
CONNECTIONS

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**The Secret Garden
A Campus Treasure**

A unique place that binds together the Sunnyside Farm of long ago with today's Kendal at Lexington is maintained today in honor of the Bartenstein, Webster and Anderson families, who gave the property for the KaLex campus.

Miss Helen Webster developed a terraced flowerbed behind Sunnyside House about 1950. It is now called The Secret Garden. At first the stone wall-enclosed garden was surrounded by young box bushes; they continued to thrive and grow until they now shield the garden from the view of all but a few who know its secret location.

The flowerbeds had disappeared but are being revived. Helleborus planting along the upper wall is thriving. The garden gets a spring clean-

ing and mulching each year. Resident Heather Marion just completed this annual effort.

Interest in restoring the garden began with a volunteer crew of Kendal residents and staff who grubbed out invasive privet, honeysuckle and other plants from the boxwoods. A local master mason repaired several large cracks in the stone walls. The residents' horticulture and landscaping committee took on the garden, and it became a project in 2011.

In an important boost to the effort, resident Lloyd Craighill volunteered to build three attractive garden benches and a table of white oak. For a centerpiece, resident Jim McMillan donated a handsome sundial and added two other garden ornaments.

To level and steady the benches and to prevent their legs from rotting, masonry bases were needed. The committee obtained bids for this work and awarded the job to Mike Orrison. He provided an attractive plan using a variety of pavers. The plan also included a gravel circle for the sundial. Landscape architect Arthur Bartenstein approved the plans, with a small refinement. (Incidentally, Arthur, as a boy, weeded the flowerbeds in the Secret Garden.)

The horticulture committee's annual budget did not cover the full cost of the masonry, so, under the leadership of Maury Hanson, the ►

remaining cost was underwritten by interested Kendal residents. In 2012 a brass plaque was installed in the garden.

The Secret Garden remains in all seasons a very pleasant place to rest, read, converse or meditate.

—Matt Paxton

Vertical . . .

...is probably better than horizontal, if we have a choice. The challenge is staying that way as our muscles weaken, our joints stiffen, and our balance becomes more and more compromised. (Tried standing on one leg lately?)

But help is here! Help is tai chi, pronounced tye-chee, Kendal's twice weekly exercise class for everyone of every age, even—or maybe especially—for people like me who hate exercise. Can it be done sitting in a chair? Yes, it can.

Gentle, slow, and calming, this 3,000-year-old art form has been called meditation in motion. And its benefits are so many it almost sounds like an old ad for snake oil. Literally, the first two words of advice I heard from a balance specialist a year ago were “tai chi” and it has helped me. It has long been known to lower blood pressure and reduce stress. Other studies have found that tai chi reduces pain and fatigue and improves our overall ability to move, to function physically and to sleep. It can benefit folks with mild to moderate Parkinson's disease and it also can assist in recovery from a stroke. With tai chi, Alzheimers patients have seen their brain volume increase in size and they seem to do better on cognitive function tests.

Join us in the Fitness Center on Mondays at 3 pm or Wednesdays at 10:30 am. For a jump start, you might also consider a series of beginning tai chi classes at Center of Gravity downtown. These will be offered every Saturday in August and, as at Kendal, they will be taught by Karen Price, a most skilled and patient instructor. Call the Center of Gravity, 540-462-2944, for more information or see Karen here at Kendal on a class day.

Come, try a class and see what you think!

—Marjorie Sherrill

Marketing News

Kendal at Lexington's occupancy is 99.2% of all available residences (100% including those reserved for move-in soon). Five two-bedroom, two-bath, free-standing Sunrise Ridge Cottages are available for reservation.

About Connections

Connections is a monthly newsletter written by and for the residents of Kendal at Lexington, Virginia, with the goal of nurturing community. Residents are encouraged to submit suggestions and contributions to:

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or to:

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The deadline for the July, 2018 issue is Friday, June 15, 5 pm.

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.

Is there a story about the Ben Salem Wayside picnic area on US 60 between Lexington and Buena Vista?

Last month's Rockbridge Story mentioned that iron was sent from Rockbridge to Richmond. How did it get there? Here is the rest of that story.

In the 19th century waterways were the most efficient means of moving products from farms and mines to markets. Originally Rockbridge's river, flowing through the county from Goshen to Glasgow, was called the North River. (In 1945 its name was changed to Maury.) It was shallow in places, and navigation by flat-bottomed man-powered "bateaux"* could be treacherous. Navigation was dependent on an adequate water level in the river, but with dams and sluices it was the only water connection to the James River going to Richmond.

In 1851 the North River Navigation Company took on the work of improving navigation in Rockbridge by building a series of dams, locks and canals to carry the "fast packet (passenger) boats and huge freighters up to 83 feet long"*

between Lexington and the James (which had its own canal).

In 1860 the North River Navigation system, consisting of 20 miles of the river with six separate canals, 10 named dam and lock combinations, and 14 numbered locks, was opened. The boats using the system were pulled by horses and mules on a towpath along the river and canals (rather than being poled by boatmen). In four places the towpath changed sides of the river, requiring that the towing animals be transported across the river by boat or, at least in one case, on a bridge.



The Ben Salem Wayside is the site of the Ben Salem Dam and Lock (also called Dunlap's and familiar to old-timers as "the old boat lock"). The lock lowered boats headed to Richmond 9.5 feet (and raised boats coming to Lexington the same amount). It is hard to visualize today when the river is shallow and the dam is gone. But the remains of the lock demonstrate its depth and can be explored at the Wayside.

