

## Thankful for Westminster Towers

What wonderful benefits are ours  
Who make our home at Westminster Towers.  
Each day I awaken with JOY in my heart,  
So many good things to do! Where do I start?  
I've many old friends to greet me and say,  
"Good morning to you! Have a nice day!"  
My toast, jelly, and coffee in the Corner Café  
Served up with a smile without too much delay.  
Many things to do and games to play...  
I'm as busy as I care to be each day.  
We have exercise classes and books to be read,  
If not so inclined, we can go back to bed.  
All our meals are provided with great loving care.  
Wherever we go there's a song in the air.  
The food we are served is very nutritious  
And all of the time it's really delicious!  
"Big Jim" our Director is always on call  
He is ready to lift us up when we fall!  
Our God is so good to provide us this place,  
No wonder there's always a smile on our face.  
I'm thankful for those who have gone before  
For their vision and wisdom and courage, too  
To build this place for me and for you!  
"Westminster Towers" – The name has been given,  
But I like to call it "Next door to heaven!"

**By: Gene Craven**



***Resident Association Meeting Reminder  
Wed., Dec. 4th at 2:30pm in Heritage Hall***

## Great Day at Top Golf

When we arrived at Top Golf Tuesday, November 5<sup>th</sup> at 11 AM, the place was a buzz of activity. Many of the staff were sporting t-shirts that claimed that "Tuesday Is Really Friday." Was hard to believe that before noon, in the middle of the



week, that many of the locals were out there hitting golf balls, eating lunch and having a grand time outside enjoying the cool fall Carolina air, and having a good time with their friends. There were 10 Towers residents on the outing and all had a great time showing off their golf skills and getting to know each other a little better. Please

consider joining us on our next excursions to Top Golf. Activities committee guarantees that you will have a good time with plenty of laughs.



**Ed FitzGerald**

## Maintenance Committee Notice

Apparently there is some confusion about where to put various things that we want to discard. Several residents have complained to me that the small rooms beside the elevator on each floor seem to have become trash heaps. Please allow me to share what should go where.

All garbage and trash should be placed in a plastic bag that can be tied so that no food particles can come out on the trip down the chute. All pizza boxes should be emptied of all food scraps, which are placed in the garbage bags already mentioned, and placed in the garbage chute. Please fold pizza boxes so they make it all the way to the bottom of the chute. PLEASE do not leave any pizza boxes in the chute room.

The only items that should be placed in the blue plastic tubs that are in the chute rooms are newspapers, magazines, cereal boxes that have the plastic bags pulled out, and any other paper or cardboard boxes that have been flattened and have no food particles on them. Any mail that you want to discard may be placed in the tubs as well as any cardboard boxes that have been flattened and all

packing materials removed.

Practically all plastic bottles, cups, tops, jugs, containers, etc. have a SMALL triangle on the bottom with a number from 1 through 6 in it. All items with the number 1, 2, 4, or 5 in the triangle may be recycled. The number stands for what makes up the item. Although the white cups that we recognize and call Styrofoam are the number 6, there are some clear and colored cups that also have the number 6, and all of them have to be thrown in the trash.

Finally, all plastic, glass, and metal items should be taken to the basement and deposited in the plastic recycle barrels in the hall across from the employee dining area. None of these items should be left in the chute rooms. If anyone simply cannot make it to the basement to the recycle barrels, they may ask their housekeeper to take these items they have accumulated to the basement when they clean their apartment.

These policies have been put in place in order that the maintenance and housekeeping staff are able to carry out all of their responsibilities plus keep our "trash" areas clean and pest free.

**Charles Ives**



## Residents Association News

At the November Executive Committee meeting a motion was made and passed to contribute \$250 from the treasury to help fund new Christmas decorations for our new dining room. The treasurer reported that 98% of residents have paid dues and are members in good standing of our association. We are currently searching for an upholsterer that can fabricate new bench cushions for the two small benches in the main vestibule and the bench outside the basement door South elevator.



