

Westbury World

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The Moore Trail: A Symbol of Teamwork

Photo by Bill Young



In the photo above, a masked Farley Massey, founder of Mother Nature's Team (MNT), flanked on the left by CEO Jeannie Shiley and on the right by MNT Chair Sylvia Wilson, cuts the ribbon officially opening the refurbished Moore Trail on May 14. The gravel-based trail will support those with walkers, scooters, and wheelchairs.

The CEO opened the proceedings with a few remarks. She was followed by retiring Chairman of the Board of Trustees Bill Pifer who expressed his admiration for the project. (Another retiring Board member, Joe Kalbach, was in the audience.) Resident and MNT member Sally Walters then gave a brief history of the SVWC trail system. After a blessing by

Chaplain Elizabeth Lewis, attendees were invited to "take a hike" to try out the trail.

The most noteworthy thing about this project was the teamwork of the groups involved. MNT started it all with its inspiration and labor. John Poe and his ground maintenance troops added more labor. SVWC leadership, including Administration and the Property and Planning Committee, approved the funds. Outside contractors did the heavy tree work and the paving.

Opening day attendance numbered about 65. For the first time in over a year, there was an atmosphere of a pre-Covid social event that included all areas of campus life. And that felt pretty good.

Paul Arnold

From the President/CEO



I would like to take some time this month to discuss some operational changes on campus. At the May 17 Annual Meeting of the Board of Trustees, a new slate of officers was elected. Rev.

Dan McCoig was elected to serve as Chair for the Board. Dan has served on the Board since 2015; he is also the Chair of the Resident Services Committee. Scott Harvard was re-elected as Vice-Chair and Scott Arthur was re-elected as the Secretary/Treasurer. We want to thank these gentlemen and all the trustees for devoting their time and talents to SVWC.



Dan McCoig

With Michael Williams's departure, recruitment efforts are underway for a new Administrator. To stay competitive and be more strategic, changes to the management structure will occur, enabling us to be more proactive and responsive in today's environment. With Board approval, the position of Chief Operating Officer (COO) has been added to the management structure. This will enable



Scott Harvard

the new Administrator to focus time and attention on the regulated areas of the community, namely Health Care and Assisted Living. The number of regulations and required reporting for these areas is extensive and critical as are the clinical outcomes and quality measures. Having someone focused solely on Assisted Living and Health Care will positively impact our clinical operations and ratings for years to come. This will allow the COO to focus on the other operational areas of the community, explore opportunities for additional revenue lines as it pertains to the



Scott Arthur

strategic plan, and explore collaborative opportunities or partnerships with providers.

SVWC is in the interviewing process for both a COO and an Administrator. Once these positions are hired, a new organizational chart will be released.

Thanks again to our residents, staff, and Board members who make SVWC so special and are committed to its success.

Jeannie Shiley

Meet the New Executive Chef

Tunde (pronounced "Tune Da") Howard was born in Budapest, Hungary. She came to the U.S. as a young girl in 1990 to live with her older sister in Rockville, MD, for a year. She graduated from T.C. Williams High School in Alexandria, VA, got married, and moved with her husband to Baton Rouge, LA, where they lived for 12 years and where Tunde went to culinary school for three years.

From Louisiana, the couple moved back to Danville, VA, where Tunde opened her own country-style restaurant. Their son was born in 2006. But she soon had to close the restaurant when her husband became terminally ill, and they spent the last few months of his life honoring his wish to see as much of the country as possible.

Tunde then took the job of head chef at The Virginian Retirement Community in Arlington, VA for 12 years. Following that, she abandoned the kitchen for two years to learn some of the rudiments of the real estate business. Then it was back to the kitchen again, this time as a chef at Ashby Ponds retirement community in Ashburn, VA for three years. After that, it was on to SVWC.

In June, Tunde will move into a house she has purchased on nearby Fox Drive where she will spend a lot of her spare time gardening. And what is her favorite dish? Hungarian cabbage rolls, of course



Tunde Howard

Paul Arnold

Two Residents Mark Milestone Birthdays



On June 7, Donald Stewart reaches his 101st birthday. He was born in Winchester, and he has always lived and worked here. He graduated from Virginia Tech with a degree in mechanical engineering, and this prepared him for his career employment and eventual ownership of Miller and

Anderson Mechanical Contractors in Winchester. During World War II, he was a Naval ordnance officer in the Pacific theater.