Only 20 years after the improved navigation system was inaugurated, the arrival of the Lexington branch of the Richmond and Alleghany Railroad in 1880 made river transportation unnecessary. Thanks to the efforts of local preservationist Mary Monroe Penick, an aunt of Kendal resident Pick Penick, the Ben Salem Wayside was preserved when US 60 was widened. It provides a bit of Rockbridge history in a pleasant riverside picnic area.

*The Maury River Atlas by W. E. Trout, III discusses and illustrates the North River navigation system in detail. A copy is available in the Tutwiler Library at Kendal.

Memorial Book Honoring Ted Chapman

Bart Giamatti: A Profile, by Robert P. Moncrieff (Yale University Press, 2007)

Ted Chapman was a graduate of Yale, and he loved baseball. Bart Giamatti graduated from Yale and served as Yale's president from 1978 to 1986; from 1986 to 1989 he was a major league baseball executive.

Giamatti grew up on the campus of Mount Holyoke, where his father, Valentine, was a Dante scholar. He attended Yale himself, and was a charismatic teacher and scholar of English Renaissance literature, especially Spenser's *Faerie Queene*.

The previous Yale president, Kingman Brewster (1963-1977), had greatly broadened the admission policy to admit more public school graduates, minorities, and, in 1969, women. In doing so he had alienated many alumni, and the finances of the university suffered. Giamatti's main task was to stabilize the financial situation. Previously, Yale had recognized unions for maintenance and other blue collar employees; in 1984 the white collar employees went on strike, and apparently Giamatti did not handle this situation well.

He moved on to become baseball commissioner, but had to deal with Pete Rose of the Cincinnati Reds, involved in betting on teams including his own. After much litigation Pete Rose was expelled from the game, and Giamatti died shortly thereafter.

—Anne Preuss

Memorial Book Honoring Wil Stratton

Burtynsky: Oil, by Edward Burtynsky (Steidl/Corcoran, 2009)

The Canadian artist and photographer Edward Burtynsky traveled internationally for a decade to chronicle the production, distribution, and use of the most critical fuel of our time, oil. The book *Burtynsky: Oil* reveals, in large format, the effect on our lives of the altering of landscapes, the suburban sprawl generated, and the highways developed to accommodate oil-driven vehicles. The vistas of junked vehicles and scrap recycling are revealed in exquisite detail. Burtynsky also addresses, in large format photographs, the coming "end of oil" as we confront its rising cost, dwindling availability, and alternative energy sources being developed. Essays are included tracing the results of the camera used as an instrument of revelation. "Shaped not by time, erosion, or the weathering winds, but by the ordering force of the economy, the land has been etched by our avarice and our need."

This large format book of photographs charting the development and use of oil makes this an appropriate book to memorialize Wil Stratton's love of photography and his concern for the environment.

—Mary Stratton

LOST OR FORGOTTEN SOMETHING?

Several items of clothing and various others things are in the coat room to the right of the reception desk in Anderson Hall, as well as near the Fitness Center on the Terrace level. These will be disposed of in the near future as most of them have been there since the winter. They will be donated to Habitat or Goodwill.

Memorial Book in memory of residents in Webster and Borden who died during the past year

Guide to the Geology & Natural History of the Blue Ridge Mountains, by Edgar W. Spencer (University of Virginia, 2017)

This amazing volume will tell you everything you might want to know about the history of the Blue Ridge, including rocks, trees, flowers and birds.

Part I is a geological detailing of how the mountains came into existence. The Blue Ridge on the east now descends to the Piedmont and the low country, whereas on the west it lowers into valley and ridge (Shendandoah) and then rises to the Appalachian Plateau.

Part II contains field guides to the national and state parks on the Blue Ridge. The guide proceeds from north to south, beginning with Catoclin Mountain to the James River, and from there to the Great Smoky National Park. If you look up a popular destination, such as Peaks of Otter, you will find a description of the lodge and campground; the two peaks, Flat Top and Sharp Top; discovery of Indian arrowheads; the ecological setting and geological setting. The sections are ferociously cross-referenced.

Part III contains identification guides, in color, to rocks and minerals, plants, trees, blossoms, fungi (keep away from the fatal amanita), and every kind of bird. There are references and an index.

—Anne Preuss



Carpenter's Sentimental Journey

When Kendal resident Dr. Rae Carpenter accepted the Roanoke College Society of 1842 Award April 13 he was not just visiting his 1949 graduation site but his birthplace.



Rae, left, receiving his award from Roanoke College President Michael Maxey

Rae was born and grew up on the RC campus. His father, Rae was a member of the faculty and college registrar. His and mother, Gladys Jamison Carpenter, were campus Maroons until 1930, then moved to nearby High Street.

“I knew all the professors and employees, and played with their children on and off campus,” he said. “I went with my daddy to many of his college functions.” Rae earned money carrying *The Roanoke Times* to campus and nearby residences. He also carried butter from the family farm and vegetables from World War II family victory gardens up and down High Street... “much of it to fraternity housemothers.”

He entered Roanoke College and worked as a physics lab assistant to Dr. Charles Raynor. Soon after graduating RC with a physics degree, Rae earned his M.S. in experimental physics and applied mathematics at Cornell in 1951, then joined the Virginia Military Institute faculty where he taught physics for 45 years. During that time he earned a Ph.D. from the ►

University of Virginia , and was a visiting professor at West Point and Auburn University.

While at VMI, Rae and Dick Minnix, a fellow Kendal resident, RC alumnus and physics professor, developed the “Dick and Rae Physics Demo Notebook”—for physics short courses for lecture demonstrations that have been used by teachers and students on every continent except Antarctica. It is still in print today. Rae demonstrated lessons personally in Australia, Canada, China, Japan and Singapore.

