

Westbury World

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A Life Plan Community*

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See How Our Gardens Grow!



All 58 resident garden plots in the Resident Gardens have been faithfully tended to in this growing season. A variety of vegetables, herbs, and flowers are being grown. Excess produce is collected and donated to the Highland Food Pantry each week. Charlie Wakeley, our “Garden Tsar,” is coordinator of the Highland Food Pantry donations. Pictured above is Bob Sherwood and his bean stalks, and below, Amy Fielder and her fragrant flower garden.



Photos by Bill Young

A Message from Our CEO

SVWC is in the process of developing a new three-year strategic plan. Greystone, a senior living consultant out of Dallas, Texas, was selected to facilitate this process for us. They offers a range of services to senior living providers and are highly recommended to us. SVWC requested a highly collaborative and participatory approach that would involve key stakeholders. SVWC asked, and Greystone delivered.



On June 25, SVWC kicked off the strategic planning process with a one-day retreat attended by Corporate and Foundation board members, residents, corporate partners, and employees. There was assigned seating at the retreat, so each table had a mix of participants. Before the retreat, all employees and residents were asked to complete a survey. Sample survey questions included, "If you had a magic wand to change something about SVWC, what would that be?" and "To what is your ideal vision for the future of SVWC?" Greystone will compile the results and use them during the process.

Following a welcome and introductions, Greystone reviewed industry trends before discussing SVWC's current market situation. Greystone had also asked all participants attending the retreat to complete a SWOT analysis before the meeting. This type of analysis asks individuals to identify strengths, weaknesses, opportunities, and threats of the community. Greystone shared the results of the SWOT analysis as part of their presentation.

After lunch, each table was given a specific question to ponder. My table was asked what we consider to be SVWC's core competencies. Each table then shared their responses to each unique question. It was interesting how similar themes arose from the discussions.

At the end of the day-long retreat, Greystone collected all the information that had been shared. They will take all this data and start to define themes or goals. More meetings will be scheduled to discuss these goals, and we will begin identifying key initiatives. The initiatives will be prioritized, budgets defined, and respon-

sibilities assigned. At the end of three or four months, SVWC will have a new strategic plan, or roadmap, that will guide our community over the next three years.



Photo by Bill Young

The Property and Planning Committee of the Board is responsible for the strategic plan. Once they have accepted it, the strategic plan will be presented to the full board for approval. Once approved, SVWC will ask Greystone to present the plan to residents and staff at a town hall meeting.

This is an exciting time for our community. Everyone's input is greatly appreciated. Stay tuned for more information over the next couple of months.

Jeannie Shiley

Welcome to Our New Neighbors

Page Groseclose moved into 104 Westbury Commons from Boyce, VA.

Charles and Keith Dubois moved into 1450 Bold Rock Drive, Apt. 300, from Williamsburg, VA.

Janet Hughes moved into Shenandoah Hall, Apt. 319, from Winchester, VA.

Mission Statement

Shenandoah Valley Westminster-Canterbury is a not-for-profit, intimate, church-related continuing care retirement community that is committed to enabling residents to use their gifts fully, live their lives richly, and enjoy with dignity the years God has given them.



Library Acquisitions New in August

Fiction

Don't Forget Me, Little Bessie	James Lee Burke
Death at the White Hart (LP)	Chris Chibanall
The Ghostwriter	Julie Clark
Burned Bridges	John Gilstrap
The Stolen Life of Colette Marceau	Kristen Harmel
Don't Let Him In	Lisa Jewell
Knave of Diamonds	Laurie R. King
Murder Takes a Vacation (LP)	Laura Lippman
The First Gentleman (LP)*	James Patterson/Bill Clinton
Bad Lands (LP)	Preston & Child
Hidden Nature	Nora Roberts
The Perfect Divorce	Jeneva Rose
An Inside Job (LP)*	Daniel Silva
The Listeners (LP)	Maggie Stiefvater
Finders Keepers (LP)*	Stuart Woods

Non-Fiction

The Gunfighters: How Texas Made the West Wild	Bryan Burroughs
Lincoln's Lady Spymaster	Gerri Willis

*A Copy in Wappacomo Library

Bistro Concert: Charming Songs from France and Poland

On Friday, August 15, soprano Eliza Lucyna and pianist Szymon Czerniak, each rising stars in their field, will present songs by Polish and French composers, Chopin, Liszt, Messiaen, and Poulenc among them.



The culture of both countries pays warm attention to their children. Children dance, they play and sing. Simple children's music is elaborated by notable composers into elegant works, often styled mazurkas and menuettos.

Much of the program will be these charming short pieces derived from children's dances and stories. Each is a small gem. The Bistro's excellent acoustics provide an outstanding space to showcase this music. Eliza's and Szymon's careers are ideally suited to perform this music.