**Mark your schedule for Wednesday, December 4<sup>th</sup>, the scheduled date for the quarterly Resident Association general meeting. Meeting time is 2:30 PM in Heritage Hall. Please plan on attending. After the formal presentations the floor will be open to questions from Association members.**

### News You Can Use



**Library Committee:** Thank you to Jodie Rankin for her contribution of two brand new books. Julia Andrews, autobiography of her working years, and David Baldacci's Wish You Well, a very different work from his other works. The Library has established a shelf located on the first shelf of the North End of the Lobby Library "Books of Special Interest for Men." To name a few, John Grisham's latest and just maybe his best, The Reckoning, Admiral William McRaven's Sea Stories, from his Navy career as a Navy Seal for 37 years, and John McCain's autobiography, Faith of our Fathers, just to name a few.

Check it out! Ladies, you might like to read them too!! The Library Committee continues to upgrade all the libraries and appreciates all your kind words and support. **Donna Reese, Chairman; Betty Worrell, Co-Chairman**

**Windows Committee:** Thank you residents for your articles. We appreciate them very much and because of all your contributions, residents have told us this issue was the best yet. The committee and staff worked hard to meet our goal to get the publication in your boxes on November 1<sup>st</sup>. In order to do this we need you to turn in your articles by the 15<sup>th</sup> of each month. Beginning in January, we will be introducing two residents and two staff members in the Windows each month. **Chairman, Linda Lenz and Staff**

**Resident Association Executive Committee Meeting:** *"Please remember to contribute to the Employees' Association Appreciation Fund before December 5<sup>th</sup>. Deposit your labeled gift in a sealed envelope at the front desk. Thanks!"* Our wonderful employees have blessed us all during the year, and therefore please take this opportunity to show them our love and appreciation. Call Mrs. Hornsby if you have comments at 5429. **Lynn Hornsby, President** The Executive Committee also voted to donate funds for new Christmas decorations for our new dining room. **Ed FitzGerald, Treasurer**

**Food Committee:** Chef Rick said he is hopeful by the time you read this article we will be dining in our new beautiful dining room. Occupancy is contingent on the building inspections and the issuance of occupancy permits. We enjoyed our early walk through on November 3, 2019 and marveled at the beauty of our new facility. New dining times will be posted and additional information about formats. **Chairman, Dot Modla**

**Maintenance Committee:** See Separate Note on page 2 from **Chairman, Charles Ives**

## **Meet Your Neighbor** **Sue Nazak Apt #503**

The Towers residents are fortunate that Sue Nazak has agreed to assume the Chair of the Wellness Committee. She has always been an active person in sports, particularly tennis and golf. At the last Top Golf outing she amazed us with her smooth swing and ball striking abilities! Sue is anxious to rejuvenate the Wellness Program at the Towers, as the construction activities have impacted the swimming pool, exercise classes and the fitness center. She mentioned Zumba, line dancing and expanded exercise classes once we are back in Heritage Hall.

Sue, a Boston native, attended Simmons University, majoring in International Relations. She married her husband, Dick Ross, after his graduation from Northeastern Universities' Chemical Engineering program. In their early years they moved a lot as his career developed. Lincoln Electric in Cleveland Ohio, Corning Glass in Horseheads, New York, Celanese Corporation in Newark, New Jersey, and eventually Philadelphia Quartz in Newton Square, Pennsylvania, where Dick was President of International Operations. During these years Sue raised two children, was a



corporate secretary, sold real estate, and managed a Corporate Relocation business. She also played lots of tennis, did volunteer work and was very active in the local Republican Party. She was very fortunate to be able to join her husband on many of his overseas business trips. She especially enjoyed her many visits to South American countries, Austria and Pakistan.

After Dick passed away, Sue relocated from the Philadelphia area to Haddonfield, New Jersey. Active in the local Baptist Church, she met and married a wonderful second husband, John Nazak. For 15 years they enjoyed traveling and golfing together until his passing.

During the time in Haddonfield, Sue was very active in Urban Promises, a Christian based ministry located in Camden, New Jersey. There she volunteered in their school, taught in the after-school program as well as their summer program for youth. She remarked that this was both an amazing and personally rewarding experience.

Eventually she sold her townhouse and relocated to the Towers as her daughter and family were now living in Rock Hill. Surely we will be looking at renewed activities in the wellness area with Sue at the helm.

