

Windows

January 2026

**Vol. XXXVII No. 1 1330 India Hook Road, Rock Hill, South Carolina 29732
(803) 328-5000**





January Church Schedule

**The 1st and 3rd Wednesdays at 3:00 pm
in Heritage Hall**

1/7 Jonathan Taylor, Westminster Presbyterian

1/21 Rev. Jon Oliphant, First ARP Church of Rock Hill

**1/11 Catholic Communion Service at 2:45 pm in Heritage Hall.
Deacon Andrew DaSilva will preside. All are welcome!**

**If you would like to suggest someone to conduct a Wednesday church
service, please contact Nancy Anderson, in apartment 214.
All Denominations are welcome!**

If you would like to submit an article or
pictures, please email them to:
camifreeman@westminstertowers.org
The deadline for the February '26 edition of
Windows is Monday, January 12.

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Vol. XXXVII No. 1

Newsletter Committee Members:

Linda Lenz - Chairman
Alice Airth
Lou Ardrey
Arlene Jenkins Blackwelder
Jody FitzGerald
Carole Partridge

Grammarian
Melissa Russell

Publisher
Cami Freeman



The cover photo was taken by
Cami Freeman on Monday, Dec. 15, 2025

The next Newsletter Committee Meeting
will be on Monday, January 19, 2025,
at 4:00 pm, in the 2nd Floor Lounge.

Earliest Memory

In around 1950, when I was a few years old, I have a vivid flashback of being at my parents' bedside swatting a newspaper to get my father's attention so he would keep talking to me saying "I'm going to get you!" And then I would giggle!

Celeste Fatora

I was about 4 years old, living in Junedale, PA, in a two-story apartment building. I had a small green turtle; I could hold it in my hand. I was walking up upstairs as a 6-year-old girl was walking down the stairs I showed her my turtle; she knocked it out of my hand and stepped on it. The turtle was dead.

Anonymous

I was born near Pensacola, Fla. on November 5th. 1941, a month and 2 days before Pearl Harbor. Eleven months later, my mother delivered a baby girl, followed 22 months after that with another daughter, each born in Mobile, Alabama, where Daddy was transferred when the war started.

Daddy was an auditor with the Army Audit Agency and later with War Assets, until shortly after the war ended and we moved to St. Augustine, Fla., where mother was born and raised.

Since Daddy was born and raised in New Bern, N.C., he had a strong desire to get back to North Carolina and mother liked the idea of moving to North Carolina since her sister lived in Swannanoa, near Asheville.

After mother and my sisters and I got settled in St. Augustine with mother's aunt, Daddy took the train to Charlotte hoping to find a job and a

My baby sister was born March 10, 1940. I remember her crying and holding breath then turning blue. She had an enlarged thymus gland. I was 3 years old, and I remember wanting to help her and being scared.

Betty Wheatley

As a 3-year-old, I loved to be in the garden with my father. I would pull up radishes and eat them, dirt and all! Much to my mother's dismay. Maybe that's why I enjoy gardening!

Sue Nazak

place to live. Since that train could be seen about four blocks down the street from where we were living, I would go out and swing on a wrought iron gate in front of our house as I watched for the train that would bring Daddy back to us. I was about 4 years old then and I still remember swinging on that gate and watching for that train 80 years ago.

As I wrap up this story, I will tell you that one morning, before anyone else woke up, I heard someone in the bathroom down the hall. The door was open and as I reached the door and looked in, there stood Daddy shaving. Please excuse me as I wipe the tears off of the phone on which I'm writing this story.

PS. I. learned from a psychologist some years ago that we remember events that have emotions involved. I think my story probably confirms what that psychologist said.

Charles Ives

The Sand Bar

by Carole Partridge

Footprints on the bottom of the sea
blaze new trails temporarily.
Skipping, jumping, darting, hopping,
running, scooping, digging, stopping
to find new creatures left by the tide...

Exposed for a while, then abandoned to abide
neath gallons of water and tons of salt,
known only to the piper who soon will halt
to ponder the imprint of summer's child,
the carefree explorer of ocean's underwild.



Piper, an animated short from Pixar and Disney



I made a resolution several years ago that I
would NOT make any resolutions!

Kathy Jagers

Do one good deed every day.