Eliza's musical career is stunning. She has sung in many American and European acclaimed musical venues including well-known churches. Her roles have spanned many periods and styles. She began singing professionally as a child. She has been a producer, conductor, teacher, and solo soprano for many productions.

Szymon has a robust musical education (with two years of collegiate football along the way as a defensive lineman at SMU). He is a musician's musician, helping many others while still a student himself. He has taught piano in an adjunct faculty position at several conservatories. Tutored by the distinguished Irish pianist John O'Connor, Szymon has been earning a Doctorate in Musical Arts at Shenandoah Conservatory.

The performance begins at 7:30 p.m. Admission is \$10 (cash only) at the door. The concert is open to the public and is sponsored by Atlantic Union Bank.

Bob Sherwood

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Chaplain's Message

I remember when I was a little boy ending each day by kneeling at the edge of my bed with hands folded and eyes closed, repeating those familiar words, "Now I lay me down to sleep, I pray the Lord my soul to keep.

If I should die before I wake, I pray the Lord my soul to take." I don't mind telling you that as a child I found those last two lines really frightening.

And yet that prayer was a model for me, as was the blessing my father would offer before dinner. And models of prayer are important. They serve as a ritual, continually reminding us of our relationship with God.

In the Gospel According to Luke, Jesus offers us the ultimate model for prayer with the words of The Lord's Prayer, given to the disciples after they ask Jesus to teach them to pray. The words express everything we might desire and expect from God: for God's will to be done, for our basic needs to be provided, for our sins be forgiven, and for guidance.

God encourages us and commands us to pray. And when we pray, we respond with love to that *greater* love which meets us from above. Even before we enter into prayer, God is ready to grant all we need. And by praying the Lord's prayer, we acknowledge that we depend on God's grace for all that is good, life giving and true.

In times of struggle and uncertainty, it's often hard to know just how to pray. Our pattern and our model for prayer is the Lord's Prayer, the words of which express everything we may desire and expect from God.

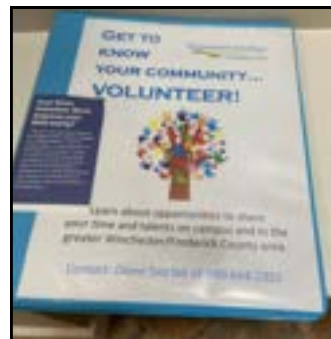


Bill Everhart

Volunteers One and All

First, thank you to all the volunteers who choose to donate their time to make a difference both at SVWC and in the local community. You are valued!

This is a reminder to please take the time to record your volunteer hours on the portal under Volunteer Opportunities or on a paper copy found inside the blue volunteer notebook on the shelf at the IL bulletin board near the pool overlook.



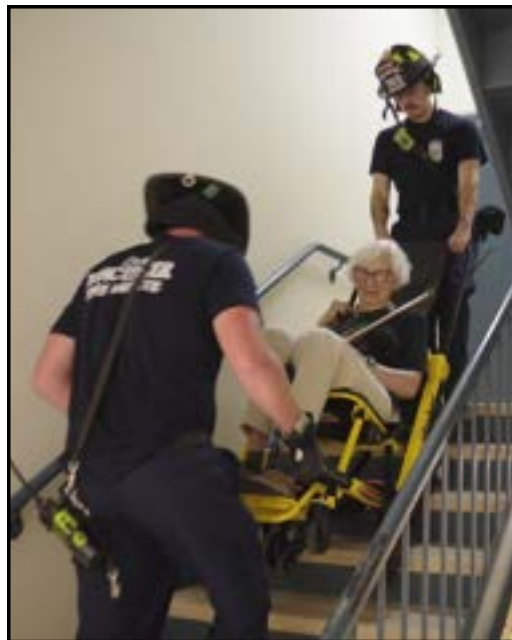
The record of your volunteer hours sheet should be returned to Sherry Hudson in the Foundation Office or placed in the Internal mailbox of Diane Sinclair, Apt. 533. Of course, the preferred method is the portal, but the Foundation Volunteer Committee wants to make it as easy as possible for you. If you need help or have questions, please contact any person on the Foundation Volunteer Committee. Their names and contact information are found in that same blue volunteer notebook.

Recording your volunteer hours is the gift you give to the Foundation's Volunteer Committee, which is trying to quantify the number of hours and where the SVWC residents are volunteering. They want to show volunteers make a difference.

The current estimated national value of each volunteer hour is \$34.42 in Virginia. "Volunteers help their neighbors, serve their communities, and provide their expertise. No matter what kind of volunteer work they do, they contribute in invaluable ways" per the *Independent Sector*, with the Do Good Institute at the University of Maryland.

Last, but not least, if you are not volunteering, there are many ways to serve. Talk to a Volunteer Committee member to gain ideas. You will be enriched!