## **Visiting The Wall That Heals**

The two Westminster buses hauled a large group of Residents to "The Wall That Heals", a traveling replica of the wall that stands at the Vietnam Veterans Memorial in Washington. The wall has 58,276 names of those that sacrificed their lives. The display has visited over



600 American cities and covers the conflict from May 1968 to June 1975.

1500 soldiers are still unaccounted for and listed as MIA. Agent Orange is still manifesting health issues with vets that returned and there is moving testimony on this issue. Lots of veterans were walking the ground looking for the names of their war buddies.





## **Have You Considered....**

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

### **Never Lose Sight of What the Christmas Season is About**

Perhaps you notice the signs and sounds of Christmas appear earlier each year.

It would be encouraging to believe that all the threatening issues confronting our country at home and abroad caused an eagerness for the spiritual in our life. Yet, one would have to consider the possibility that it is due to both the efforts of the forces determined to remove God from our nation and the commercial agenda combined to divert our attention and our intents of the season.

Less you misunderstand, let me say, I do not object to earlier and longer celebrations of Christmas, for the magnitude and importance of the event justifies it.

My objection is this – the exploitation of Christmas and other significant Holy celebrations from their truthful spiritual origins and purposes.

They have already stolen Easter Sunday – when the Christian world celebrates the resurrection of Jesus Christ – and given us the Easter Bunny instead. Now they are taking the Christ child – the birth of the Savior of the World – and giving us Santa Claus. They have sought to rob us of the age old traditional joyous greeting “Merry Christmas” and given us “Happy Holidays” instead.

Note how all this exploitation advantages the commercial world, providing increased profits and inducing more strangling debt. It also serves those whose design and agenda is to remove God from our national life and erase all our spiritual roots and values.

The truth is, now and forever, CHRISTMAS

IS JESUS CHRIST! Jesus is the only true reason for the season. Our sovereign God, who ultimately governs all the nations will see that it is.

The season is for us to celebrate the birth of Jesus Christ, the only begotten Son of God, who came to live and experience earth as we do, so that those who believe in Him can experience Heaven as He does.

Though it is not certain who is the author who penned ONE SOLITARY LIFE, he/she surely got it right: “He was born in an obscure village, the child of a peasant woman. Until 30, He worked in a carpenter’s shop. Then for three years, He was an itinerant preacher. He wrote no books, held no office, never owned a home, was never in a big city, never traveled more than 200 miles from the place of His birth. He never did any of the things (that in the eyes of the secular world) usually accompany greatness....

“Nineteen hundred years have come and gone, yet today, He is the crowning glory of millions of earth’s inhabitants. All of the armies and all of the navies that were ever assembled and all the parliaments that ever sat, and all the rulers that ever reigned combined have not affected the life of man upon the earth so profoundly as the ONE SOLITARY LIFE” (Selected excerpts).

My friend, never allow yourself to be persuaded to the contrary no matter what men may do or say.

**CHRISTMAS IS ALL ABOUT JESUS CHRIST!**

Celebrate the love, joy, and peace He brings.



**Dr. French O'Shields**

## **Help for Macular Degeneration: Never Pay Retail for AREDS-2 PreserVision**

Many Towers residents suffer, to some degree, with Macular Degeneration eye disease. The traditional treatment is taking Bausch & Lomb's over the counter AREDS-2 vitamins twice daily. These vitamins are formulated to stop or slow down the disease progression that impacts senior vision. The vitamins are expensive, but there is no need to pay retail as coupons are readily available that reduce the cost by 10% or more. The simplest way to receive the coupons is to sign up for membership in “Sight Matters” a service that will keep the patient up to date on issues relating to Macular Degeneration. You will be mailed coupons and other important information on a regular basis. Call toll free @ 1-866-467-3263 to enroll. You can also download a coupon by searching Bausch-Lomb AREDS-2. If you need a coupon quickly call me, as I have extras.



**Ed FitzGerald**

The year the Iraq War began I was asked to do the program for the annual Christmas luncheon of the Woman's Club. All I could think of was our young men and women in uniform away from home. I had seen a few poems based on Clement Moore's *The Night Before Christmas*, but none would do. So, I prayed for God to help me as I had never written a poem before and He did. When I read the poem there were tears in some of the ladies' eyes. People asked for copies to place in their Christmas cards and we enclosed it in our own. I thanked God for His inspiration because it had to come from Him. It still seems relevant today, 16 years later.