The Winchester Rotary Club, which Don joined in 1951, has played a major role in his life. In 2014, he was honored for 64 years of perfect attendance. He also served as club president. In addition, Don was active in his church, where he was an elder and a deacon. He also volunteered with the AARP Free Income Tax Program for senior taxpayers.

Don and his wife moved to SVWC in 2011. She passed away the following year. He has three daughters, four grandchildren, and six great grandchildren.

On June 25, Dr. Raymond Wrenn will observe his 103rd birthday. He was born on that date in Herndon, VA. His impressive religious career revolved around his long and distinguished service in the United Methodist Church in Virginia. SVWC's Activity Room was named for Dr. Wrenn and his late wife in gratitude for their generous donations to the Fellowship Fund and the Chapel.



Welcome to our New Neighbors

William and Beatrice Andres moved into 431 Winchester Hall from Haymarket, VA.

Gary Harasink moved into 414 Shenandoah Hall from Gore, VA.

SVWC's Arbor Day Celebration

SVWC's Arbor Day celebration took place on April 30. Mother Nature's Team (MNT) had activities planned for indoors and out. Because of wind gusts of up to 50 mph, however, most outdoor activities, such as fly-fishing, were not safe. During the week leading up to the main event, Kay Jones led a series of well-attended woodland wildflower walks.

On the afternoon of April 30, when Covid restrictions were being reduced, a group of residents started the afternoon in the Abbey. Bill Young's video of the rehabilitation of the Moore Trail was shown as an enticement to the ribbon-cutting to take place on May 14.

After the welcome by Judi Booker of MNT, residents visited these displays: Insect Invasives and Cicadas (Kate Reed); Bluebird Monitoring (Jim and Margaret Anderson); Wildlife in our Woods (Judi Booker); and How to Use QR Code Tree Labels (Ray Leonard and Jim Wilcox). Mike Masnik's reliably fascinating quiz on invasive plants (with samples so fresh many threatened to eat them) was won by Martha Parthemos. Refreshments were served and door prizes were distributed.

As time for the tree dedication approached, those attending stopped to see the wood-splitting exhibition given by Bill Huehn and Dennis McFaden at the outside entrance of Shenandoah Hall. Participants then gathered across the road where CEO Shiley and Chaplain Elizabeth Lewis dedicated the Downy Serviceberry tree, which will remind us of those we lost to Covid, as the delicate white petals fall each year.

Mother Nature's Team

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Arbor Day Activities



Arbor Day attendees view exhibits and slide show.



Mike Masnik's quiz to identify invasive plants from around the community.



Kate Reed's display on spotted lantern flies, cicadas, and emerald ash borers.



Judi Booker draws attention to a slide show on the improvement of the Moore Trail.



Bill Huehn and Dennis McFaden demonstrate cutting and splitting wood for CCAP



Jeannie Shiley and Judi Booker finish the planting of a Downy Serviceberry tree for Arbor Day.

Future Lawrence Gallery Exhibits

Following the conclusion of the “Handmade from Westminster Part 3” exhibit (June 1 – July 31), the Art Committee has already scheduled the next two exhibits for the Lawrence Gallery.

An “SVWC Art Sharing Exhibit” is planned for August through September. The committee asks residents to share original art from their apartment or cottage. Professional oils, watercolors, pastels, acrylics, mosaics, drawings, sculpture, and signed or numbered prints are sought for this exhibit. Art entries will be accepted now through Friday, July 30. To enter, contact Katherine Perry, Ext. 286.

“SVWC Campus Photo Extravaganza” is planned from October 1 to November 30. Residents and staff are asked to enter the titles and sizes of their own framed artistically done photographs of scenery, people, buildings, plants, and animals found on campus. This show will be a contest, as well as an exhibit. Rules concerning voting for the best photos will be distributed after the exhibit is installed. Entries are being accepted now. To enter, contact Cari Sherwood, Ext. 257.

Loretta Johnston

Results of Residents Association Election

On May 10, Bruce Jackson and Cathie Russell were elected president and vice president, respectively. They will serve one-year terms with an option for a second year. Previously elected Secretary Bill Young and Treasurer Katherine Perry have served a year of their two-year terms.

Lynn Marthinuss, Kate Reed, and Mary Owen were elected to be Members-at-Large and will serve two-year staggered terms. They will join the other four serving members: Fran Baker, Bob Fitz, Tom Horton, and Jane Sweeney.