Rae’s service included many years as deacon, elder, treasurer and “fix-it” man for Lexington Presbyterian Church, and as lieutenant governor, group study exchange leader and district governor for Rotary International District 7570. He established a Roanoke College scholarship for students in physics or math.

Rae and his late wife Jane Grant Carpenter have three children: Dee, Grant and Barbara, and four grandchildren. The family has traveled the world, mostly on cruises, for a quarter century.

—Susan Lynch

Missy’s Musings

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

Hannah Danton is a fairly new resident, having arrived in mid-March from the Rockbridge SPCA. Edie was missing her long time pet, Eli, so much that knowing she had help in place, she decided to just go look. Who can resist a litter of year-old puppies that appear to be Dachshund mixes.

For Hannah and Edie it was love at first sight and she has adapted beautifully to living with Edie. Most Dachshunds are yappy but this girl is very quiet and well behaved. Her goal in life is to please Edie.



I haven’t encountered Hannah on walks like I did Eli because Edie is somewhat unsteady on her feet and Hannah’s dog walker doesn’t come up to my neighborhood. If you see her down around Sycamore and Sunnyside, do greet her.

They both traveled to the Cape for a few weeks to spend time with Edie’s daughter and son-in-law so you may not see her for awhile.

A big “welcome” to Hannah!

Cat’s Corner

(Facilitated by Shay Peters)

A Letter from “Eddie.”

Oh dear!! My owner (Shay) says we are possibly in big trouble with a breach of Kendal’s contract regarding pets. I am at fault since I have found several ways to escape the confines of the cottage and play outside. I really do love the outside with so much action around. The two very handsome Corgis who live next door are not too fond of me so I try to steer clear of them, but their owners seem to like me. Probably the most offensive thing to Kendal is that I go along with Shay and “Harry Potter,” usually on the morning walk. She tried many times to get me in a harness so we could all walk together (this was VERY difficult for her, and I even had to use my claws to show her I did not like this idea of a harness). She says we will keep trying to use the leash. When we go on these walks, I am following along the sidewalk or an occasional yard, and I wait in the shrubs or the storm drains near the South parking lot while she is in the main building visiting our owner Phil. Speaking of Phil, I really miss him since he is in Borden. I loved sleeping on his chest when he was in the cottage.



I like to watch the birds on the deck; Shay puts out lots of birdseed. I like to watch the birds and wouldn't think of killing one, as I prefer mice and moles, so this is a good thing. Sometimes Potter and I sit on the sidewalk in front of the cottage when Shay is working in the garden. Maybe by the time this letter gets in the newsletter we will have resolved the situation. Shay tells me we will keep trying to use the harness, but I am not so sure that will work. We need to talk to John Tucker and Joe Skovira since I hear they walk their cats on a leash. Otherwise, I am bound to be a full-time house cat, and this will make me very sad. I have a feline friend who also loves the outdoors like me, but I think he gets to get away to White Street, where he used to live.

Love to all you Kendal residents,

Eddie

Phase III Update

A conversation with Julia (Jul) Skare

As a way for residents to stay up-to-date with the expansion now underway, our Owner's Representative, Julia Skare, has agreed to periodically answer questions about how the construction is moving along. We spoke on May 17th, for the first in a series of conversations.

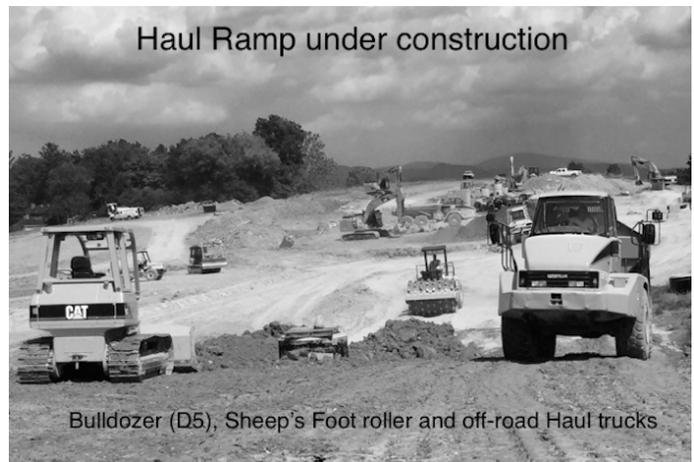
Connections - As the Owner's Representative, could you briefly describe your job?

Jul - The role of Owner's Representative includes working with Kendal's staff, Nielsen's construction managers and the architectural/engineer's Project Manager for exchange of information, including items related to contracts, scheduling, requests for information, and shop drawings. The Owner's Representative also reviews the monthly progress payments and provides a progress report to keep Kendal staff, residents and neighbors informed. The Owner's

Rep works to keep the owner's interest in cost control and project requirements in place, while reviewing requests for changes to the work.

Connections - Now that all the approvals are in place, what can you tell us about the activities so far?

Jul - While residents are certainly seeing changes, so far the work has principally been preparatory. Items such as erection of safety and silt protection fencing, identification of utility lines needing relocation, placement of sediment basins to manage storm water flow during construction, are under way. Installation of a sanitary sewer main has begun and trenching for the relocation of the gas line is underway. The most visible change is the arrival of construction equipment and the addition of a "Haul Ramp" to be used once we begin to relocate soil from the



Borden renovation site and the Sunrise Ridge site. The actual soil relocation is expected to begin within the month. We anticipate six or seven off-road trucks to be in operation moving soil during the peak of the earthwork. Flagmen will be in place during this time to control traffic along Kendal Drive. When the soil relocation is complete, the "Haul Ramp" will be removed, the hollow restored and the area seeded.