## T'was the Night Before Christmas

T'was the Night before Christmas  
O're the desert he flew  
The soldiers were sleeping  
All but a few.

He came with gifts  
And presents to share  
For all our troops  
To tell them we care.

He looked all about  
And what did he see?  
No tinsel, no presents  
Not even a tree.

No mantles, no stockings  
Their boots filled with sand  
Far from home  
In a lonely land.

No family, no friends  
All in harm's way  
Waiting and watching  
On this Christmas Day.

This year is different  
He could see so clearly  
War made them fearful  
Cautious and weary.

One soldier lay sleeping  
Quiet, alone  
Dreaming of Christmas  
Dreaming of home.

He was not very old  
A sweet face he had  
Holding a picture  
Of Mom and Dad.

Was he a hero  
Or just a boy  
Missing his home  
Missing the joy.

Soon round the world  
Children would play  
Parents would celebrate  
This Christmas Day.

They enjoyed freedom  
Each day of the year  
Because of the soldiers  
Like the one lying here.

The sight of him  
Brought a tear to my eye  
I fell to my knees  
And started to cry.

The soldier awakened  
And I heard his voice  
Don't cry Santa  
This life is my choice.



I fight for freedom  
I don't ask for more  
My life for God  
My country, my Corps.

"Semper Fi" he said  
As he drifted to sleep  
Always faithful  
A promise to keep.

I kept watch over him  
So silent and still  
And prayed for his safety  
From war's evil ill.

I didn't want to go  
Or leave him alone  
But he said "Go"  
They are waiting at home.

Then the soldier smiled  
With a voice so pure  
Said "Carry on Santa"  
All is Secure!

**Pray** for all those men and women in service who serve our country. **Pray** for all our leaders that they will seek God and His wisdom in all they do. Peace, Love, and the Joy of Christmas and God Bless You. **Janet Yocum**

## Footprints in the Sand

One night a man dreamed.  
He was walking on the beach with the Lord.  
As scenes from his life flashed across the sky  
He noticed two sets of footprints ---  
One belonging to him, the other to the Lord.  
Looking back as the last scene passed by him,  
He noticed that many times along the path,  
There was only one set of prints ---  
Always at his life's lowest, saddest times.  
Dismayed, he asked, Why Lord?  
You promised that once I decided to follow You  
You'd walk with me all the way.  
Why, at the troublesome times of my life,  
Is there only one set of footprints?  
Why, in the times I needed you most  
Would You leave me?  
The Lord replied, "My precious, precious child;  
I love you and I would never leave you.  
During your times of trial and suffering,  
When you see only one set of footprints ---  
That was when I carried you."

**Author Unknown**  
**Submitted by Imogene Blackmon**





# *What was the best Christmas present you ever received?*



On Christmas of my freshman year at Winthrop, my folks wanted to know what I wanted for Christmas. I needed a dress winter coat, but the best sales on coats were after Christmas. Dad didn't want to give me money, but he did and I got a beautiful new coat. But this wasn't my best present ever. At lunch he said I'd better start thinking about next Christmas, and I blurted out, "I want a sewing machine!" the next Christmas I was totally surprised when he walked in with a sewing machine that I used to make my clothes for many years. – **Anonymous**

How Careers Are Born – One's fourth Christmas as a child with Santa Claus is always a mystery, but full of firm expectations with every Jingle Bell. That Christmas we were deep into the Big Depression era. Pennies and quarters counted. Dollars were hoarded for food and rent.

It was the worst Christmas for my parents because I didn't get the "pee-hanna" I may have mentioned casually back in July. Copious tears sent my mom out to the store owner's home at 8 a.m. on Christmas Day. (Yes, we knew who the store owners were in those days.) Pounding on his door, and begging him to open his store to sell her the last two "pee-hannas" in stock...one for me and one for my sister, who was fifteen months younger and couldn't have cared less. Six whole dollars each was a small fortune in the middle of the depression.

