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## Inside View



### Remembering The First Thanksgiving

Jim's ancestor, Richard Warren, came over on the Mayflower, so Thanksgiving was always a very special time in our home. I would remind our children that the real reason for the holiday was to remember how God blessed those first settlers after life threatening challenges which they had faced daily.

The Pilgrims landed in Massachusetts on December 26, 1620. Most of the settlers became ill within weeks. 10 of 17 husbands and fathers died with the "first infection;" and of the 17 wives, only three were alive after three months. By April, more than half of the population had died of disease or famine. There were other forms of human tragedy also. William Bradford's wife drowned as they disembarked from the Mayflower, leaving him a widower with a one-year-old son.

Captain Miles Standish initiated friendship with the Indians who lived in the area. They taught the Pilgrims to plant corn, hunt, and fish....keys to the Pilgrims' survival. In gratitude to God, William Bradford, proclaimed a grand feast of thanksgiving in 1623 to celebrate His goodness and invited the Indians.

This was his proclamation:  
To All Ye Pilgrims,  
"Inasmuch as the great Father has given us this year an abundant harvest of Indian corn, wheat, beans, squashes, and garden vegetables, and has made the forests to abound with game and the sea with fish and clams and inasmuch as He has protected us from the ravages of savages, has spared us from pestilence and disease, has granted us freedom to worship God according to the dictates of our own conscience; now, I, your magistrate, do proclaim that all ye Pilgrims, with your wives and little ones, do gather at ye meeting house, on ye hill, between the hours of 9 and 12 in the daytime on Thursday, November 29<sup>th</sup> of the year of our Lord one thousand six hundred and twenty-three, and the third year since ye Pilgrims landed on ye Pilgrim Rock, there to listen to ye pastor, and render thanksgiving to ye Almighty God for all His blessings."

William Bradford,  
Ye Governor of Ye Colony

Every year, it's a reminder to us to be grateful to God for His blessings to us.

**Lou Ardrey**

## THE SACRIFICE OF THANKSGIVING

“He who sacrifices thank offerings honors me . . .” (Psalm 50:23a)

The first Thanksgiving Festival was a three-day event when 53 Pilgrims gathered with 90 Indians to celebrate their first harvest in the new world. Later, George Washington issued the first Thanksgiving Proclamation to express gratitude for the conclusion to the war of independence and the successful ratification of the U.S. Constitution. Abraham Lincoln declared Thanksgiving to be on the final Thursday of November until 1939, when Franklin Roosevelt made Thanksgiving the fourth Thursday in November. And so, this is the time each year which we set aside to give thanks.

When the skies are blue and the grass is green, when things are going well, when our family surrounds and supports us, when we have good health, or when we have had a significant answer to prayer – then it is easy to give thanks! On the other hand, when we receive bad news, when our health is failing, when we feel abandoned, or when our prayers have not been answered the way we would like, it is harder to give thanks. It certainly

doesn't come bursting forth from our hearts spontaneously!

The Bible exhorts us to “give thanks in all circumstances” (1 Thessalonians 5:18). It goes on to say that this is not only the will of God but, according to the Psalmist, it honors Him. How does it honor Him? For one thing, it turns us from thinking about the circumstances to focusing on God and His mighty attributes. We see Him as above them and we get a glimpse of the eternal perspective, which makes the current situation only a small blip on the screen.

I've recently been reading “In This Mountain” a book of the Mitford series by Jan Karon. In a message Father Tim delivered at Lord's Chapel he declared, “There'll be times when you wonder how you can possibly thank Him for something that turns your life upside down; certainly there will be such times for me. Let us, then, at times like these, give thanks *on faith alone . . . obedient, trusting, hoping, believing.*” When our hearts feel unthankful, our wills must come into play so that we choose to give thanks. This is indeed the sacrifice of thanksgiving.

**Nancy Anderson**

### Resident Association Treasurer:

#### Ed FitzGerald

Recently elected treasurer, Ed FitzGerald, has been a Towers' resident since late 2015. He claims that he is a Towers legacy, as his mother-in-law resided in unit 306 for many years and thus was very familiar with our Continuing Care Facility. An Upstate New York native, Ed attended the University of Toronto and LeMoyne College. Upon graduation he was accepted in the Naval Officer Candidate School at the Naval Station in Newport, Rhode Island. Commissioned an Ensign, he was assigned to the USS Newell DER 322, homeported at Pearl Harbor. This assignment was a significant event, as it was in Hawaii, that he met his beloved wife, Pat. They were married for 57 years until she passed away after moving to Westminster Towers. He retired from the Naval Reserve as a Lieutenant



Commander in 1978. Ed started his 30 year career with National Gypsum Company as a sales representative in San Francisco. Promoted to the corporate staff, he retired as Vice President of Sales and Marketing. The company relocated their Corporate Headquarters from Buffalo, NY to Charlotte South Park in 1978. The FitzGerald family decided to make Rock Hill their home and became active in this wonderful city for over 40 years. Their three children and nine grandchildren live in California, London and South Carolina. After retiring, Ed enrolled in the Masters of Liberal Arts program at Winthrop University, receiving his Masters degree in 2000.