Bluebirds and More

This year has been named the Year of the Bird by a partnership of the National Geographic, Bird Life International, the Cornell Lab of Ornithology, the Audubon Society and other organizations to celebrate the Migratory Bird Treaty Act, which has saved thousands of birds. But birds still face declining populations and need our continued help.

The birds at Kendal at least are doing their part to perpetuate their species, especially Tree Swallows, who have claimed most of the nest boxes on campus this year.

Eastern Bluebird Project

Kendal resident Renate Chapman has reported Eastern Bluebird and other nesting box activity on the campus for four years. She reports her findings to Lexington resident Bonnie Bernstein, coordinator of the Bluebird Conservation Project started in December 2013 by the Rockbridge Bird Club and Rockbridge Master Naturalists. The program also includes nest boxes on Woods



Renate Chapman, right, and Doreen Folzenlogen, Kendal residents, check for Eastern Bluebird eggs in one of the many nest boxes behind Sycamore Lane homes.
- Bonnie Bernstein photo

Creek Trail, the W&L campus and Boxerwood. Their data go to NestWatch, a national citizen science program that tracks status and trends in bird reproductive biology.

As of May 14, Tree Swallow eggs were found in most of the 24 nest boxes behind Kendal's Sycamore Lane, Renate reports, with Eastern Bluebirds nesting in four boxes. One Bluebird couple produced a clutch of chicks who have already fledged. House Sparrows nested in three boxes, but their eggs were removed. "I've thrown out House Sparrows again and again, but they keep coming back,"* Renate said.

Volunteer residents Doreen Folzenlogen and Susan Lynch have stepped up to help part-time with nest monitoring and maintenance, but Renate says she needs extra help to monitor them regularly. "We need to check them twice a week, such as Tuesday and Saturday," she said. Hopefully, with the 2018 change of Kendal committee members, more bird fanciers will come forward.

Other residents with bird houses are not required to report their activity to Renate, but "their experiences are welcome," she said. During the April Bird Walk we noticed many Tree Swallows nesting in boxes campus-wide. Carolina Chickadees have moved into a few boxes here.

Kendal and Rockbridge Bird Club Walk

Kerry Kilday, Wendy Richards and Bob Bier-sack of the RBC guided about eight Kendal residents and RBC visitors around the Kendal campus on April 22, a bright spring day. All the birds were singing, and a good mix of spring and summer residents were active, especially Tree Swallows. The group saw a surprise bird, a Green Heron, about 60 feet up in a tree on the wetland walk behind Sycamore Lane. Another surprise was the lack of Eastern Meadowlarks singing in the field behind Sycamore Lane. ►

Kilday said a Red-shouldered Hawk on a utility wire nearby probably kept them away.

Tree Swallows, with 40 individuals, were the most numerous species on the Walk, followed by American Goldfinch 24, Turkey Vulture 22, House Finch 20 and Cedar Waxwings 14. The total species count was 33. Thank you Kerry, Wendy and Bob for making our Kendal Bird Walk so special.

*House Sparrows, a British import of early immigrants, are considered a nuisance, because they move into nests of other species and persist in returning to the property that evicted them. They live year-round in most of North America.

—Susan Lynch

Computer Group Update

The Computer Help Desk is up and ready to go!

Residents are invited to come by to resolve questions, overcome problems, or just to chat. The Help Desk is usually staffed by a volunteer or KaLex staff member every weekday either just before or after lunch (see official calendar on the desk by the computers). House calls can be arranged by appointment. Stay tuned for news about other learning opportunities now in the planning stage.

Self-help tutorials are available on the iMac, and are planned for the PC. A list of suggested sources is posted by each computer. Click on one of the 4 tutorials (Photos, iPhone, iPad or Mac basics) on the the iMac desktop, or click the *noteboomtutorials* link and choose among many other lessons on their website.

For PC users, a popular free source of tutorials is *GCFLearnfree.org*. Drop by and try out these handy resources.

Campus-Wide Wi-Fi

Before Nathan Straub's departure to his new position as IT Director for the City of Lexington, I had the opportunity to talk to him. Despite his imminent departure, the campus-wide wi-fi project will continue. An outside technical consulting specialist has been engaged to finish the final and most complicated portion of the project: the coding for each residence.

The existing system provides an approximate ten-fold increase in capacity (# of simultaneous users and speed) over what was in place when Nathan arrived. The goal now is to increase the capacity another ten-fold, and provide residents with enough power for basic IT capabilities. Access will be available across the KaLex campus, and each residence will have a unique, password-protected home base. The new system will be called the Kendal Resident Network. Guests would still have internet access on the existing Kendal Guest Network.

Nathan explained that the project has grown in scope over time, recognizing trends that all information technology users are experiencing. It is designed to meet such needs as the rapidly increased use of video streaming (e.g. by users of Netflix, Hulu, Amazon Prime and other data hogs.) To date, KaLex has completed between 80 and 85% of the infrastructure (Wi-Fi 'drops,' switches, wiring, etc.), leaving the more complicated job of switching over to new system software and installing security. The final phase is expected to begin before Nathan leaves at the end of May, and while an exact completion date will not be known until the work is underway, we will keep you updated in future issues of Connections. Stay connected!