After lunch that day, Mom was sweeping up pine needles fallen from the tree. She casually mentioned that MAY-BE Santa had brought the miniature piano, and I just hadn't looked hard enough for it. Sure enough, two boxes were hidden beneath drooping lower branches. THERE were the pianos, one black baby grand with maybe one octave of notes to be tickled by chubby fingers of small children. The other piano was a brown mahogany upright piano suited for the younger sister. After all, because of the artistic temperament of the elder sister, it was more likely that she would become the concert artist in the family.

Several years later, when piano lessons on real pianos were financially possible, our teacher soon discovered that no concert pianist would evolve from our family circle. The prima donna sister, who had made such a fuss, could not coordinate her fingers to play rhythms with the left AND the right hand at the same time. Perhaps her music would be better suited to VOICE lessons instead. – **Carole Partridge**

At age 12, a pair of High Top boots with a knife in a pocket on the side. – **Ed McPoland**

A pink and white two-wheel bike that "Santa" brought when I was eight. A few years later, I found out Santa was my older brother, who was in the Army and used his first paycheck to get me the bike. I rode it for many years with pride. – **Genevieve Brandel**

A bike about eight or nine years old. – **Helen Bennett**

An electric train and track that ran around the Christmas tree. I was seven. My daughter has the three freight cars; the engine burned out. – **Vernon Sumwalt**



Christmas was always a time of joy at my house. I was an only child and the beneficiary of all their energy for making Christmas a time of wonder. One Christmas, I remember was in the early years of WWII, probably 1942. There were few Christmas trees for sale and my father always prided himself for picking out the most beautiful tree. This year he came home with two trees. One had branches on the top, a wide gap in the middle, and branches on the bottom. The other, a scraggly tree with no branches on the top but a few nice ones on the bottom. I was soundly disappointed at the sight of those trees, but soon he began to cut the bottom branches off the scraggly tree and wire them in the middle of the tree with the bare midriff. Soon he had a full tree and branches enough left over to make a wreath on a coat hanger. Ornaments were few, so he announced we would make some. We gathered pine cones, sycamore balls and painted them; and I made the red and green chains I had learned to make in school. A few cut-outs from an old Sears catalog and strings of popcorn. Somewhere he got some tinsel and a more beautiful tree I had never seen, and we had such family fun making our own Christmas. A good memory present that I always cherish. – **Janet Yocum**

*Thank you for your submissions!*



## “The Gift” Take My Son

A wealthy man and his son loved to collect rare works of art. Their collection included works from Picasso to Raphael. They would often sit together and admire the great works of art. The War in Vietnam broke out and the son went to war. He was very courageous and died in battle rescuing another soldier. The father was notified and grieved deeply for his only son. Just before Christmas, a knock came at the door; and it was a young man with a large package in his hands. He said, “Sir you don’t know me, but I am the man for whom your son gave his life. He was carrying me when a bullet struck him in the heart and he died instantly. He talked about you often and your love for art.” The young man held out the package and said, “I know it isn’t much and I am not a great artist, but I think your son would want you to have this.” The father opened the package and it was a portrait of his son painted by the young man. He stared in awe at the way the young soldier had captured the personality of his son. The father was so drawn to the eyes in the picture that his own eyes filled with tears. The father thanked the young man and offered to pay him for the picture, but the young man replied, “Oh no! I could never repay what your son did for me; it is a gift.” The father hung the picture over the mantle and showed it to all visitors who came to his home.

Some time later, the man died and there was to be a great auction of his paintings. Many rich, influential people gathered, excited to see the paintings and have the opportunity to buy one. On the platform stood the painting of his son, and the auctioneer pounded the gavel. We will start the bidding with this picture of his son. Who will start the bidding for this picture? There was complete silence. A voice in the back of the room



shouted, “We want to see the famous paintings; skip this one.” The auctioneer persisted, “Who will start the bidding at \$100? \$200?” Another voice angrily said, “We didn’t come to see this painting; we came to see the Van Goghs and the Rembrandts. Get on with the real bids.” But the auctioneer continued, “Who will take The Son,

The Son, The Son?” Finally a voice came from the back of the room. It was the gardener of the father and son. “I will give ten dollars for the painting.” Being a poor man, it was all he could afford. “Won’t someone give \$20?” said the auctioneer. “Give it to him for ten dollars,” said an angry voice, they did not want the picture of the son. “Going once. Going twice,” pounded the auctioneer, “SOLD for ten dollars.”