Travel, golf, environmental issues, social justice, family, and St. Anne's Catholic Church are his main activities. He also teaches the Current Events Course at the winter session at the Shepherd's Center---granted with a “liberal” political slant.

### Ride About Town with the Mayor

The recent ride all over Rock Hill with Mayor John Gettys was a major success. It was so successful that Cami had to schedule an “encore” ride the next week. This ride filled so quickly that a second bus was added to carry alternates and overflow riders. The rides hosted by Mayor John Gettys and Mayor Pro Tem Kathy Pender, included a trip through the developing community at Riverwalk, including the BMX and Velodrome facilities operated by Rock Hill Parks and Tourism. The Mayor remarked that the economic impact of these bike facilities results in over \$90 million in new business for the city. The proposed Panther practice site and major industrial warehouse complexes will result in a new I-77 exit ramp leading directly to these properties, eliminating much car and truck traffic in this part of the city. Gettys mentioned the

needed construction of several parking decks and several “over 55” apartment complexes that are under construction. He explained that the old Herald Publishing building will be razed shortly and a mixed-use development will be built on this site including a pedestrian walkway over Dave Lyle Boulevard. The tour concluded with a detailed explanation of all the construction activity at the former Rock Hill Printing and Finishing Textile Plant. When complete, the development will extend to the Winthrop University campus and will be titled Knowledge Park. Included in the development are restaurants, a sports facility for volleyball and basketball, six-story parking deck, commercial, retail and a 265 units Senior Housing complex for independent, assisted and memory care living. The development underway and planned for our community is amazing!!

**Ed FitzGerald**

### News You Can Use



**Library Committee** – The Library Committee would like to thank the many people who have been donating books. A big thank you to Ginny Dunn, Barbara Gladden, Carlos Gardner, Janet Yocum, Donna Reese, and many anonymous donors. Your generous donations have filled our shelves with many new authors and many excellent books. New books this month are: Mary Higgins Clark’s, There’s No Place Like Home; Jonathan Kellerman’s Twisted; Daniel Silva’s Fallen Angel, a #1 Best Seller; Jody Picolt’s Handle with Care; and Judith McNaughton’s Until You; and

many more. We anticipate upgrading the two book shelves in the Manor soon. Thank you all. **Donna Reese**, Chairman, and **Betty Worrell**, Co-Chairman

**Windows Committee** – Thank you all for your outstanding contributions to our *Windows*. Special appreciation is extended to new contributors. We urge other writers and photographers to join us. A reminder: All articles must be received by the 15<sup>th</sup> of the month. Articles received past the deadline will be published in the next month’s addition. Coming soon! We will be featuring a “Know Your Neighbors” column. Two residents will be presented along with two staff members. **Linda Lenz**, Chairman

**Maintenance Committee** – A notice was placed in each of the garbage chute rooms stating that no glass, metal, or plastic items should be disposed of in the garbage chute, nor be left in the garbage collection rooms. These items should be taken to the basement and placed in the properly marked containers located in the hall across from the laundry room. Thank you for your cooperation. **Charles Ives**, Chairman

**Food Committee** – The Food Committee met with Chef Rick and discussed current issues about dining services. He gave the committee an update on the renovation project, projecting that we will be in our beautiful new dining room by Thanksgiving. A big **Thank You** to the Food Service employees and staff for their quick response to the water emergency caused by a major waterline accident on Cherry Road, causing Westminster as well as most of York County to be without water. The staff moved into action going through the building having residents fill out a menu, filling their orders in takeout containers, distributing water, and making sure everyone received their dinner. Well done team. **Dot Modla**, Chairman

## Meet Your Neighbor Janice and Carlos Gardner Apt #625



When asked how he came to be called Carlos, he relates the story of his father's birth in Florida. It was going to be a difficult delivery, the Hispanic doctor told the family. Possibly either the mother or child would not survive. The doctor asked the father which one should he save? In a loud and commanding voice, Carlos' grandfather said---Both! The doctor, apparently moved by the answer, assisted with the birth and both survived. The doctor's name was Carlos and it is in his honor that our Carlos was named.

Janice and Carlos moved from Lancaster and have lived in the Towers for one year. Carlos was a patient in the Rehabilitation Center a few years ago and was impressed with the professional and social care he received. When it came time to downsize, Westminster was a natural choice. Janice, a Lander College graduate, grew up in Tennessee. She was a teacher for all her professional life, has taught mathematics at both High School and College level. Yes, she even taught that dreaded calculus. She retired after 38 years and remarked, with pride, would do it all again. She loved teaching math to students of various ability levels. She met Carlos when he was pastor

of Main Street Methodist, Greenwood, S.C. They have been married for 24 years.