—John South for the Computer Group

Parkinson's Disease Program

The major thrust of the Parkinson's disease message delivered April 18 to a Kendal audience by Savleen Juneja, program manager of Select Rehabilitation at Kendal, was this:

There is no cure for PD, and it is difficult to diagnose, so it's important to consult a neurologist who can recognize the symptoms and treat them early, and to keep an open line with a neurologist and a primary care physician (PCP), who can monitor the disease for many years.

Here's why: PD onset is slow. Earliest symptoms may be non-specific, such as tiredness, weakness and fatigue, so the disease can go unrecognized for some time. The disease becomes progressively worse.

Ms. Juneja's audience of about 40 people included PD patients in Kendal's Borden and Webster centers, their caregivers and families, plus other interested parties. She illustrated her discussion with a slide program.

Parkinson's, a debilitating neurodegenerative disease of brain cells, is challenging to diagnose because there are no set tests for it, no neuroimaging or genetic markers that lead to easy diagnosis. Clinical observations are used instead:

- Primary symptoms: stiffness, slow movements, resting tremors (like hands shaking when not in use), balance problems. PD can be diagnosed if two of these four features are present.
- Other PD signs may include small, cramped handwriting; still facial expression; muted speech; shuffling walk; and depression. Slowness and absence of movement (bradykinesia) is the most disabling symptom of the disease and can affect the entire body. A typical stance is a forward tilt of head and trunk, reduced arm swing and shuffling gait. PD patients are all different, however, with different symptom combinations.

It's important to realize that symptoms may come from other health problems, so correct diagnosis to rule out those problems is necessary. Essential tremor is an example of a non-PD symptom.

Doctor visits, medications, therapy (occupational, physical and speech), regular exercise, healthy diet and social worker visits are the available treatments, although treatment cannot stop the progression of PD, Ms. Juneja explained. Treatment can offer patients symptomatic relief, temporarily restore function and enhance the quality of life, she added.

Medicines can control symptoms effectively five to ten years before disabling side-effects appear, then other drugs may be added. Deep brain stimulation (DBS) is an alternative to earlier surgeries that cut lesions in the brain area that controls fine movement of limbs to stop shaking. Surgery can relieve symptoms but doesn't halt PD progression.

According to the internet site WebMD, PD is caused when cells in the brain's substantia nigra stop making dopamine, a chemical that helps nerve cells communicate. When those cells die, the brain loses movement controls.

L-dopa is the principal drug treatment for PD. It enhances brain cells' creation of dopamine and can be used in combination with a variety of other medications.

Parkinson's affects three percent of people over 60, and prevalence in people under 40 is increasing. It is estimated that 60,000 new cases are diagnosed each year, joining the 1.5 million Americans who have the disease currently. Some 15 to 20 percent of PD patients report having a relative with the disease, but the majority of cases are not directly inherited. Although there is no evidence that environmental factors cause PD, research epidemiology has identified factors that may be linked to it, including rural living, well water, herbicide and pesticide exposure.

—Susan Lynch

Elder Law Musings

We are delighted to welcome back Ned Henneman's occasional column exploring elder law issues.

Last month we filed our income tax returns for 2017 unless we took an extension or were more than usually forgetful. For most of us, therefore, that chore is over until next winter when we will confront our obligations for 2018, a task that will likely be even more difficult and annoying as we face a new tax law and unfamiliar forms.

In the meantime, however, we can reassemble all those notes and scraps of paper which we just used, and put them in a folder marked "2017 Taxes", and forget about most of them, remembering, of course, to make any estimated payments that may come due during the year.

While we put away our tax files we might look at some of those other folders that lie nearby. Is there one labeled "Will"? Do you know where your original will is, the one that will be used to carry out your wishes? Perhaps more importantly does the person or persons you have designated as executor know where the will is? Have you looked at the will lately to see if it still is what you want?

You should also find a file or files marked "Powers of Appointment" and you should find there documents giving one or more persons authority to act for you under appropriate circumstances. These powers may deal with business matters or health care decisions.

Perhaps what you find in the Will file is still satisfactory and you are pleased with the proposed disposition of your belongings. Do you also find folders that deal with the future disposition of your remains if necessary in the future? Have you made and conveyed to others plans for that?

There is probably a good deal to review and consider in your file drawers. Over the next several months I will address in columns similar to this one some of the issues I have raised. Many have been mentioned in earlier columns and some may raise new questions. Meanwhile I will review my folders.

— Ned Henneman

Kendal and Kondo

At this stage in our lives, many of us live in smaller spaces than we did in years gone by. Clutter may stress you, and when you live in a small space, things pile up SO quickly. You may not have the option of putting stuff in the garage, basement, or spare bedroom, shutting the door and forgetting about it.

That challenge of living in a smaller space may also spur your interest in reading the best-selling author Marie Kondo's book, "The Life-Changing Magic of Tidying Up." If you haven't read it, the gist is: By getting rid of the things in your home that don't "spark joy," you will become a happier person.

Getting rid of the things you don't want, don't need, don't have room for, or that don't spark joy - especially if you can find a new/better home for them - is a wonderful idea, and one I fully support. By getting rid of things I don't want or need anymore, I have fewer physical things to think about, clean, trip over, or put away. Maybe this attitude and approach reinforce my desire to regularly shred unwanted or outdated documents.

Not everything you have, however, will fall into your "spark joy" collection. My broom and dustpan hardly spark joy, but I need them available in case I drop or break something.

In exploring Kondo further, I found that her premise may be sound, but she has all these ►

RULES. You must start with clothes. You must put all of them on the floor. You must pick up one item at a time and make a decision before you pick up the next item. You must fold things in a very specific way. And on and on. This isn't "tidying." This is turning your house upside down and creating total chaos before you achieve Tidy Nirvana. And she insists you do it all at once.