“Now,” said a man, “Let’s get on with the auction!” The auctioneer laid down his gavel and said, “The auction is over.” “But what about the paintings,” said the crowd. “I’m sorry, but when I was called to conduct this auction, I was told of a secret stipulation in the will. I was not allowed to reveal that until this time. Only the picture of the son would be sold. Whoever bought the painting of the son would inherit the entire estate, including the paintings.”

“The man who took the son gets everything!”  
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God gave His only son 2000 years ago to die on the cross. Much like the auctioneer, His message today is, “The son, the son, who will take the son?” Because, you see, whoever takes the son gets everything.

FOR GOD SO LOVED THE WORLD HE GAVE HIS ONLY BEGOTTEN SON, WHOSOEVER BELIEVETH IN HIM SHALL HAVE EVER-LASTING LIFE. “The Gift of Love,” and we celebrate His birthday on December 25<sup>th</sup>.

Submitted by JoAnn Twedt

## **Meet Your Neighbors** **Carole and Howard Barber—Apt 428**

There are many roads that lead seniors to Westminster Towers. In the case of the Barber's, it was the Parkinson Support Group that meets regularly in our Community Room that introduced them to the Towers. In January of this year they decided it was time to downsize, sell their Fort Mill home and join our community in an Independent Living apartment. Carole, a Charlotte native, graduated from the famous Central High School then located where CPCC sits today in uptown Charlotte. She graduated from Queen's College and while attending summer school classes at UNC Chapel Hill, she met Howard Barber, then a senior Business major, who was raised in Wilmington, NC. Carole was originally from Norfolk, Virginia.

After graduation from UNC, Howard was off to Flight School. He remarked that he was always captivated by flight. As a young boy he remembered attending church picnics where a pilot would fly him around the lake for \$2. While in high school, Howard would catch a ride to the airport to take flying lessons when he had enough money for the training. It was a secret, as no one knew of his passion for flying. At UNC he obtained his pilot's license through the Air Force ROTC. After leaving active duty he joined the Charlotte Air Force Reserve Unit where he met Pinky Funderburk, another Towers resident aviator. Pinky was his boss for a period of time. Howard remained in the Air Force for a total of 28 years, retiring as a Lieutenant Colonel.

After active duty, the family settled in a South Park Charlotte neighborhood and Howard worked in textiles. He managed to get up in the air piloting the company plane. They made many day trips with the family flying off to Grandma's house for a visit. Carole, always interested in music was playing piano, accordion, six string guitar and eventually an electric bass guitar. Howard said she was pretty good and remembers her having a grand

time jamming with other musicians at a Charlotte sound studio. Before the Parkinson they were active in square dancing rising all the way from mainstream to plus and challenge.

Two of their children and families live nearby in Clover, S.C. and Monroe, N.C. Later in life, Carole decided to return to school and attended CPCC Nursing School, eventually working part time as a surgical technician in the old Charlotte Memorial Hospital.

While residing in Independent Living they eventually came to the conclusion that Howard's Parkinson condition requires closer supervision and he moved to the Manor where the 24 hour care has worked well for both Howard and Carole. He is free to join Carole in their apartment and other Westminster spaces as long as he advises the Manor staff of his whereabouts. They both say, in unison, that they love it here. Both of them always ate in the dining room wearing matching bibs that resembled formal wear---good touch Barbers!

**Ed FitzGerald**



**Carole and Howard Barber (middle) sitting with friends, Derek and Kathy Nichols (Left) and Claudia and Tom Smith (Right), ready to eat the first meal in the newly renovated dining room!**



# Welcome to the Towers!



**George and Esther Jackson  
Apt 602**

## **SIM USA Tour**

On October 24, which was a sunny day with a perfect temperature, a full bus load of Tower residents left at 10 am for a trip to SIM USA (near Carowinds) for a tour and lunch. We were taken directly to the chapel, located in the Welcome Center, and given visitors' badges. Then Charlie Thorsen, the director of Praise & Celebration (and Nancy and Wendell Anderson's boss) showed an introductory video about the worldwide ministry of the mission, talked briefly about the various aspects of the work that goes on throughout the buildings and offices on the SIM USA campus, and answered questions.