Carlos, born in Virginia, is descended from a long line of Methodist preachers, of which he is the 33<sup>rd</sup>. He graduated from Wofford College and Duke Divinity School and was assigned to his first church in Murrell's Inlet, S. C. He has pastored many South Carolina churches in his 41 years of ministry. He retired from St. Luke UMC in Lancaster in 2002. During his long ministry he was also active as a Chaplain in the South Carolina National Guard, retiring as a Lt. Colonel. He also worked for many years developing and pastoring the South Carolina Alcohol and Drug Rehabilitation Program. He received special recognition from the state for his work on the program!

Janice has been a dedicated gardener since she was a child. You can see evidence of this at her Westminster garden plots that are full of wonderful vegetables and glorious flowers.

Theirs is a blended family of two grown sons and a daughter who lives in Rock Hill. The daughter has twins just turning two, thus baby sitting and helping her daughter are major activities for Janice and the couple. You can always spot Carlos wearing a snappy Aloha shirt. Say hello to this most fascinating couple. We are glad that they are among us.

**Ed FitzGerald**



## Winthrop Musical has Towers Connection

Last month, eighteen residents attended the matinee performance of Winthrop University's production of "The Addams Family: A New Musical." There were two strong connections between the Towers and the Winthrop Production. Kelly Ozust, Assistant Professor of Dance and granddaughter of resident Sheila Fleming, was the musical's choreographer. NeTorraun Patton, one of the principal players, has been mentored by resident Betty Love for many years and is now a music major at Winthrop. The production was outstanding with top notch staging, acting, singing and amazing dancing. All agreed that the musical was a professional level production. The bus, when returning to the Towers, was buzzing about how much they all enjoyed the show. They can't wait for the next musical at Winthrop.

**Ed FitzGerald**

## Have You Considered....

By: Dr. French O'Shields  
(Former Syndicated Columnist)

### **Writing Them Down is Much Better**

In the course of a lifetime, you will receive much advice. Some you sought, some you didn't. Some good, some bad. Some advice givers are not as wise as you may wish, or as they think they are. But if we are wise, we will be very selective from whom we seek and take advice.

As we again celebrate Thanksgiving Day, this advice from King David is good advice: "Bless the Lord O my soul, and forget not all His benefits" (Psalm 103:2). You can take this advice seriously. Being in the Bible, it is God inspired. Also, David knew a lot about life, as he lived it to the fullest. He knew the pain of threatening experiences, committed sin, and yet through forgiveness, a closeness with God. The Book of Psalms, written almost in entirety by David, is a favorite of many because it captures the gamut of human feelings and emotions. We can identify with David's distresses and learn from his abiding faith in God to protect and deliver him.

There is perhaps no better way for us to truly celebrate Thanksgiving than to make a list of all God's blessings to us. It will take time and effort, which we think we cannot spare. And besides, isn't thinking about them enough just as good?

No, writing them down is much better. It forces you to clarify, express, and remember longer. To express our blessings in written words makes it a meditative experience.

In both the Old and New Testaments, giving thanks to God is often urged. God is blessed by a grateful heart expressing thanks, but it is for our benefit also. It builds faith by reminding us of His

past faithfulness to us. It confirms His love as we realize how bountifully He has expressed it to us in simple everyday ways. Since it is difficult to be thankful and depressed at the same time, it encourages us. It relieves our fears for the present and future, when we identify and thank Him for experiences in which He has cared for us in the past.

There are few single things, perhaps none, that can so benefit us than naming specifics and giving thanks to God. It is more therapeutic than a general, "Thank you God for ALL YOUR BLESSINGS."

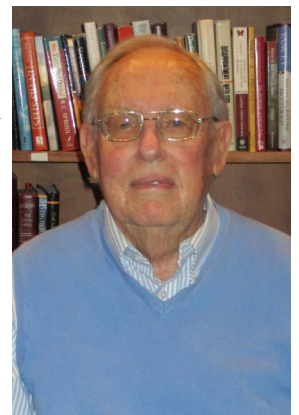
There is another bit of wise advice for Thanksgiving worthy of our consideration. It is not from the Bible, nor some wise old philosopher. Rather it comes from the mind and lips of a young child. When asked by his elementary school teacher to tell the class what he had to thank God for on Thanksgiving, he replied, "I will thank God for all the things I don't have that I don't want."

Good idea to make a list of these things also: the sight, speech, or hearing you have not lost, the terminal disease you have not had, the crippling accident you have not experienced, the hunger or homelessness you have not had, the anxiety or depression you have not suffered, the persecution because of your faith you have not sustained.

You may not be able to put some of the above or others on your list. You have undergone the undesirables. If so, take heart. You have been blessed in a special way.

How?

By having the occasion and opportunity to learn one of life's most valuable truths: Only when you come to the point in life where all you have is God, do you discover that God is all you need.