But I wanted to give her a chance, to try her method, without turning my home upside down. So I decided to Kondo one dresser drawer. I really had no idea of its contents, but in less

than five minutes I reduced the volume by over half, and now I know what is in it. I recognized old favorites that had been submerged by the things on top that are now on the way either to the trash or to Goodwill. I followed Kondo's instructions and carefully folded each item. (One must never roll things into a ball. One must fold.)

I'm happy with the results, and full of feelings of virtue. For now, that's all the Kondo I need.

— Maureen Crandall

Rockbridge Memoir Project

"So glad we had this program. It gave me inspiration to get back to writing."

We were "coaxed out of our comfort zone."

"I so appreciate the time Maj. Hodde took in editing my piece."

Rhetoric and Humanistic Studies, was our organizer and guide.

Kendal participants (eleven finished the course) met at VMI with Maj. Hodde and about ten cadets from February 5 to April 3. The celebration of community readers and writers took place on April 18 at Kendal with presenters from Leigh Mayo's sixth-grade creative writing class at Lylburn Downing Middle School, from VMI creative writing classes, and from Kendal.

To prepare for our meetings, we had suggest-



Virginia Military Institute initiated this project, which aimed to unite members of the Rockbridge community to write together. Maj. Stephanie Hodde, of the department of English,

ed readings, most important, Mary Karr's *The Art of Memoir*. She writes, about a Vietnam War memoirist, "The talent for capturing unforgettable dialogue no doubt grew from a childhood of innocent curiosity about strangers." ►

Reading memoirs of Annie Dillard returned many of us to being in a totally silent home in the morning when the men and schoolchildren have departed. Reading Joan Didion in an entirely internal memoir led us to when she decided to leave New York.



We and Maj. Hodde hope that we can write together again next year.

—Anne Preuss

The Traveling Wounded

As many of you know, I used to share with residents some of my observations, complaints and thoughts at the beginning of the monthly Residents Association meetings. However, as the *former* president of the Association, I no longer have this opportunity and discovered that I miss this cathartic experience. So, by periodically sharing my reflections in writing, I am hoping it will have the same therapeutic effect on me, and I can avoid paying exorbitant fees to a shrink.

My husband, Bill, and I recently decided to spend five days in Washington DC since we haven't been there in 30+ years and wanted to do some sightseeing and try some recommended restaurants. Sunday night we started out getting lost walking from the hotel to the restaurant so that we finally had to take a cab for what turned out to be three blocks. However, the rest of the evening went swimmingly as we met granddaughter Leigh, who works in DC, and her significant other for dinner, and Bill got to eat plenty of oysters. We managed to find our way back to the hotel without incident after getting instructions from Leigh.

Next day we did the typical tourist thing of taking one of the on-and-off buses around the

area. It seems we were more off than on as we did a tremendous amount of walking in Arlington Cemetery, along Constitution and Pennsylvania Avenues, etc., not to mention the walk to the restaurant for dinner.

Tuesday, we had tickets for the Smithsonian African American History and Culture Museum. We set out on the six or seven block walk. About half way there – “twinge, twinge, twinge” – that’s my right knee talking. A block or two later – “stab, stab, OW, OW” – there it goes again only decidedly sharper. I barely managed to get to the museum by walking *very* slowly. I was getting a little upset since Bill is ten years my senior and seemed to be having no trouble at all, or so I thought. He finally admitted that he had a backache from all the standing in front of museum exhibits, so I felt a little better.

We soldiered on, managing to see most of the attractions on our wish list and cleaning our plates at five outstanding restaurants, one of which broke our record for the most money we ever spent on a dinner. Since walking other than a few steps was now a painful experience for me, we took cabs everywhere we went and tried to get back to the room early enough for Bill to take a nap and for me to ice my knee before going to dinner. It will not surprise anyone who knows us that we never even considered missing a meal! Being a city girl at heart, in spite of my infirmity I loved every minute of the hustle, diversity and even the noise of D.C.

We should probably plan future vacations on cruise ships without visiting any of the ports where we might hurt ourselves. However, we will no doubt just blunder on to another adventure, but next time we will bring more money for cabs, plenty of Advil and perhaps a cane.

—Karen Russell

Summer Fun

Looking for summer fun with visiting relatives and friends? Here are a few ideas that visitors might enjoy:

Water fun: Tubing on the Maury River at Goshen Pass – even if you watch and they float by, the scenery of the soaring hillside is stunning.

Evening fun: Hull’s Drive-In Movie Theater on Route 11 North. A double feature runs on the weekends. The movies start at dusk. Try some popcorn from the snack bar.

Exploration: Do you want to do more exploring in the county? The book *Country Roads in Rockbridge County Virginia*, written by Kathy Tennery and Shirley Scott, is in our library in the Virginia section on the wall backing to Kendal Hall. In the book, there are 18 tours, complete with maps and descriptions of what you will see on the trip. A delightful way to see – and learn – more about the lovely area where we live.

And for more ideas go to the Rockbridge area’s tourism web site:

<https://lexingtonvirginia.com>

—Dianne Herrick

A Summer of Garth Newel Concerts

Make space in your summer plans for Garth Newel concerts both in the quartet’s beautiful woodland setting in Bath County and in Kendal Hall.

What (or who?) is Garth Newel? Garth Newel is a Welsh term meaning New Hearth or New Home. Since the early 1970’s Garth Newel has been the home of the Garth Newel Piano Quartet. Members are Teresa Ling, violin; Eve-

lyn Grau, viola; Isaac Melamed, cello; and Jeanette Fang, piano.