We were then given a brief tour by Susan Snyder (Charlie's assistant and an occasional visitor to the Towers) of offices situated on the same level in the adjacent building, which is accessed through an enclosed walkway. Upon returning to the Welcome Center, we were seated in the comfortable lounge area, where stories of God's work among the nations were recounted, as learned through reading prayer letters that are received in the Prayer & Celebration office from missionaries around the world.

Adjacent to the lounge area is the dining room where we were treated to a delicious lunch tastefully presented. Then it was time to get back on the bus for a riding tour of the rest of the large campus, starting with the RV park at the very back, and passing by the shipping area, a new fourplex apartment building being constructed for returning missionaries needing a place to stay for a while, the Member Care building, the Missionary Kids House, the Medical office and the Guest House.

We were back at Westminster Towers by about 1:45 pm.

## **Admiral William McRaven**

### **10 Life Lessons from Basic Naval Seal Training**

William McRaven, a 4 Star Admiral, served as the Commanding Officer of all the United States Navy Special Operations Forces and served as a Navy Seal for 37 years. Admiral McRaven was born in Pinehurst, North Carolina on November 6, 1955. He graduated from the University of Texas and the U.S. Naval Post Graduate School. He is also well known for giving one of the most famous commencement addresses ever to the University of Texas class of 2014. 10 Life Lessons from Basic Naval Seal Training titled “If You Want to Change the World.”



### **If You Want to Change the World**

#### **10 Life Lessons from Basic Naval Seal Training**

If you want to change the world start by making your bed. If you can't do the little things right, you will never do the big things right.

If you want to change the world, find someone to help you paddle. You can't do it alone. You will need some help. It takes your mate, your family, your friends, help from willing strangers, and a good coxswain.

If you want to change the world, measure a person by the size of their heart, not the size of their flippers. Not their color, not their ethnicity, not their social status, not their education, but their heart. Respect others.

If you want to change the world, no matter how hard you prepare, how hard you work, what a good job you do, sometimes you are going to fail. Get over it.

If you want to change the world, you will be challenged. Things and people will wear you down, try to break your spirit, try to make you quit. Never give up.

If you want to change the world, you will likely fail. Often. It will be painful; it will be discouraging; it will test you to your very core. Be resourceful; improvise. Be like a

frog, keep moving and look forward.

If you want to change the world, don't back down from sharks. There are a lot of different sharks in the world; but if you want to complete the swim, don't back down.

If you want to change the world, you must be your best in the darkest moments. That is when you must be calm, composed – using all your tactical skills, your physical power, and your inner strength must be brought to bear.

If you want to change the world when you are up to your neck in mud, you must remember hope. Remember just one person: Lincoln, King, Mandela, or a little girl from Pakistan, Malala. One person can change the world by giving people hope. There is power in hope.

If you want to change the world, don't ever ring the bell. In Seal training, you can quit at any time by just ringing the bell and walking away. Don't ever ring the bell; don't ever quit; and don't ever walk away.

Start each day with a task completed. Find someone to help you through life. Life isn't fair, but step up when times are the toughest, take some risks, face the bullies, lift up the down-trodden, and never give up. Do these things and our world will be a better place for future generations.

Admiral McRaven is the author of award-winning best seller books. His book, Sea Stories, tells of spellbinding, action-packed, inspiring stories of his amazing adventures and of his life as a Navy Seal. A special thank you to Carlos Gardner for giving our library Sea Stories, and a special thank you to Steve Ellsworth for giving me the complete copy of Admiral McRaven's Commencement Address, also available in our library. The above is a condensed version of the commencement speech because of space restrictions; the complete version is infinitely better. Please read it.