In addition, the Residents Association Executive Committee elected the following Board of Trustees representatives:

- Property and Planning Committee Shenandoah Hall — Robb Russell
- Property and Planning Subcommittee for Interiors — Mary Jane Lee
- Finance Committee and Financial Liaison Committee of the Resident Association — Charles Wakeley
- Alternate to the Finance Committee and Financial Liaison Committee of the Resident Association — Michael Hobert

Cari Sherwood



Officers: Katherine Perry, Bill Young, Bruce Jackson, and Cathie Russell



Members-at-Large: Bob Fitz, Fran Baker, Jane Sweeney, Mary Owen, Lynn Marthinuss, and Tom Horton. Not Pictured: Kate Reed

Photos by Bill Cook



The Power of Words

Word of the Month: **neighborhood**
(instead of “unit”)

Handmade from Westminster Part 3



Linen Towel
Drawn Needlework by Elizabeth Harp



Itty Bitty Pieces
Wood Turnings by Jack Klimek



Tiger in the Garden
Photo by George Magurn



Whimsical Watercolor
by John Pietris



Canadian Sweater
Hand-Knitted Wool by Sally Walters



Needlepoint Pillow
by Jean Trumbore



Library News — June Acquisitions

FICTION

A Gambling Man	David Baldacci
The Bounty	Janet Evanovich
Sunflower Sisters	Martha Hall Kelly
When Stars Go Dark (LP)	Paula McLain
Margreete's Harbor	Eleanor Morse
Death with a Double Edge	Anne Perry
Miss Julia Happily Ever After	Ann B. Ross
Ocean Prey (LP)	John Sandford
Eternal	Lisa Scottoline
The Elephant of Belfast	S. Kirk Walsh
Drenched in Light	Lisa Wingate
Double Jeopardy ((LP)	Stuart Woods

NON-FICTION

On the House	John Boehner
Every Day Is a Gift	Tammy Duckworth
Heart of Fire	Mazie K. Hirono
The Hero Code	Admiral William H. McRaven
Susan, Linda, Nina, and Cokie	Lisa Napoli

The Cicadas Arrive

After 17 years underground sucking on tree roots, the warmer weather in the third week of May brought the Brood X cicada nymphs into the sunshine.

The nymphs climb on just about anything vertical to molt for the last time. Some places may have as many as 25 to 30 per square foot, in a predator-satiation defense: birds, pets and other animals simply cannot eat them all.

There are three Brood X species. The adults fly about and make noise, but they don't bite, don't sting, and don't eat plants. Only the males make the distinctive buzzing noise, mainly to attract females, with each species having a distinctive sound. Interested females will respond with a wing flip, sounding like a snap. Males can mate several times, but females generally only once.

Within an hour after mating, the female will find a tender tree branch and slice it open with her swordlike ovipositor. She will insert up to 30 eggs, then make more slits until she has depos-

ited a total of 400 to 600 eggs. This may cause branch tips to wither, but any damage is only cosmetic, except sometimes in quite young trees. Both genders will die after two to four weeks above ground.

Nymphs about the size of a grain of rice will hatch six to 10 weeks after being deposited, drop from the tree and burrow underground until 2038!

Chaplain's Message

One of my favorite quotes comes from J.R.R. Tolkien's *Fellowship of the Ring*: "Not all those who wander are lost." Perhaps it is a bit ironic that I should enjoy this quote, because I am, in fact, quite frequently lost. However, even though my apparent lack of a sense of direction draws some teasing and even the occasional eye roll, getting lost seldom bothers me. I suppose I see it as an adventure. As G. K. Chesterton says, in another favorite quote: "An adventure is only an inconvenience rightly considered."

What if getting lost is more than an inconvenience, or even more than an adventure? What if the real adventure is finding an unexpected new way—a way unique to you, a way you have not considered before?

I can remember, on one of my vacations, missing a turn in the north Georgia mountains. I do not remember my original destination, but I remember that I ended up next to a lake. I had no idea it was there. The water was still, and all the glory of the surrounding autumnal color was reflected back into the quiet air. I walked for a while beside the lake, taking photos, scuffing my feet in the fallen leaves, and drinking in the tranquil beauty all around me, before getting back into my car and finding my way to my original destination.

Sometimes we will get to our destination by a different road than we had planned. For the most part, I think this is a good thing. On our own or together, we can always discover something when we find ourselves in an unexpected place. Destinations, detours, diversions, digressions. All are part of our individual and communal journeys, and I invite you to notice where they take you.

Betsy Stow

Photo by Peggy Jackson



Tai Chi Balance Class

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