



## THE SPIRIT OF THE SEASON *Faith Dodge*

The residents in the three Quay buildings are very happy to be spending their first Holiday Season here at Bishop Gadsden. The excitement of hearing all of the planned activities and decorations has encouraged these residents to decorate the common areas of each of the three buildings. We hope everyone will stop by during the season to enjoy the newly decorated areas.

The Festival of Wreaths is open now to those who want to participate in the Silent Auction in the Conservatory.

The Tree Trimming in the Commons living room on December 1, at 2:00 PM, will be most festive. While many residents have had their tree ornament stored by staff, each will have the opportunity to place it on the tree once again. The Quay residents will have the opportunity to now be a part of this fun BG tradition, of bringing their own ornament for the tree.

There are so many more activities planned by the staff throughout the season. The buses to the Festival of Lights, A One Man Show of *A Christmas Carol*, Citadel Candlelight Service, Grace Church Lessons and Carols in the Chapel, Pat Gould Sing-Along in the Living Room are just a few of the exciting events planned for our pleasure and to spread the Spirit of the Holidays.

The residents in the Apartments, the Cottages' and the Quay will be planning their individual holiday parties and we shall all be exhausted come January and our New Year of 2017. It is a delight to be here at Bishop Gadsden to enjoy all of the pleasures this wonderful Community has to offer throughout the season.



Two of the many wreaths featured in the Festival of Wreaths, located in the Conservatory. All funds benefit the Generous Spirit Program.

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### *The Quay's First Christmas*

The Spirit of Christmas  
Is here at BG  
We feel it all over  
From Cottage to Quay!

Perhaps it is Bill  
All dressed up in red  
He'll spread all his cheer  
But no snow and no sled.

It's the Quay's first Christmas  
They are full of such glee  
To see all the plans  
From wreaths to the tree!

We're here and we're happy  
To join all the rest  
Of the BG family  
We're all truly blessed!

Is there any chance  
That Santa will show?  
Will he bring us all presents  
Will he come and then go?

*Merry Christmas and  
Happy New Year!*

## HOLIDAY GRAND BUFFET

Frank Meade

Last Saturday, I played a late nine holes of golf with Jim Epper, our Director of Culinary Services, at the “Muni,” a break for him after the hectic Thanksgiving Day feeding of 400 plus residents and guests. I asked him, late in the round, if the addition of the Quay would pose a problem when preparing for the Christmas Holiday Grand Buffet. “Not really,” he said, lipping a putt, “because

we have already prepared two of the four grand buffets, Easter in March, and Mother’s Day in May. We will be doing basically the same as in the past, with a few embellishments.” “How many more people because of the Quay?” I asked, causing him to top his drive. Walking the fairway, we determined that there might be half of the Quay residents staying at BG for Christmas, but we had a problem figuring out how many of those would have guests, coming to see the Quay digs and/or for a free feed! When we reached the green, Jim said he calculated there would be 300-325 diners, more than years past, but less than Thanksgiving. Again, they would be seated in Winningham, the Market Place Café, and the Pub. The buffet hours will be extended to 2:00 PM. Reservations are required, and you must be on time for your reservation.

More diners means more food. The staggering numbers, which Jim had gotten from Executive Chef Ted Jackson, included 100 pounds of beef tenderloin, 75 pounds of shrimp, 200 pounds of turkey, 15 different



*Thanksgiving Day Buffet in the Café.*

desserts, and all the other items, and more, that you see at Sunday buffets. Oh! And don’t forget to check out the several ice sculptures by former Sous Chef Stuart Grayson and enjoy the Christmas decorations.

More people and more food means, of course, more kitchen and dining personnel, who will be

away from their families on Christmas Day. And they, as well as the regular employees on duty, must be fed!

“My gosh, what a lot of work for you and the employees,” I said. “Hold on,” Jim said, “that’s just the start of it. Six nights later, it starts all over!” The New Year’s Eve Gala! Delectable and varied hors d’oeuvres, served by wait staff or found at various stations along the corridor between Polly’s Pub and Winningham.

(Low Country and classical cuisine served buffet style in the Commons Living Room; seating in Winningham and the Pub; dinner dancing to a band in the Conservatory.) It will be a beautiful presentation in a unique setting.