**Dr. French  
O'Shields**

## **“Thank You For Your Service”**

**By: Janet Yocum**

My daughter from York was having lunch with her family at a McDonald's in Columbia, SC, when four young recruits from Ft. Jackson came in. She discreetly gave the clerk \$25.00 to pay for their lunch anonymously as she often does, and said to “Thank them for their service.” They pleaded with the clerk to tell them who bought their lunch and she did. Each thanked my family profusely and when it was the last recruit's turn, he too thanked her, but added, “If I knewed you was paying, I would have ordered large fries.”

### **Virginia “Ginny” Schruers Dunn**



**Ginny Dunn  
January 1946**

Ginny was reared in rural western Pennsylvania, the heartland of the USA, during the devastating time of the Great Depression. There were five children in the family, two girls and three boys. Ginny came to young adulthood in WWII. When war was declared in 1941, her oldest brother, Homer Holland Schruers, Jr., enlisted in the infantry and her younger brother joined the Navy. As the war continued, Ginny felt the need to serve also. Ginny's mother, a woman before her time, was very supportive and gave Ginny her blessing to join the Waves. Ginny enlisted in Pittsburgh, was accepted, and shipped to boot camp at Hunter College in New York City. She qualified in two areas, Yeoman and Store Keeper, and chose to become a Yeoman. A Navy Yeoman's duties included administrative and clerical work. She dealt with Navy messages, files, reports, mail, and welcomed visitors. One visitor her class was honored to receive was President Franklin Roosevelt, who conducted an inspection. This was a rare occasion, as his duties and health prevented him from viewing

many of the troops. Ginny was next assigned to Cedar Falls, Iowa, for Yeoman training and it was there at Christmas time in 1944 that she received a devastating phone call from her father. Her brother had been killed in the Battle of the Bulge. She could not comprehend then what happened until she was marching to class. She looked skyward and seeing the American flag waving against a beautiful blue Iowa sky, she was overcome with grief.

She was then transferred to San Francisco, where her job was working with oil companies to procure oil for the Pacific fleet. She remained there until the end of the war.

**In remembrance of his sacrifice, Homer Holland Schruers, Jr. and in honor of Virginia “Ginny” Dunn, Thank You For Your Service.**

### **Edmund “Ed” C. McPoland**

Ed told me at last count there were only 192 McPoland families in the world. He belongs to an elite group! His McPoland roots go back to Northern Ireland. He was born in Pittsburgh, PA, but the family moved to rural Penn township to a home with no running water or indoor plumbing. Thanks to his mother's urging, they upgraded to indoor plumbing and running water. The Depression was a pall on western Pennsylvania, but Ed's father was a master mechanic and always had a job. No one could afford a new car and the old ones were always in need of repair. At 17, Ed enlisted in the Navy because his parents refused to sign for him to enlist in the Marines. They thought Marine duty was too dangerous. He neglected to tell them until after the war that his Navy duty was served on an ammunition ship, which was very dangerous; and, as it was not made for speed, it was very uncomfortable during bad weather. He was in Manila Bay when the war ended and his ship was assigned to



**Ed McPoland  
1952**

pick up a field kitchen unit and deliver them to Japan. They arrived on the first day of the US occupation. After the war ended, and Ed was old enough, he enlisted in the Marines. The only problem was he had to repeat boot camp! In a little over two years, he went from Private to a 2<sup>nd</sup> Lt. After a tour in the Mediterranean in 1950, he made the surprise landing at the port of Inchon in Korea. The victory at Inchon changed the war and led to the recapture of Seoul, the South Korean capital. As an infantry platoon leader, he was wounded three times in 1951 on Feb. 9<sup>th</sup>, March 6<sup>th</sup>, and again on April 24<sup>th</sup>. The last wound was serious and incapacitating and he was evacuated to Japan and then back to the United States. He and his wife had been pen pals for two and a half years during his tours and they were married upon his return. They were the proud parents of three girls – twins and later another girl. He served

from Parris Island to Okinawa, in Wisconsin and other duty stations, finishing his career as a Major. They moved 13 times until his retirement after 23 years of service. He served two years in the Navy and 21 years in the Marines, Semper Fi (always faithful). Ed loves to tease and have fun with residents and sing “Happy Birthday” to them, but should you have a need of any kind or a ride somewhere, he stands ready to help and serve. He still lives his life as he did as a Marine, loyal and always faithful. He has been retired 52 years and spent 40 years living in North Carolina in private business and self-employed until he and Jean decided twelve years ago to move to Westminster Towers. Four years ago, he lost his beloved wife here.