Betty Wheatley

Christmas 2025

Earl J. Wilcox

In our time, we seldom seem
to “hark” much and even
less to count turtle doves or
imagine maids milking --- along
with not knowing exactly how
to find French hens. Yet, we
passionately hold onto our true
loves, assuming they are not
with a partridge in a pear tree.

Whether naughty or nice, we might let
Jack Frost nip our nose or take a ride
in a one-horse open sleigh, dream
of a white Christmas, hope we are
the Faithful. Might we sing along with
Rudolph or wink at a Grinch while
munching gingerbread chimney tops.

If we are lucky and share Christmas
with our family, *any night is holy*.

Swimming Pool Renovation Underway

by Ed FitzGerald

There was no mistaking that something large was happening in the fitness and pool area just before Thanksgiving. A jackhammer banging away, and men in coveralls shoveling smashed tile and wall surfaces out of the pool bottom. They work fast and within two days the pool was stripped down to the original shell. Our pool is less than 30 plus years old, and well overdue for a major overhaul. CR Lester is managing the renovation along with an established swimming pool contractor. The pool was an integral part of the Towers when it was first built. JR said the project is on schedule and is certain the pool will be back in service by the end of January.

Now that the old pool has been stripped out, new energy efficient LED bulbs will replace the old lighting system. Good lighting is an essential safety issue as the bottom of the pool must be fully visible at all times. New handrails and ladders will be installed. The old pneumatic entry chair will be removed and not replaced.

Finally, all new tiles will be replaced, and the walls and pool floor will be treated with special pool plastering system in an attractive color. Once this is complete and the material has set, the decking will be treated in matching color.

After the new pool is approved and accepted, the filling will begin. It takes about a day and a half to fill our pool. Last step is balancing the PH. When JR is convinced all is ready the pool will be open for use. The new pool should be good for a long while, as JR proudly stated; the pool has a 25-year warranty! Hopefully the new pool will attract more use than currently experienced.



The Activity Committee will meet on Monday, January 12th, at 2:00 pm in the 4th floor lounge. Please come and share your suggestions for lunches, dinners, and other fun outings. Hope to see you there!!



Linder Tucker,
Activity Committee
Chairman



Waterfalls Around the World

by Milt Jellum

People are fascinated by seeing and hearing running water as evidenced by 25 million visitors to Niagara Falls each year. I assume many Westminster Towers' residents have been to Niagara Falls and maybe a few have been to Niagara Falls as a honeymoon destination. In our travels, we have seen many waterfalls as a visit stop during a larger tour destination. Here are a list and some information of a few interesting waterfalls around the world.

Niagara Falls: Niagara has a drop of 167 feet and a high flow rate as compared to other falls. The falls are separated into three known as Horseshoe, American, and Bridal Veil. In the fall of 1990 (leaf color season) we visited Niagara Falls as one stop on a trip across southern Canada from Georgia to our home state of Minnesota.



Iguazu Falls: (my favorite) Iguazu is located between Argentina and Brazil and has 275 falls with drops of 210 feet and 270 feet. It is two miles wide and one of the largest waterfalls in the world. It is a UNESCO (United Nations Educational, Scientific, and Cultural Organization) World Heritage Site. I took a board walkway out to a viewing platform and got completely soaked in the mist, but the view of the falls was great. Iguazu was a stop in 2007 on our way to Ushuaia, Argentina, the southernmost city in the world and gateway to Antarctica after a 600-mile journey across the Drake Passage. We took a few Dramamine pills, especially when the waves went over the top of the ship.

Victoria Falls: The world's largest waterfalls at twice as tall and twice as wide as Niagara Falls. A UNESCO World Heritage Site known as The Smoke that Thunders (mist from the falls can be seen 30 miles away). The falls are in the Zambezi River between Zimbabwe and Zambia. Victoria Falls was a stop in 2006 for our safari game tours in Botswana, Namibia, and Zimbabwe. We flew between camps in 5-passenger airplanes and landed on dirt runways after chasing animals off the runways.



Angel Falls: A UNESCO World Heritage Site located in Venezuela and the world's highest waterfall at 3,212-feet. The falls are named after Jimmie Angel, a U.S. aviator first to fly over the falls. Angel falls was a port call in 1990 on a cruise from San Juan to St. Thomas, Guadeloupe, Granada, Aruba, and Venezuela. The current travel advisory for Venezuela is "do not travel."