And after dinner, the area becomes the “BG Night Club,” where we dance away into the night. All while our wonderful BG employees clean up, prepare for New Year’s Day brunch, and have their well-earned dinner.

“And Frank,” Jim added, as we were finishing the 9th hole, “do you remember how the *midnight* ball comes down at 9:00!!...like my ball just dropped into the hole for a birdie. You owe me a buck!”

## A MUST READ

Dr. Jack Hisley

Life is a story and all stories have endings. Endings matter. This is a common thread in *Being Mortal* by Dr. Atul Gawande, a book that has been recommended by Dr. Livingston, Dr. Wilson, and Caroline Bailey at the Putman Clinic. Most of us want to shape our own story and its ending. With eloquence and compassion, Dr. Gawande discusses palliative counseling and guidance and explores the role of hospice care in helping to realize end-of-life goals. The book, while thought provoking and practical, presents questions we may want to ask our providers sooner, rather than later.

**DON’T MISS OUT ON THE SECOND BOOK REVIEW SESSION**—We will have another session on *Being Mortal* after Thanksgiving for those of you who missed the first one. It will be in early December, so please watch for the announcement! Thank You! —Caroline Bailey, PA, Putman Clinic

**The GAB Electronically!** Please let us know if you would like to receive the *GAB* via email. Email [stephanie.ochipinti@bishopgadsden.org](mailto:stephanie.ochipinti@bishopgadsden.org) to be placed on the electronic mailing list. The *GAB* is always viewable on our website—[www.bishopgadsden.org](http://www.bishopgadsden.org), as well as on the internal resident website *BGlife*.

## MESSAGE FROM THE VICE PRESIDENT / COO

*Sarah Tipton*

This GAB comes to you at the unofficial start of the holiday season, just on the heels of “Black Friday”, “Cyber Monday” and “Giving Tuesday.”

In the digital world of social media and constant connection, there is no shortage of hashtags or branding opportunities! It’s the time of year for marketing everything. So I’ll market something too. It’s nothing I made up and is already widely in use, but its practice is life changing: #gratitude.

I spent a gorgeous Thanksgiving Day visiting all over the Bishop Gadsden Community. Mere words are inadequate to describe what I saw: cheerful staff members assembling gorgeous displays of food, eager to create a beautiful experience for residents; happy friends gathered to enjoy a special meal together; smiling caregivers helping residents look their very best as they welcomed their families for dinner. All with #gratitude on their lips and in their hearts!

Next week, on December 9, at 3 PM in the Chapel, our Community will gather for the Employee of the Year Celebration, and we’ll experience another moment of pure #gratitude. It’s one of my favorite events—residents and staff together celebrating the highest standards of professionalism, care and service among our staff.

This year we’ll also congratulate the very first recipients of the Strongheart Employee Scholarship funds. And our staff will receive a Christmas card announcing the incredible generosity of residents in the form of the Employee Appreciation gift. I know from past experience, the #gratitude our staff experiences at this event is often emotional and overwhelming. Likewise, residents say it is a singular moment in the experience of Community life at Bishop Gadsden. I hope to see you there!

In our fast-paced world, the holidays are filled with a frenzy of activity—much of it fun and festive. But we all at times feel the emotional strain that can go along with shortened daylight, heightened intensity of family dynamics, and pressure to fit so much into a short few weeks. Remember #gratitude is the antidote.

I am deeply grateful for each of you and for this wonderful Community. May we all be mindful of our blessings this holiday season!

## GOLF IN THE STATE

*Jamie Gough*

Golf in South Carolina has a rich and fabled history. Dr. Faye Jensen, Executive Director of the South Carolina Historical Society, has written and spoken extensively on the subject. She attributes three golf firsts to South Carolina. The first recorded shipment of clubs and balls from Scotland to the United States was found on an invoice to David Deas of Charleston in 1739. The first organized golf club was formed in 1786 in Charleston, and the first set of women’s tees were set in 1916 at Highland Park Hotel in Aiken.

The rich tradition of golf in Charleston can probably be attributed to the early Scottish immigrants who found the city appealing to their mercantile pursuits and religion. They founded First Scots Presbyterian Church in 1731, and many of the congregants were the founders of the first organized golf club 55 years later in 1786. Arguably, several common terms used in golf originated here in Charleston. The term “green” is attributed to the first recorded venue for a golf game in Charleston in 1786. Harleston’s Green, an area south of Calhoun Street, was shared by picnickers, strolling families, and playing children when golfers started using it for their game. A “finder” was part of the golf party who would go ahead and “forewarn” (later shortened to “fore”) various parties that golfers were “playing through.”