**Thank You For Your Service and God Bless You.**

### Men Visit Hickory Aviation Museum

On a beautiful fall Friday, seven men residents (ROMEO’S), with Jamie at the wheel of the bus, drove to the Hickory North Carolina Aviation Museum. The museum is located at the Hickory Regional Airport. We decided to do lunch first at the “Crosswinds Café” which is part of the Regional Airport complex and where Tanya, our waitress, provided top-notch food advice and service. The restaurant located us in a special dining area with two large tables and we had good privacy for telling war stories and other outrageous tales. Lunch completed, we toured the museum’s displays of uniforms, flight attire and special high altitude flight suits. There were models of hundreds of military air craft, Norden Bomb Sights, and articles about local men who were flying aces since the aircraft became a formidable weapon of war. Outside the museum building was a flight line of many Air Force, Navy and Marine fighter aircraft. The last Navy supersonic carrier-based “Tomcat” is on loan to the museum. An Orion P3 anti-submarine four engine turbo prop patrol plane was open for an inside tour and closer inspection. Our volunteer



guide said that it had a

crew of twelve and would be on low altitude ocean patrol monitoring Russian submarine activity. Patrols would last over fourteen hours and as the aircraft needed to fly so low over the water, a patrol could be a bit bumpy and exhausting.

On the return to Westminster, Jamie, took us on an unknown country road shortcut where we were amazed at the beauty of rural North and South Carolina farm lands. Men, please consider joining the ROMEO’S on our next travel and lunch adventure---you won’t regret it.

**Ed FitzGerald**



# *What is a special Thanksgiving tradition you have?*



Watching the Macy's Thanksgiving Day Parade! – **Sue Nazak**

Family gets together for lunch and gives a special thank you for all our many blessings. Then we relax a while after lunch. Then we gather around the piano and sing Christmas carols. – **Polly Schuerg**

All of my Thanksgivings were special. I always prepared the entire dinner and made several kinds of pies from scratch. My dinner consisted of: turkey, ham, stuffing, mashed potatoes, sweet potato casserole, pineapple casserole, peas, corn, squash, green bean casserole, with apple, cherry, pecan, chocolate cream pies. Yum! My small family, my late husband, aunts, uncles, cousins, and many friends came. I was so tired afterwards, but felt God's blessing the whole day. – **Arlene Jenkins**

Pat read that cooking a turkey inside two brown paper grocery bags kept it real moist. Amazingly, it worked and she used this method for several years until one Thanksgiving the bags caught fire and almost burned the house down. No more bags were ever used and we laughed about her old method every Thanksgiving. – **Ed FitzGerald**

After our mother died in 1975, the last of our parents to pass away, my brother, sister, and I decided on Thanksgiving as the time to get our families together. We rotated as hosts in our homes for years as we were able. We downsized first when we moved to Rock Hill in 1989, so we had our turn at our church. In a few years, circumstances changed for both siblings. It is with joy and thanksgiving that we now gather in the homes of the next generation each year and have much for which to give thanks to God. – **Mary Alice Mitchell**

The Thanksgiving tradition I recall each year was the reading, quoting, and praying of "THE CHRISTIAN'S FAMILY PRAYER" put out by the Lutheran Missouri Synod. At first only the male head of the household read it as a preliminary prayer to a Thanksgiving Dinner Prayer as each person thanked the Lord for the blessings of the year. Over time, the prayer was printed by a calligrapher, duplicated to the number of dinner guests, rolled up, tied with a ribbon, and placed beside each guest's plate so all could read it together, and keep a copy to use again or share with someone else. As family members became adults, the calligraphy copy was enlarged, framed, and presented to each adult child when they became engaged or married to begin a family of their own. God has used it to remind our four subsequent families of the true meaning of family and God's faithfulness to us. Westminster Towers represents home and family to many of us this year. We have much to be thankful for. "Lord, hear our prayer this year...." – **Carole Partridge**

*Thank you for your submissions!*

## **The Christian's Family Prayer**



God made us a family.  
We need one another.  
We forgive one another.



We work together.  
We play together.  
We worship together.  
Together we use God's word.  
Together we grow in Christ.  
Together we love all men.  
Together we serve our God.  
Together we hope for heaven.  
These are our hopes and ideals;  
Help us to attain them, O God;  
Through Jesus Christ our Lord.  
Amen

**Lutheran Missouri Synod**

## **Meet Your Neighbor: Sheila Fleming Apt #509**

Many of our residents have unique stories on how their lives eventually led them to Westminster Towers. Sheila Fleming's story started with her granddaughter Kelly and Winthrop University. Kelly graduated from the University of Georgia where she majored in dance. After earning a Master's Degree from UNC Greensboro she eventually joined the faculty of Winthrop, teaching Modern Dance and Choreography. This year Sheila's daughter and son-in-law moved to Rock Hill, after their retirement to live close to their daughter and two-year-old grandson. Sheila, now widowed and living in San Diego, decided it was time to join the parade—sold her home, packed up and moved to the Towers. Now four generations are reunited and living in our community.

Sheila grew up in Seattle, Washington. Her grandfather, a Methodist Minister, had left his New Jersey church to minister to a church in downtown Seattle. Later in his ministry he would travel to the Alaska Territory and began working with the Native Peoples. Secretary of State William Seward, who engineered the purchase of Alaska from Russia, awarded her grandfather a silver tray and tea service for his work with the Indigenous Peoples.