Garth Newel is a beautiful hour-long trip from Lexington, and the Kendal bus trips this year are tentatively planned for July 1, 15 and 29; August 5 and 19; and September 2. We may stay for the picnic on July 15, depending on the menu.

Kalex and Garth Newel have a long history together. Some of the earliest events on the Culture and Entertainment calendar were trips to Garth Newel.

Then-resident Elinor Denney had the bright idea 14 years ago to invite students in a summer program at Garth Newel to play for us at Kendal. In return we would treat them to dinner. Formerly known as Fellowship Students, in recent years they have more accurately been called Emerging Artists. These are primarily young people doing graduate level studies in performance instruments. This year’s concert (the 14th Annual) is scheduled for July 25 in Kendal Hall.

The regular cost for a concert at Garth Newel is \$25. If we are 10 or more, it drops to \$22.50. The bus cost is \$5, except for the Kendal-sponsored concert on July 15 when the bus is free. Even if you choose to drive yourself you may be included in the discounted price. Just let the bus coordinator know. For those who wish to make a weekend trip, there is a beautiful guest house on the Garth Newel grounds and several nice restaurants in the area.

—Sarah Giddings

Our Fitness and Wellness Team are now CPR **Instructors**. If you have interest in taking a CPR/AED/First Aid class please sign up on the interest sheet in the Fitness Center or email Kristen at klmccabe@kalex.kendal.org

Heads-up - Auditing W&L Courses

Watch this space, probably in the August edition, for information on how to go about auditing classes at Washington and Lee. But for those of you who want a head start on choosing your class, here is the website showing the course offerings:

<https://managementtools3.wlu.edu/CourseOfferings/Default.aspx>

Residents Association Funding

The Residents Association is responsible for most of the “extracurricular” activities here at KaLex. The library and the afternoon speakers are probably the most noticed, but the various resident standing committees, Sunday Vespers, *Connections*, the license to show movies, *The Kalex*, decorative plantings at the entrance and flowers on the tables in the dining room are among the other things that enrich our lives and are supported by us.

We will be asking for your support early in June to help with all these activities.

Driver List Being Updated

For rides to doctor appointments in Staunton, Waynesboro, Fishersville, Charlottesville and Roanoke, we have a list of willing drivers if you are unable to get there on your own. The list is in THE ALCOVE above the copy machine. It is in the process of being updated so please contact Kay Quirk if you would like to have your name added.

For the first time, three airports are added: (Roanoke, Shenandoah Regional near Harrisonburg and Charlottesville) should you wish to include your name in that list.

Please call or email Kay Quirk if you have not already been in touch or have questions.
kayquirk@mac.com (540-461-8711)

The revised list will be posted in mid-June.



Cornerstone Bank Now On-site

Locally owned and operated, Cornerstone Bank has begun to provide a broad range of banking services here at KaLex for both residents and staff. They will be found in the Administrative Conference Room that is located between the US Mail boxes and the open “cubbies” between 10:00 am and noon on Wednesdays.

Calendar Notes

Staff Appreciation Party

Friday June 1, 2:30 pm, Kendal Hall

Come to greet and thank our wonderful staff for all they do. Enjoy an ice cream sundae while you are there.



Brownsburg Museum and Lunch at Whites Travel Plaza

Tuesday June 5, Bus at 10 am

The Brownsburg Museum's new exhibit, "With Their Hands—Crafted in Rockbridge and Augusta Counties, 1750-1900," displays excellent examples of historic regional art, furniture, ironwork, stoneware and textiles.

Ireland in Poetry and Politics

Thursday June 7, 4:30 pm, Kendal Hall

Dr. Marc Conner, Provost of Washington and Lee University, will deliver a lecture entitled "Ireland in Poetry and Politics" in Kendal Hall on June 7. Marc is an extraordinarily gifted scholar, teacher, and administrator. He holds an endowed professorship in English and was head of that department. He is a specialist in contemporary American literature, African-American literature (a nationally recognized Ralph Ellison authority), Shakespeare, and his "real love," Irish poetry and all things Irish.

Luau and Fitness Testing

Wednesday June 13, 10 am - 1 pm

Join us on the pool patio for snacks and drinks and hula dancing. Fitness staff will be running a quick fitness circuit of exercises at the event to evaluate and help properly plan our classes to meet your needs. Please sign up for your spot in the fitness center and join us for fun. We will set up optional 1 on 1 appointments for later in the week for anyone who would like their results. Bring your swimsuit and enjoy a swim or games in the pool after the party.



Rockbridge Brass

Wednesday June 13, 7:15 pm, Kendal Hall

Come hear this local group of musicians play what are sure to be lively selections on their various brass instruments.

Low-Head Dam Removal at Jordan's Point

Thursday June 14, 4:30, Kendal Hall

Louise Finger with the Virginia Department of Game and Inland Fisheries will give a presentation about the up-coming controversial removal of the Low-Head dam on the Maury River at Jordan's Point. You'll learn more about the history of the dam, many beneficial reasons for removing the dam and what the river will be like after the changes.

Jordan's Point History and Miller's House Tour with Box Lunch

Tuesday June 19, Bus at 10:30 am

After hearing about the dam (June 14), we'll have a chance to see the dam on the Maury River with a tour of Jordan's Point and the Miller's House. Dick Halseth will tell us of the busy transport and industrial activity at Jordan's Point in the 19th Century. We can see the locks and an old canal boat. In the Miller's House, restored by Historic Lexington Foundation (HLF), we'll see a model of the island back when trains delivered goods to Jordan's Point. We'll finish up with a box lunch in the picnic pavilion. The cost of the box lunch is \$7.50. Sign up for the lunch and bus on the bus bulletin board.

