudy Dressler will display their art with the Sunnyside group. Kendal at Lexington is a sponsor of the Tour.

See details at:

lexingtonrockbridgestudiotour.com, where you can download a brochure, a map of studios on the tour, and a list of the artists.

Rockbridge Memoir Program:

A Public Reading and Celebration of Community Writers

April 18 at 7:15 pm in Kendal Hall

On April 18 in Kendal Hall 13 Kendal residents, several VMI cadets, and the sixth-grade creative writing class at Lylburn Downing Middle School will read excerpts from their memoirs. Major Stephanie Hodde and Major Mary Atwell initiated the project as a VMI community outreach.

Kendal residents will have met five times with cadets to discuss their progress. The cadets open each class with a reading from a writer they admire, such as Ernest Hemingway or Joseph Conrad, or by reading their own work. Refreshments will be served. Free and open to the public.



Calendar Notes

Food and Chemistry

Wednesday, April 11 at 4:30 pm Kendal Hall

Marcia France, Professor of Chemistry and Associate Provost at W&L, teaches a course in organic chemistry in food. She has led several spring term study-abroad courses in Italy which include visits to wineries, bread, cheese, and salami locations to learn more about the chemical processes that go into some of the foods we eat. We aren't going to Italy but in April she will teach us about chemistry in chocolate – complete with many samples of chocolate!



A Night on the Town: Brew-Ridge Taps

Thursday, April 12. Bus: 5:30 pm

Brew-Ridge Taps serves a wide variety of beers in their pub-like setting on East Nelson Street. (They also serve a limited selection of wine and cider.) Their food menu includes some appetizers, salads and an interesting selection of “waffle-wiches,” which are surprisingly good according to some recent visitors to Brew-Ridge. (Everyone will order and pay for his/her food and drink individually.)

VMI Parade

**Friday, April 13 at 4:35 pm
VMI Parade Ground –**

Bus at 4:10 pm

One of the most impressive events in this area is the dress parade on Fridays on the VMI Parade Ground. The Protocol office at VMI is providing front-row seats for Kendal at the dress parade on Friday, April 13. (Rain date back-up date TBA)

Hint: Going on the Kendal bus is an easy way not to deal with parking.

A Life Teaching, Riding and Training Horses

Wednesday April 25 at 4:30 pm Kendal Hall

Upon graduating from Morven Park International Equestrian Institute in 1974, I have spent my time not only managing horses and riders but also learning to understand the role of the physical, intellectual and emotional aspects of each. Without this understanding, the formation of a true partnership between student and mount would be impossible. No two students or horses are alike. Each carries with them strengths and weaknesses in these areas. Balancing horse and rider is paramount to success not only in competition but also most essentially in the creation of life skills for the student and even the horse. This is at the heart of teaching, riding, and training. It is the joy.

Other Events

Apr. 2 Mon. 8 pm. University Wind Ensemble. *The Journey Home.* Dr. Brett A. Richardson, guest conductor. Music by Gustav Holst, Donald Grantham, Morten Lauridsen, and J.P. Sousa. Wilson Concert Hall, Lenfest Center. No tickets required.

Apr. 5 Thurs. 8 pm. University Jazz Ensemble. *Solo Avenue.* Denny Euprasert, guest director. Expect a wide range of genres as each student takes a solo. Wilson Concert Hall, Lenfest Center. No tickets required.

Apr. 6 Fri. 7 pm. Bluegrass Ensemble. An evening of down-home music. Stackhouse Theater, Elrod Commons. No tickets required.

Apr. 7 Sat. 10 - 3. Hands-on Computer Help with VMI Cadets. Several VMI Cadets will be coming to Kendal to give one-on-one help with computer and electronic devices. Individual times will be set up for a help session either in Kendal Hall or for a "house-visit." Look on the bulletin board for further details and sign-up sheet.

Apr. 18 Wed. 4:30 pm. Therapy Department presentation on Parkinson's Disease to raise awareness among older adults, their families, elder care professionals, and the public. Kendal Hall.

Apr. 21 Sat. 8:30 am. Bird Walk on Kendal Campus. Do you want to see some of the birds enjoying the Kendal campus on a spring morning? Join the bird walk, along with knowledgeable birders to see and learn more about our "fine-feathered friends." Meet at Anderson at 8:30 a.m

Apr. 23 Mon. 7:30 pm. The Mountaintop, by Katori Hall. L. A Theatre Works presents a play about Martin Luther King, Jr., on the night before his death, fifty years ago this year. Keller Theatre, Lenfest Center. Senior ticket \$25.

Apr. 26 Thurs. 7:30 pm. Che Malambo. All male Argentinian dance company. Percussive dance in the gaucho tradition. Keller Theatre, Lenfest Center. Senior ticket \$30.

Apr. 29 Sunday, at 7 pm, Rockbridge Choral Society. *J.S. Bach's Mass in B Minor* William McCorkle will conduct the chorus, guest soloists and orchestra in this classical masterpiece. Kendal residents Elsa and Ted Burrowes, Marty and Burrell Fisher, Caroline Hemmings, Susan Lynch and John Winfrey will be among the singers. Tickets available at the door or in advance at Books & Company and Ladles & Linens in downtown Lexington. Wilson Concert Hall, Lenfest Center.