Today golf is big business in South Carolina. There are over 350 golf courses in the State according to the South Carolina Golf Association. An economic impact study, done by the South Carolina Department of Parks, Recreation and Tourism in 2016, attributes \$2.7 billion in output/sales to golf. The golf “industry” provided 33,188 jobs with \$881 million in personal income, paid \$270 million in taxes, and attracted about 700 thousand golf-oriented groups contributing about \$935 million in hotel, restaurant, and other retail and entertainment activities. Myrtle Beach is the number one golf destination, garnering 50% of the visiting golf parties, followed by Charleston with 22% and Hilton Head with 15%. Big golf events like the PGA Heritage tournament at Hilton Head and the 2012 PGA Championship at Kiawah have/had a \$96 million and \$193 million impact, respectively, on the State.

No question, golf is a part of why Charleston is the number one tourist destination in America.

## MACHU PICCHU

### Dr. Walt Ector

Ever since she made a visit to Argentina about a year ago, Louise Rainis has had on her “Bucket List” a possible visit to the Inca ruins at Machu Picchu, in Peru, South America. Her older sister had visited this site about 20 years ago, and Louise was fascinated by her sister's account of that visit.

She and her sister arranged to volunteer for a week working in an orphanage in Cusco, Peru. Arrangements were made through an organization named “A Broader View.” This is a 501(c)3 nonprofit that will arrange a trip for volunteers to work with disadvantaged people all over the world. Louise was impressed with the arrangements by the organization. They flew from Baltimore to Dallas, to Lima, Peru, then to Cusco, Peru, with all arrangements made by “A Broader View.” They were housed in a private home in Cusco where the orphanage was located. Louise was a little concerned about the possibility of a problem with the food there, however, she said the meals were very good.

The orphanage has about 50 girls between the ages of 10 and 17 years. Louise says the orphanage is well run, offering the girls a nice garden, a gym, a crafts room, an activity room, sports, education, etc. She was impressed with how warm and friendly the girls were, and they were happy. Louise worked with some of the girls who were making knitted garments that they will wear in a play planned for later. Louise's sister worked with a group doing ceramics, which were sold. They went to town and bought some yarn and oilcloth tablecloths for the ceramic workers.

Cusco was the old capital of the Inca Empire until the Spanish Conquest in the 16th century. It is a city of over 400,000 people, and is at an elevation of 11,800 feet above sea level. Louise and her sister enjoyed exploring this city. The orphanage offered them a break over the week-end, and that is when they went to Machu Picchu.

Machu Picchu is 50 miles from Cusco, and some visitors walk the old Inca trail to Machu Picchu. They rode a train for most of the way; then they took a winding trip on a bus, with the last part on foot. I had the



Louise Rainis with her sister, Doris Sweet, at Machu Picchu.

impression that Machu Picchu was up at the peak of the Andes mountains. However, it is over 3,000 feet lower than Cusco, located just above the Sacred Valley with the Urubamba River nearly encircling the area.

Louise and her sister employed a guide that helped them navigate the ruins. These Inca ruins attract a huge number of visitors, 1,200 a day during the off season, and up to 8,000 per day in one peak season, with over 400,000 visitors in the year 2000. The government now limits the number of visitors.

Machu Picchu was built around 1450 and was abandoned about 100 years later, during the Spanish Conquest. Some evidence indicates that smallpox, brought over from Europe, may have decimated the population. The Spanish apparently never discovered Machu Picchu, and therefore the destruction that occurred at other sites did not happen there. However, encroachment by the jungle nearly obscured the site over the years, requiring extensive work. The Inca construction at Machu Picchu is said to be the best example of the so-called Ashtar construction. This is polished stones perfectly fitted, and without any mortar. Their earthquake proof construction was necessary because of quakes in the area. Our modern architects have learned a lot from studying this Inca construction method. Also, their adaptation to the mountainous terrain and the terracing to prevent erosion is said to be unusual. Louise said she felt overwhelmed, almost spiritually affected by what she experienced there. Louise said that she prepared for this trip for two months by working out in the BG gym, attending T'ai Chi with John McTavish and with help from Comfort Richardson and David Carter. She gives thanks to the staff at Bishop Gadsden. She said this helped greatly on her trip. I asked Louise what was next on her “Bucket List.” She said that she hadn't decided yet, but you can bet that she will come up with something spectacular. Wait and see!!