**Janet Yocum**

I heard the voice of the Lord saying, whom shall I send and who will go for us and I said “Here I am, send me.” **Isaiah 6:8**



## ROMEOs Visit to Automobile Museum

On a beautiful fall Friday morning, 6 Towers men with Jamie at the wheel, drove through wonderful scenic NC and SC farm land to the Bennett Antique Auto Museum in Forest City, NC. There we all returned to our youth and the “bygone days of yesteryear” as we walked among the classic and antique autos we dreamed of as young boys. We remembered the Crosley 2 Seater, Nash



Rambler, Henry J (Kaiser) and Ford

Edsel. There were Mack trucks, farm equipment and a special display of the evolving Ford Model T that was introduced in 1908. Even a restored VW Beetle. After touring the cars we continued down memory lane to the amazing lunch counter of Smith Drugs in center of Forest City. The lunch counter has been operating since 1929 and was full of hungry Forest City residents. Great tuna salad sandwich on homemade sourdough!



## ROMEOs Travel to Transportation Museum

Friday, October 18, seven Romeos, with Jamie as driver, journeyed to the North Carolina Transportation Museum located in Spencer, N.C. It was an amazing experience riding the train to the Old Southern Railroad roundhouse, one of the last structures of its kind remaining in the country. In the structure we roamed among 40 restored steam and diesel locomotives and rail cars. At its peak the roundhouse employed 3000 workers employed in maintaining the vast fleet of The Southern’s locomotives. After the tour we enjoyed a jolly lunch at Roger’s Hot Dogs—a Spencer institution. Come join us on our journey in November to Historic Camden, South Carolina.





## **Brunch at Le Peep—Nov. 6, 2019**

Eight hungry residents, plus Jamie, drove to Indian Land's Le Peep restaurant for an excellent brunch. No one left hungry! It was a beautiful fall morning for a drive, and we were amazed by the construction and development on both Highway 16 from Ft. Mill and along 521 toward Lancaster. Used to be farm land---not anymore.

**Ed FitzGerald**



## **Towers Christmas Decorating**

Special thanks to Judy Krepps and Cindy Ashworth for the festive decorations in the new dining room and lobby. Judy purchased the large tree and decorations with the funds donated by the Residents Association. They dedicated an entire day of their personal time to making our common spaces ready for the holidays. Melvin of maintenance also helped these great ladies with some heavy lifting. Kindly take a moment to thank them for making our home so special this Christmas season.



## **Activities—Lunch at Napa Restaurant**



On a drizzling overcast morning, ten Towers residents traveled to Kingsley development off I-77 in Fort Mill. We all enjoyed a wonderful, unique lunch with an excellent menu and outstanding service. The restaurant, along with other establishments, is set on a small lake; and after our meal, we all walked to the small dock for a group photo. Kingsley is a mixed community of apartments, shops, businesses, and many unusual restaurants. We plan on returning in the spring and dine outside on the beautiful patio that faces the lake. Come join us on our next dining adventure. Guarantee you will have a great time.

**Ed FitzGerald**



# Our New Dining Room!



*In Loving Memory:  
Steve Ellsworth*

## Contributions

### Employee Appreciation Fund

#### **In Memory of: Shirley Frank**

Harold and Judith Barnes

Mr. and Mrs. Thorne Ambrose

#### **In Memory of: Elizabeth Faris**

Craig and Sandra Gero

#### **In Memory of: Jim Sims**

Julie Anderson

#### **In Memory of: Kim Laughlin**

Barbara Gladden

Mr. and Mrs. Blackmon

Sig and Judy Huitt

*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.*

## 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 January is **December 15th.**

# Merry Christmas!



## The History of the Candy Cane

When Christians began to use the Christmas tree to celebrate the birth of Jesus, Christmas trees were decorated with symbols of the newborn Christ Child. Candles on the tree represented that Jesus was the “Light of the World.” The star recalled the first Christmas Night. The shepherd’s crook represented the humble shepherds in their fields near Bethlehem who were the first to hear the news that “Unto you a Savior is born.”

Christmas tree decorations began in Europe when the Christians began to use the Christmas tree. The decorations were usually made of food. Most were decorated with cookies and candies. This tradition expressed thanks to God for our daily bread and gave the children a Christmas treat. The candy shepherd’s crook became their candy cane.

Families still decorate their Christmas trees with candy canes, and when you see a candy cane you know that it represents the shepherd’s crook and the shepherds in the field on the first Christmas night, the shepherds who heard the angels sing and came to worship the Newborn King. Please enjoy your candy cane and remember to share Jesus and His love. May God Bless You All.



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**