Sheila attended the University of Washington and could not settle on a major. At that time the university was establishing Economics and Textile as a new major. She signed up. Soon the thought of mastering chemistry was spooking her. Her savior arrived and a young man asked for her hand in marriage. She left the University and spent 68 happy years with her love, Bill Fleming. Bill worked until retirement in sales and marketing with Schlitz Brewing Company. They experienced transfers to several western cities and he eventually managed the San Diego operations for the brewing company. He passed away three years ago.

Being near the beach and experiencing wonderful sunny Southern California weather really agreed with Sheila as opposed to rainy and cold Seattle. She did marketing research and vividly

remembered working on the introduction of panty hose and disposable diapers. What she misses most about her former home is the beach and "Boogie Boarding"!

Her granddaughter has brought her dance students to the Towers for performances and directed the choreography for the early October Winthrop production of "The Addams Family: A New Musical." Hopefully there will be a signup sheet for residents to attend one of the performances at Johnson Hall Theatre. We can't believe you "Boogie Boarded" until your 80's!!

**Ed FitzGerald**



## **A Thanksgiving Prayer for My Children and Grandchildren**

Father, Thank you for the children You have given me.

I rejoice in each one and know that they are very dear to Thee.

The wonder I have come to see  
That You share Your creative power with me.  
That through the means of human love  
You give a new life from heaven above.  
Each tiny life when it's conceived  
Is valued more than can be perceived.  
By human thought and wonder,  
And, so dear Lord, we take great care  
To preserve that life that they may share  
The glory of Your love and grace  
That they may live before Your face.

May they come to know Jesus  
As savior, Lord, and King,  
And each day they live, may they gladly bring  
Praise, worship, and love,  
To our Father above.

May the Holy Spirit bring glory to Jesus  
In the life of each one,  
And may Your perfect will be done.

May the whole world see the love of Jesus  
In the children that you have given me!

**Gene Craven**

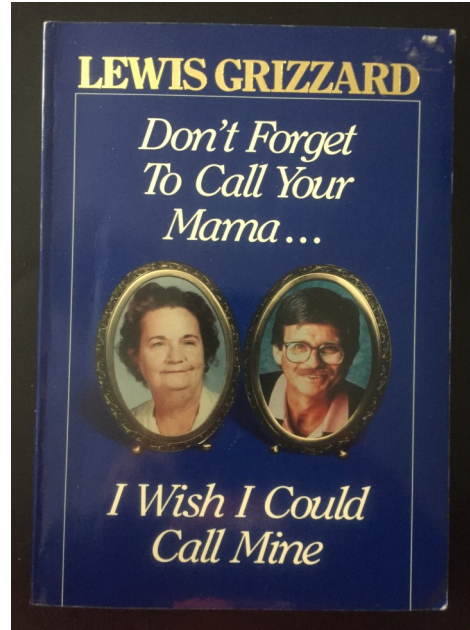
## **“Don’t Forget to Call Your Mama, I Wish I Could Call Mine”**

The above was a quote by Paul “Bear” Bryant, the legendary coach of the University of Alabama football team during the heyday of the 1960s and 1970s. The first thing Coach Bryant told his players to do on the day his team arrived was to write a post card home.

It was approaching Mother’s Day and South Central Bell asked Coach Bryant to make a commercial for their telephone company for Mother’s Day. His closing line was supposed to be, “Have you called your Mama today?” He then ad-libbed, “I wish I could call mine.” A Bell executive relayed that soon after the commercial aired, his secretary came to tell him a customer was on the line. The customer and her husband saw the commercial and she mentioned to her husband he had not talked to his mother in a while. He went to the phone and called her right then, and they talked for about 45 minutes about old times and he told her how much he loved her. The executive thanked the customer for calling. “BUT WAIT!” she said, “You haven’t heard the end.” She said in less than an hour they received a call that his mother had died. It was one of the most famous commercials ever made.

Lewis Grizzard, October 20, 1946 – March 20, 1994, was a famous Georgia humorist and author of 25 published books. One, written after a stint of working in Chicago, was titled “If I Ever Get Back To Georgia, I’m Going to Nail my Feet to the Ground.” Another was his hilarious, “Chili Dogs Always Bark at Night,” but probably his most famous book was “Don’t Forget to Call Your Mama, I Wish I Could Call Mine.” It was a tribute to his mother, the title borrowed from Bear Bryant’s famous quote. Lewis wrote that his mother married an Army man who served in two wars, landing on Normandy Beach, awarded the Bronze Star and Purple Heart, but came home from Korea a broken man. Unable to handle life, alcohol, the army, and money, he disappeared for days at a time. Finally, he never came back. He was suffering from what we today call Post-Traumatic Stress Syndrome. His

mother found herself alone, a single parent of a 5-year-old boy, penniless, and deeply in debt. At 40 years of age with no other options, she returned to her parents’ home in the little town of Moreland, Georgia. She worked days and went to school at night to earn a teaching certificate. She became “Miss Christine,” a first grade school teacher earning \$120 per month to support herself and her son. Lewis described her as facing a headwind all her life; but she overcame, she endured, and she survived. Her frugality knew no bounds. They grew their own food and not a penny was spent on anything they could do without. He knew his mother saved dimes in a jar and dollars in a shoebox. There