Diane Sinclair



Photos by Bill Young

On July 26, SVWC's Safety & Security Department held a fire drill in Shenandoah Hall; the Winchester Fire & Rescue assisted us and used the opportunity to test their equipment and capabilities on a high-rise building.

From the Archives

Groundbreaking for Winchester Hall and the beginning of construction on related projects 20 years ago, as reported in the *Westbury World* for August, 2005:

Winchester Hall Groundbreaking The Communication Team Reports

Have you felt the earth move under your feet lately? If so, you are not the only one. The contractors have been busy blasting the rock from various areas around the campus. Additional parking being added near Wappacomo Hall and other parking areas adjacent to the north lot will be the first visible results of all this activity.



The "helmeted and be-shoveled" Ground-Breakers were (from the left): Terry Sinclair, David Goff, Joe Krewatch, Jim Hudgins, Bob Kerns, Elizabeth Minor, Willard Scott, Jim Owens, and Brendan Baloh



Service Road and Parking Area Approaching Wappacomo Hall

Lifelong Learning

SVWC Lifelong Learning will host sessions every Monday in August starting at 2:00 p.m. and ending approximately 3:00 p.m. in The Abbey.

The session **Monday, August 4** is called **“The Story of the American Revolution.”** We hear filmmaker Ken Burns describe how the American Revolution resulted in a nation ruled by citizens rather than kings or military dictators. What were key values and elements in creating a nation and how do we sustain and build upon these values and elements as modern technology changes everything?

The session on Monday, **August 11** features a paper that Mark Lore first delivered to the Winchester Torch Club: **“Can War Be Rational?”** This published paper, which won a national award, considers how nations from the ancient Greeks to the 21st century U.S. have managed strategies to match their policy objectives. What can we learn from the 19th century writings of Carl von Clausewitz? With the benefit of hindsight, what are some of the most common mistakes that both civilian and military leaders make in applying the use of force?

On Monday, **August 18** we feature another Torch Club paper delivered by Mark Lore: **“Napoleon, Jefferson, and the Haitian Revolution.”** This paper looks back to late 18th century Haiti whose sugar industry made it France’s colonial jewel-in-the-crown and its slave rebellion which frustrated Napoleon’s dream of expanded empire in the Western Hemisphere and led directly to the Louisiana Purchase. Sadly, however, the rebellion also spurred French financial sanctions and U.S. hostility which explain much of the failed state of Haiti today.

Our Lifelong Learning session on **Monday, August 25** looks at the recent drone attack by Ukraine on Russian aircraft and the recent sabotage of Hezbollah cell phones and pagers by the Israeli military. Ian Bremmer asserts that these events have permanently changed the nature of war. Is he right? **Has the nature of war changed?**

Bob Bolan

Natural Beauty for Goff Pond



Photo by Judi Booker

In 2023, Mother Nature’s Team (MNT) set out to turn Goff Pond into a space of beauty and ecological value. Partnering with a native-plant landscape designer, we mapped out a vision to naturalize the stormwater pond area, and we’re bringing it to life, one phase at a time.

🍃 Phase 1 (Fall 2024): A meadow was planted on the north side, and simulated rock falls create habitat and visual interest. By winter, a rock peninsula extended from the south edge, giving the shoreline a more organic feel. This work was led by our intrepid Grounds crew (thank you, John Poe!), alongside MNT volunteers and Reading Landscaping.

🌿 Phase 2 (Spring 2025): MNT members and other residents, down on hands and knees, installed sedge plugs over pond liner using jute netting. Reading Landscaping then planted water-loving greenery in our new “wetland” designed to flourish during storms. Clay-tolerant species were also added to the peninsula. Mulch, cardboard, and temporary fencing now protect this budding habitat.

🌱 Looking Ahead to 2026: Plans include covering more pond liner with mesh and adding shrubs to the surrounding northwest slope.

Thanks to volunteers, donors, SVWC Administration, and creative collaboration, Goff Pond is becoming a natural retreat for residents and wildlife alike.

John Lotz

Summer Scenes



Shenandoah Hall residents held a Beach Party themed get-together on June 28. Appropriately attired, they played a bingo matching game whereby they matched the correct resident to the list of facts on the card. The winner was Carri Sherwood.



The first pies go in the oven! Herm Mast, along with Chef Mike, prepared the pizzas for a Pop-Up Pizza Night on July 11. Herm started firing up the oven about 1:00 p.m. so that it would reach a temperature above 700 degrees. A total of 42 pizzas were made. Herm Mast, along with Grady Botens, built the wood-fired oven in 2023.



On July 4th, Margie Sheppard rang our "Liberty Bell" under Jimmie Harp's watchful eye; Frank Brauch sang *The Star-Spangled Banner*, while ceremony MC John Sterle saluted the flag.



The Ice Cream Social on July 25 was a nice treat during the 90 degree weather.



Photo by Ray Leonard

Our Resident Deer in a Downpour

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