## Apologies

The Office of Charitable Giving & Communications apologizes for the omission of two residents in the 2015 Annual Report. Under Century Society: Mrs. Ann Hurd Thomas, and under Resident Assistance: Mrs. G. L. Buist Rivers, Jr. We deeply regret the errors.

## BACK IN TIME: B-17 Dr. Jack Hisley

On October 30, 1935, at Wright Field in Dayton, Ohio, the U.S. Army Air Corps expressed a desire for a next-generation long-range bomber. Boeing's aluminum alloy Model 299 beat all other submitted designs. Model 299 could carry five times as many bombs as requested by the Army, in addition to flying faster and farther than previous bombers. A Seattle-based news reporter called it a "Flying Fortress." Flight competition seemed to be a formality.

The Corps' senior test pilot, Major Player P. Hill, piloted the Model 299-test plane. The sleek bomber with its 103-foot wingspan and four engines roared down the runway, lifted smoothly, and climbed quickly to 300 feet. Suddenly, the aircraft stalled, turned on one wing, and crashed, killing two of the five crew members, including Major Hill. After a thorough aircraft mishap investigation that found no evidence of a mechanical malfunction, the crash of Model 299 was ruled "pilot error." Model 299 was considerably more complex than any other aircraft of its time. The pilot had to manage four engines, a retractable landing gear, new wing flaps, and electric trim tabs that had to be adjusted to maintain control at different air speeds, as well as constant speed propellers whose pitch had to be regulated. Distracted by the many new features, Major Hill forgot to release a new locking mechanism on the elevator and rudder controls.

The Army Air Corps decided that Model 299 was too



much airplane to handle, so they turned to a smaller bomber designed by Douglas. Because of the Army's cancellation of the contract for Model-299, Boeing was on the verge of bankruptcy. A group of Army test pilots convinced the leadership to order a few test aircraft from Boeing. Rejecting the notion that Model 299 was "too much aircraft" for one man to fly because of its complexity, they considered a simple approach to the problem: they created the first "Pilot's Checklist" with step-by-step checks for take-off, flight, landing, and taxiing. Regardless of a pilot's level of expertise and experience, Model 299 was considered to be too challenging for the memory of any one pilot.

With the use of a checklist, pilots logged 1.8 million miles without one accident. As a result of a simple solution, 13,000 B-17s were built, giving the U.S. Army Air Corps a decisive air advantage in WW II, enabling its devastating bombing campaign against Nazi Germany. Checklists soon became applicable in all types of military and civilian activities. Sulley Sullenberger, the Airbus driver who landed his plane on the Hudson, was asked if he had a loss of thrust in both engines' checklists. He replied as follows, "We have a three-page checklist but because of the time factor, we didn't finish the first page." Fortunately for the people aboard A-320 that fateful day, the pilot was familiar with the remaining two pages.

## TRANSITION TO A NEW EDITOR



The *GAB* staff is pleased to announce that as of January 1 2017, the new Editor will be Walt Ector and Assistant Editor, Jack Hisley. In keeping with her belief about participation and tenure, Sallie Gough is stepping down after two years as Editor and has found candidates to replace her and husband Jamie. Both Sallie and Jamie will continue to contribute to the *GAB*, but make this request: please, all of you who go to the movies, write a review and submit it to the *GAB*. The Goughs are tired of having to split the popcorn and go to separate movies in order to have enough reviews for the month.

## IN LOVING MEMORY

*Doris Rollins*  
2/5/1929-11/5/2016

*Jean Wade*  
8/17/1929-11/9/2016

*Margie "Marge" Cogswell*  
9/8/1924-11/10/2016

*Richard Muenow*  
5/7/1931-11/11/2016

*Mary Crawford*  
11/12/1924-11/13/2016

*Mary Leonard*  
1/9/1925-11/19/2016

*Eudora "Dorie" Fowler*  
9/3/1926-11/22/2016

*Jannice "Jan" Beebe*  
3/25/1924-11/25/2016

View the *GAB* online at [www.bishopgadsden.org](http://www.bishopgadsden.org)