Plitvice National Park, Croatia: A UNESCO World Heritage Site that has 16 lakes in series with 8 named waterfalls between lakes. There is a 436-foot drop between the top lake and the bottom lake. We had a tour of the park in 2008 as a stop to visit the former Yugoslavian countries of Croatia, Serbia, Bosnia, Slovenia, and Montenegro.

Tvindefossen Falls: Voss, Norway. A picturesque waterfall we photographed while driving with our children in 1976 to visit ancestral homes in Norway.



Seven Sister Falls: A UNESCO World Heritage Site located in Geirangerfjord, Norway. We had a ferry boat ride in 2018 for a close-up view of the Seven Sisters Waterfall. These falls have a drop of 820-feet, and this fjord is considered as one of the most scenic areas in the world.

Kjosfossen Falls: Norway has more than 300 waterfalls and 10 of the highest waterfalls in Europe. In 1997, we took the famous “Norway in a Nutshell” tour that begins in Bergen and climbs to a mountain top at Myrdal. At Myrdal we transferred to Flam Railway which is one of the steepest railways in the world. The railway descends to the village of Flam located on the Aurlandsfjord and passes by 20 waterfalls but stops at Kjosfossen falls for viewing from a platform. From Flam a ferry boat returns to Bergen via the Naerøysfjord which has cliffs to 5,900 feet and is a UNESCO World Heritage Site.



Gullfoss Falls: Iceland is known as the “Land of Fire and Ice” with geysers and glaciers as well as many waterfalls. In 1997, we rented a car and explored many sites including Gullfoss, the most visited site in Iceland. Gullfoss is two-tiered waterfalls with drops of 36 feet and 70 feet fed by the Hvita River from the Langjökull glacier.

Dunn’s River Falls: Any cruise ship with a port call at Ocho Rios, Jamaica will have tours to these falls. Dunn’s River Falls is famous for the challenge to climb in the water up to the top of the falls. In 1992 we looked but did not climb. I expect many Westminster Towers’ residents have been to Dunn’s River Falls.



Pamukkale Terraces: On a 17-day tour of Turkey from Istanbul to Cappadocia, we had a visit to Pamukkale, a UNESCO Heritage Site. The site is known as “Cotton Castle” and consists of 17 hot springs that feed an area of terraces 8,930 feet long, 2,000 feet wide, and 525 feet high. It is also the site of the ancient Greek city of Hierapolis where the Apostle Paul established a Christian church, and the Apostle Phillip was crucified in 80 AD.



OUT AND ABOUT

RESTAURANT REVIEW

BY ALICE AIRTH

We've probably all been to Cracker Barrel, but going with the Lunch Bunch makes for good fun as well as good food. There were 7 of us - plus Brent, of course - and although it was cold, the bus was warm and cozy, with blinking Christmas lights lining the overhead bins. A short ride to the restaurant and we were soon wandering through the displays of merchandise set up between the entrance and the dining room to entice you into spending even before you sit down (and I did see a perfect gift for my cousin). The place was busy, as usual, but Brent is good about calling ahead, and we were immediately shown to our table, which was one of their new, longer tables that eliminates the need for having to pull up one of the smaller ones.

With pancakes comes syrup in little bottles, and they are such cute little bottles that I couldn't resist bringing back most of the empties (and one full one) to see what I could make with them. Bet I'm not the only one who's done that.



After chatting amicably and savoring our meal, we then received our bills (always check to see if a gratuity has been added!) and went to stand in line to pay. One of the residents said she had been told that the cashiers had been told to take their time so you would look over the items around the register and hopefully buy something. Shopping is always on the agenda at the Cracker Barrel Country Store, so we dutifully browsed the crowded displays and checked out the sales before once again boarding the bus for home. Will we be back in the New Year? Definitely.



Lunch menus were on the table, but we were all soon asking for the breakfast menu - turns out you just can't beat eggs, bacon, and pancakes at any time of day! Several of us got the delicious, extra crispy blueberry pancakes - so it counts as a fruit, right? I got the Merry Berry Iced Tea "blended with juicy, wild berry flavor," so the menu says, and although a tad sweet for my taste, it was delicious.