was no question about her savings, it was for Lewis to go to college. She was determined her only son was going to get an education. Tragedy struck Miss Christine again and she was confined to a bed in her living room for over 17 years with nearly 100 visits to the hospital. Whenever Lewis would ask if she would like a new gown or warm house slippers, she would reply: “No son, the last ones you gave me are still in the drawer.” “Just call me on the phone,” she would say, “I just like to hear your voice. It makes me rest better.” The last time Lewis saw his Mama alive, she asked, “Son, do you love Jesus?” “Yes, Mama,” he replied, “I love Jesus.” She said, “Good, or I might never see you again.” She knew; she must have known. If you are young, and your mother is living, have you called your Mama today? I wish I could call mine. If you are older, like me, and your mother has passed and you have children, call them. Remind them of how proud you are of them, and how much you love them. Your Mama would be proud. Lewis loved his mama so much, but she loved him more. A mother’s love is the closest thing to God’s love here on Earth. **Exodus 20:12 – Honor your Father and Mother so that your days may be long on this earth.** Number 4 of the Ten Commandments. God Bless You.

If you would like to read Lewis Grizzard’s book, Don’t Forget to Call Your Mama, I Wish I Could Call Mine, you can find it in your Lobby Library.

**Janet Yocum**

# Welcome to the Towers!



**Jody Rankin**  
**Apt 218**



**Louise Clinton**  
**Apt 402**



**Claudia Smith**  
**Apt 329**



**Sharon White**  
**Apt 521**



**Bob and Vera McSparin**  
**Apt 221**

## **My Retirement Farewell February 1, 2004**

December 31<sup>st</sup> was difficult for me to leave and say “good-bye”  
I was sad to leave all my friends and knew I would cry.

I came to Santa Teresa June 21, 1976, a bright sunny day,  
Did you think after 27 years I was there to stay?

From E.R. to float and finally to finding a home in OB/GYN,  
This was such a nice way for my hospital nursing to end.

But alas, after switching to medical on 6 west,  
That place was so stressful and really put me to the test!

Then I decided to transfer to OB/GYN advice.  
I thought, “this is so much fun and also very nice!”

Until my first call which gave me butterflies and made me feel ill.  
I blurted out, “You did what with your birth control pill?”

“Oh. I can’t learn this phone advice, there is so much to know,”  
Lorraine said, so matter of fact, “read your protocols and go slow!”

Together we have faced each new challenge that has come our way,  
And even found time to form lasting friendships with each passing day.

I will miss you all, much more than you know.  
And I will have many happy memories when I am feeling low.

You have always been so caring and concerned for me in good times and  
bad,

You gave me a reason to go on when I lost Bob and I was feeling so sad.

Retirement is another chapter in life and such a big step for me,  
I want to do so many things and have so many places I want to see.

Dear friends, do not forget me with the many passing days,  
I wish for each of you love, health, and happiness always.

My love and appreciation for this wonderful weekend.

I wrote this poem when I retired. I had worked so long and hard to get to this stage of my life. I had decided to become a nurse when at the age of four or five, my father gave me a toy Doctor kit. I was living with my biological parents at the time. At age 13, I was placed by the state of Maine in foster care. I remained in Maine until I married in 1963. My first set of foster parents strongly discouraged me from pursuing my dream of nursing. They told me I was not smart enough. Truth be told, I was used as a farmhand and never had any time allotted for studies. My grades were failing. During my last two years of high school, I was moved to another foster home with so much love and encouragement I excelled and graduated from high school with honors. I will write more about being a foster child another time. It took me five years to finally get my RN. I worked full time for 40 years in San Jose, California, 27 of those years for Kaiser Permanente. I dedicated my life to my family and my nursing career.

**Arlene Jenkins**

## A Thanksgiving Thought

The following is something to ponder:

If you have food in the refrigerator, clothes on your back, a roof overhead, and a place to sleep....you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace....you are among the top 8% of the world's wealthy.

If you woke up this morning with more health than illness....you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation....you are ahead of 500 million people in the world.

If you can attend a church meeting without fear of harassment, arrest, torture, or death....you are more blessed than three billion people in the world.

If you hold up your head with a smile on your face and are truly thankful....you are blessed because the majority can, but most do not.

If you can hold someone's hand, hug them, or even touch them on the shoulder....you are blessed because you can offer a healing touch.

If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

Have a good day and count your blessings....and more importantly praise the One who provided them....

Psalms 118:1 – “O give thanks unto the Lord for He is good; because His mercy endures forever.”



Submitted by Mary Alice Mitchell

## Trader Joe's

A full bus load of excited shoppers traveled to the Charlotte Rea Road location. The place was a buzz of early morning shoppers. Our shopping team went into action, manning their carts and carrying their



reusable shopping bags. After  $\frac{3}{4}$  hour of cruising the aisles the group loaded all their grocery bags in the bus and walked next door to the “Eggs Up Grill” for a leisurely lunch and relaxation time.