Vespers for April

(4 PM in Borden Sun Room, except Easter)

DATE	OFFICIANT	MUSICIAN
Apr. 1	Easter Service, Kendal Hall. James S. Park (VMI Retired Chaplain)	Mary Harvey Halseth Trumpet, Don Taebel
Apr. 8	Deb Klein (Lexington Presbyterian)	Clyde Moore
Apr. 15	William A. Mills (BV Pentecostal Holiness)	Becky Edmondson
Apr. 22	Kris Peaden (Rockbridge Community Church of the Nazarene)	Jean Eisenhauer
Apr. 29	Nat Davidson (Grace Presbyterian)	Laura Hotinger

Weekly Scheduled Activities

DAYS	TIME	ACTIVITY	LOCATION
Sundays	4:00 pm	Vespers	Borden Sun Room
Mondays	2:00 pm	Needleworkers	North Parlor
Mondays	7:00 pm	Movie	Kendal Hall
Tuesdays	12:45 pm	Recorder Consort	Kendal Hall
Tuesdays	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays	10:00 am	Bible Study	Staff Devel. Room
Thursdays	7:00 pm	Movie	Kendal Hall
Fridays	10:30 am	Kendal Singers	Kendal Hall

Monthly Scheduled Activities

TIME	EVENT	LOCATION
1st Mon. 8:00 am	Men's breakfast	Dining Room
1st Tues. 10:30 am	Poetry Interest Group	Borden Sun Room
1st Thurs. 8:45 am	Facilities Committee	Kendal Hall
2nd Mon. 1:00 pm	Culture & Entertainment Committee	Borden Conf. Room
2nd Tues. 1:00 pm	Residents Council	North Parlor
2nd Tues. 3:00 pm	Food Committee	Staff Devel. Room
2nd Tues. 6:30 pm	Sunnyside Weavers	Sunnyside House
3rd Wed. 1:30 pm	Horticulture Committee	Sunnyside House
2nd Thurs. 1:00 pm	Wellness Committee	Group Fitness Room
2nd Thurs. 2:00 pm	Dementia Caregivers Support Group	Sunnyside House
2nd Fri. 9:00 am	Library Committee	Kendal Hall
3rd Wed. 9:30 am	Residents Association Meeting	Kendal Hall
3rd Wed. 2:00 pm	Furnishings & Interiors Committee	North Parlor
3rd Thurs. 1:30 pm	Sustainability Committee	Staff Devel. Room

April Activities Calendar

With some exceptions the activities listed here are arranged through the Culture and Entertainment Committee. Bus transportation is usually \$2.00. Some events are arranged too late for inclusion here. Please check the bulletin boards. Most Kendal Hall events are free and open to the public.

DATE	TIME	EVENT	SEE	COMMENTS
1, Sun.	4 pm	Vespers, Easter Service	p.15	Kendal Hall
2, Mon.	8 pm	University Wind Ensemble, Wilson Concert Hall	p. 15	bus 7:30 pm
5, Thurs.	8 pm	University Jazz Ensemble, Wilson Concert Hall	p. 15	bus 7:30 pm
6, Fri.	7 pm	Bluegrass Ensemble, Stackhouse Theater, Elrod Commons	p. 15	bus 6:30 pm
7, Sat.	10 - 3	Hands-on computer help from VMI cadets	p. 15	Kendal Hall and Residences
11, Wed.	4:30 pm	"Food & Chemistry: Chocolate," Marcia France	p. 14	Kendal Hall
12, Thurs.	5:45 pm	A Night on the Town: Brew-Ridge Taps	p. 14	bus 5:30
13, Fri.	4:35 pm	VMI Parade	p. 14	bus 4:10 pm
17, Tues.	7:15 pm	VMI Glee Club		Kendal Hall
18, Wed.	4:30 pm	Therapy Department, Parkinson's Presentation	p. 15	Kendal Hall
18, Wed.	7:15 pm	Rockbridge Memoir Project	p. 13	Kendal Hall
21, Sat.	8:30 am	Bird Walk at Kendal	p. 15	Campus
21, Sat. & 22, Sun.	10 - 5	Artists Studio Tour	p. 13	Sunnyside
23, Mon.	7:30 pm	<i>The Mountaintop</i> : L.A. Theatre Works, Keller Theatre	p. 15	bus 7 pm
25, Wed.	4:30 pm	"A Life Teaching, Riding and Training Horses", Lee Byrd	p. 14	Kendal Hall
26, Thurs.	7:30 pm	Che Malambo, Keller Theatre	p. 15	bus 7 pm
29, Sun.	7 pm	Johann Sebastian Bach, <i>Mass in B Minor</i> , Rockbridge Choral Society, Wilson Concert Hall	p. 15	bus 6:30 pm



Kendal at Lexington
The Residents' Newsletter