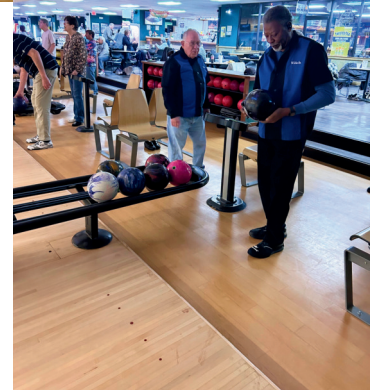


Oh, and I did buy that perfect gift for my cousin. And something for myself.

Westminster Towers is on Roll

by Kathy Jagers

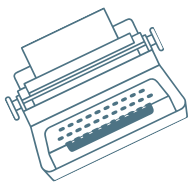
Did you know that Westminster Towers sponsors a seniors' bowling team? They have sponsored this team for 2 years. The three men who bowl on this team are resident Ken Wheatley, Elmer Hutchison and Willie Brace. They bowl in a league comprised of 40 senior teams and are currently rated #1 in the league. On Monday mornings you will find them at Strikers Bowling Alley at 10:00.



EXTRA! EXTRA!

WINDOWS

IS LOOKING FOR NEW WRITERS & PHOTOGRAPHERS



Newsletter Committee Chairman and Editor of Windows, Linda Lenz invites all residents to submit articles, poems, short stories, or photos to her to be published in Windows.

All submissions must be turned in by the 2nd Monday of each month. In addition, the Newsletter Committee meets the 3rd Monday of each month at 2pm in the 2nd floor lounge.* Anyone and everyone is welcome to attend and see what we're all about.



**Committee Chairman and
Windows Editor, Linda Lenz,**

*Except this month. The Carolina Copycats will be here on Monday, January 19th at 2pm. The Newsletter Committee will meet at 4pm.





TOWERS TIPS

by Ed FitzGerald



- Bistro service is available in the dining room from 11:30am to 6:00pm Monday-Friday. If you need an ice cream fix midafternoon, Bistro is the place to go. Coffee and water are always available from at the Bistro coffee bar and for a late-night snack or soda, you can visit the vending machines in the employee lounge in the basement.

- The Christmas decorations this year were the best ever. Judy Krepps along with help from Mark Harris and JR Lester managed the décor that centered on the traditional decorated Christmas tree. For several days amazing trees kept appearing in various spaces. They were beautifully decorated and seeing them uplifted staff and residents into the specialness of Christmas at the Towers. Special Thanks to residents Janet Gardner, the decorator of the Dining Room. Also, Jim Townsend's idea of a Memory tree as well as Betty Love's creation of a tree with resident images was amazing. Melissa Russell and Melissa Guilford were wonderful Santa helpers. Give them a shout out when you see them.



In Loving Memory



Esther Jackson

Acknowledging Those Who Donate

In Remembrance/Honor

Jody & Ed FitzGerald
Charles Ives

Jimm Galloway, Judith Gabrenas, & Dawn Anderson's Mother
Dot Southwell, Fay Reynolds, Gayle Hadley,
and Marie Graham

Employee Appreciation
Endowment

Nancy & Jim Bright
Jody FitzGerald

Jimmy Galloway
Jimmy Townsend and Alice Airth for Christmas Table
Decorations

Endowment
Employee Appreciation

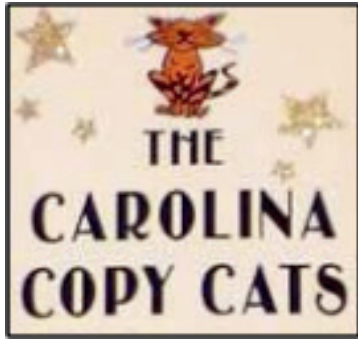
Lou Ardrey

Jimmy Galloway

Endowment

If you want to make a donation to any of our funds (Endowment, Employee Appreciation, or General Fund), please bring cash/check to Pam Engle in the business office. You can make checks out to Westminster Towers, and in the memo section, indicate the fund you are supporting.

Coming to the Towers Monday, Jan. 19 at 2pm in Heritage Hall



The Carolina Copy Cats is a fun-loving group devoted to providing entertainment primarily for places like senior living communities, skilled care facilities, church groups, club meetings, and retirement communities.

This all-volunteer non-profit organization provides all the sound equipment, costumes, and props for each performance that takes our audience back in time to when Rock and Roll was king.



December 2025 Memories