Anne Hathaway's Cottage for Cream Tea in Staunton

Thursday June 21, Bus at 1 pm

To keep the Shakespeare celebration going... enjoy Afternoon Tea at Anne Hathaway's Cottage in Staunton on Thursday, June 21. The charming restaurant, which closely resembles the Stratford-upon-Avon childhood home of The Bard's wife, features a thatched roof, half timbers, a lovely garden and a cozy English tea room interior. Our tea will be served at approximately 1:45 pm and include a Devonshire scone, clotted cream, old-world jams, a selection of pastries, and an endless pot of your favorite tea for \$16.50. As usual, there will be an additional charge for our bus. Watch the bulletin board for more details and a sign-up sheet.

W & L Strategic Plan

Thursday June 21, 4:30 pm, Kendal Hall

Will Dudley, President of Washington and Lee University, will speak about the new strategic plan for the University.

Rock the Bridge

Saturday June 23, 5 - 9 pm

Once again KaLex is sponsoring the annual celebration of Lexington at the *Rock the Bridge* Festival on and under the Nelson Street Bridge. Food trucks, bands, games and more. Tickets are \$5, or \$30 if you want to include unlimited craft beer tastings (\$25 if purchased in advance at Main Street Lexington). *No bus is scheduled.*

Movie Alone On the Ice

Monday June 25, 7:00 pm, Kendal Hall

In preparation for her talk on Thursday, June 28, Lee Byrd will give an introduction, which will be followed by a one hour video of her grandfather's trips to Antarctica. (Also see talk on June 28 listed next page.)

Sculpture Studio and Garden Tour

Tuesday June 26, Bus at 9:30 am

A real treat is in store for art lovers when we take a short excursion to the studio and sculpture garden of John W. Mason on Maple Swamp Road. It's just off Midland Drive about nine miles. After viewing the garden and the studio, John will give a nice talk while we sip lemonade or iced tea and have some cookies. His website is john@masonsculpture.com

Lee Byrd on Richard Byrd, “The Hero and the Man”

Thursday June 28, 4 pm, Kendal Hall

Biographer Lisle Rose, author of *Explorer* wrote, “Byrd’s own personality remains an enigma, and fathoming its depths will challenge any biographer.” In reality, Richard Byrd was simply blessed with good old-fashioned horse sense. His ability to lead men was due to his belief in friendship, fair play and a series of experiences that felt like a cage holding him hostage; a prisoner, unable to move in the direction he wanted. Out of it came a complete domino effect of skills and knowledge that took him to places he had not planned to go. To his family, he was an “adventure” to be around; a funny, imaginative, creative, loving practical joker who taught his family the importance of spirituality and discovery in the world around us. And yes, the time is 4:00 pm as this will be approximately 90 minutes long. (Also see June 25 on previous page.)

Vespers for June

(Sundays 4 PM in Borden Sun Room)

DATE	OFFICIANT	MUSICIAN
June 3	Paul Carter	Chris Coleman
June 10	Rachel Clark	Mary Harvey-Halseth
June 17	Steve Cathcart	Clyde Moore
June 24	Jason Grimes	Joanna Smith

Kitchen Tour Opportunity

The first kitchen tour of the year, scheduled for June 4, is already fully subscribed. However our wonderful staff has promised another in the near future. Stay tuned - and check the Bulletin Board.

Remembering

Ye Olde Shakespearean Dinner

Held on the 18th of
the Merry Month of
May, 2018



June 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, Fri.	2:30 pm	Staff Appreciation Party	p. 16	Kendal Hall
4, Mon.	3 pm	Kitchen tour	p. 18	Kendal kitchen
5, Tues.	10:40 am	Brownsburg Museum: Lunch at White's Travel Plaza	p. 16	bus 10 am
7, Thurs.	4:30 pm	"Irish Poetry and Politics." Marc Conner	p. 16	Kendal Hall
13, Wed.	10 am - 1 pm	Luau and Fitness Testing	p. 16	Fitness Center
13, Wed.	7:15 pm	Rockbridge Brass	p. 16	Kendal Hall
14, Thurs.	4:30 pm	"Low-Head Dam Removal at Jordan's Point."	p. 16	Kendal Hall
19, Tues.	10:45 am	Jordan's Point History and Miller's House Tour. Box lunch	p. 17	bus 10:30 am
21, Thurs.	1:45 pm	Anne Hathaway's Cottage for Cream Tea	p. 17	bus 1 pm
21, Thurs.	4:30 pm	W&L Strategic Plan	p. 17	Kendal Hall
23, Sat.	5 - 9 pm	Rock the Bridge. Kendal sponsored.	p. 17	no bus
25, Mon.	7:00 pm	Movie: <i>Alone on the Ice</i> . With Introduction by Lee Byrd	p. 17	Kendal Hall
26, Tues.	10 am	John Mason's Sculpture Studio and Garden Tour	p. 17	bus 9:30 am
28, Thurs.	4 pm	"Richard Byrd: The Hero and The Man." Lee Byrd	p. 18	Kendal Hall

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	Recorder Consort	Kendal Hall
Tuesdays	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays	10:00	Bible Study	Staff Devel. Room
Thursdays	7:00 pm	Movie	Kendal Hall
Fridays	10:30	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
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
3rd Thurs. 3:30 pm	Welcoming Committee	North Parlor