All had a wonderful outing on a beautiful balmy fall day. What a day to be up and on the road!

Ed FitzGerald

## Towers Residents at the Movies

A bus load of Westminster Towers residents and devoted Downton Abbey fans, with Cami at the wheel, attended the 1 PM showing of the, just released, Downton Abbey movie. All the familiar characters who appeared in the eight season PBS series were on hand. The entire family and “downstairs” staff of the ancestral home of the aristocratic Crawley family were excited in anticipation of the overnight visit of Queen Mary and King George. The time was 1927, a relatively stable period in English history. Returning on the bus, all said that they loved the



movie and many plan on seeing it again. The beautiful dresses, dancing, formal banquet meals and antics of the aristocrats and staff reminded us of the good old days when there was no internet, cell phones, computers, fast cars, and everyone wanted to look British. All hated the 20 minutes of pre-views!! Going to a good movie is a great change of pace for us residents. Let's do more!

**Ed FitzGerald**

## Group of Residents Visits Museum of the New South

The Activities Committee and Cami Freeman are working very hard planning and scheduling outings that are both educational and entertaining. On Friday October 4<sup>th</sup> a busload of residents drove to Charlotte and toured the Levine Museum of the New South. There, guided by a knowledgeable docent, they toured the exhibits that outlined the forces after the end of the Civil War that shaped the Carolinas. They learned about tenant farming, discrimination, and night riders, cotton as a cash crop, and the arrival of textile mills that shaped and powered the economy. Years later the advent of cheap electrical power brought more industry from the North to the South. Finally, the emergence of Charlotte as the #2 banking and financial center of America, propelled the area's growth, resulting in the dynamic city growth that the area is now experiencing. Lunch was at the Uptown Brixx Pizza, outdoors on their breezy patio, right in the center of Uptown!

**Ed FitzGerald**



***Any gift to the Endowment, Capital Campaign or Employee Assistance Fund can be made in honor or in memory of a loved one or neighbor.***

# Contributions

## **Employee Appreciation Fund**

**In Memory of: Shirley Frank**

Vada F. Manus

William K. Richardson

## **Pod Cast Instructions**

A surprisingly large group of residents met in the Community Room, with Cami, for instructions on how to set up your iPhone or computer to download and listen to the many Pod broadcasts that are available in cyberspace. Cami showed us how to listen or store for later listening an amazing array of Pods covering a myriad of interests. She demonstrated with the NPR (National Public Radio) pod cast. This service has been available since 2003 and we are just catching up! Who said you can't teach old dogs new tricks? If you need some help and instruction, contact Cami, she is a wiz and willing to help.

## **The Wellness Committee Has a New Chairman!!**

Sue Nazak has been appointed by the Resident Association Executive Committee as the new chair of the Wellness Committee! Thank you, Sue, for accepting this position!



**Thank you for the generous gifts you donated throughout October for Operation Christmas Child through Samaritan's Purse!**

## **More Opportunities to Serve:**

**November 4th**—A speaker from Operation Christmas Child will visit us here at Westminster Towers!

**November 19th**—Operation Christmas Child Shoebox Stuffing Party!

# **We need your help!**



**We could use your help to boost our newsletter and take it to new heights! We are looking for articles about Westminster Towers residents and happenings around the Towers!**

Entries can be submitted directly to Jennifer Allen or Linda Lenz. Deadline for entries for December is **November 15th.**



## Find 30 Books of the Bible

There are 30 books of the Bible in this paragraph. Can you find them? This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket on a flight from Los Angeles to Honolulu. Keeping him occupied for hours. He enjoyed it so much he passed it on to some friends. One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the book in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new sales record. The local paper, the Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, the books are all right there in plain view hidden from sight. Those able to find all of them will hear lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind that punctuation and spacers in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember there is no need for a mad exodus, there really are 30 books of the Bible lurking somewhere in the paragraph waiting to be found.

**Submitted by: Vanessa Swetnam**

Westminster Towers, an extension of the ministry of Westminster Presbyterian Church, was founded on the theological principles and values of the Presbyterian Church in America. Our mission is to provide services that inspire, encourage, and empower seniors, while demonstrating the love of Christ to support individual well-being.

*Westminster Windows* is published monthly for the residents, staff and friends of Westminster Towers continuing care retirement community.

Submissions and column ideas are welcomed in writing to the following members of the newsletter committee (submissions will not be returned, and they will be used according to space availability and content appropriateness).

Newsletter Committee — Committee Chair: **Linda Lenz**; Members: **Marshall Doswell, Pinky Funderburk, Barbara Gladden, Beverly Henriquez, Carole Partridge, Vernon Sumwalt, Gaylon Syrett, Ron Weisburg, Janet Yocum**; Residents' Association President: **Lynn Hornsby**; President and CEO: **Jim Thomason**; Editor and Director of Life Enrichment: **Jennifer Allen**

