



The Meadowlark

Volume 31, No. 9

December 2019-January 2020

CM Goes Viibrant! (Yes, that's Viibrant with two i's)

CM's world is about to change. Enter Viibrant, a software company that bills itself as a "resident engagement platform for senior living communities." It came to the attention of CM administrators as they sought a means to improve communication through such means as digital signage in the Club Center. Such signage currently exists in the Marketplace, but the software behind it is complex and time-consuming to manage. The goal was software that would simplify the constant updating and duplicate postings of notices of importance to residents and staff.

As they became acquainted with the many applications offered by Viibrant, CM leadership realized that the product's potential went beyond mere digital signage, providing user-friendly software along with complex solutions. For example, our information system contains a vast store of resident data that is used for multiple purposes in administration. Being able to "pull" needed information from the system automatically, instead of re-entering it, would improve staff efficiency. And, instead of sending out notices welcoming new residents through separate emails, as is done now, the list could be pulled from the system and broadcast to residents automatically.

Implementation of some of the software solutions is beginning

with staff this year. Eleven TVs accessible to staff have been placed in break rooms across campus. The messages will inform staff of such things as dates for Benefits Open Enrollment, flu shots and training dates. They will also recognize staff (with photos) who have received Exceptional Service cards completed by residents.

Potential to improve communication with residents could be more far-reaching. However, that effort will not begin until 2020 and only after planning by a team of staff and residents to determine what would most benefit residents and how the system would interface with *MeadowLife*.



Information Kiosk

Among the possibilities: a large TV in the Club Center Lobby, scrolling events, menus, etc.; a touchtone screen near bulletin boards, allowing residents to search for events, menus and other information. Technophobes need not worry; the posters will remain.

Residents might also download apps to their tablets or smartphones to register for events, get a confirmation, have the event added to their digital calendar and get a reminder.

Finally, there is always Alexa. Using voice recognition, residents could query Alexa about the day's menu, including the day's specials; the day's events; and, of course, the weather forecast.

The ultimate goal is more timely, effective and customized communication with staff and residents, something essential in a community of approximately 750 on-campus residents.

- Judith Pulley

Employee Fund



Ann McCutchan and Patsy Hancock

We are blessed with many caring, hardworking and friendly employees who make Carolina Meadows a great place to live. Donate to the Employee Fund in appreciation for all they do. Drop your donation in the **mailroom box by Friday, December 5.**

President's Message

We Are a Caring Community

Throughout the year, we help many outside Carolina Meadows through our fund raisers for United Way, UNC- TV and the Cora Food Pantry. We also show our care by volunteering in many outreach efforts in the community. One of our longstanding traditions is to donate to the Employee Fund.

By donating to the Employee Fund, you can show in a tangible way how much you care for our employees for all they do for us throughout the year.

If you are in the Fairways, you have a terrific home and special care graciously offered by the employees there. In the Pines, you experience care our employees provide every hour of the day. If you are in independent living, you enjoy many services by helpful and caring employees delivered with a positive attitude and a smile. How fortunate we are!

We have many employees you do not know because they work

behind the scenes, but they are all important in enhancing our life at Carolina Meadows. All employees benefit from the Employee Fund.

Donations to the Employee Fund make a real difference to our wonderful employees. Make sure you donate to the extent you are able. **Only a few days remain as donations must be received by December 5.** Checks will be distributed after the December 13th Employee Party.

I hope you have a wonderful holiday season as we welcome 2020. We will have many opportunities in December to celebrate with parties, family gatherings, worship services and more. Let's be sure to reach out to residents we may not know or someone going through a difficult transition. Caring about someone in our community of employees and residents is what makes Carolina Meadows a great place to live.

- Sam Ligon

THE MEADOWLARK
Published nine times a year
by the Residents Association
of Carolina Meadows,
Chapel Hill, NC

—
President: Sam Ligon
Co-Editors: Mary Jo Doherty and Judith Pulley
Layout: Judith Pulley
Proofreaders for this issue:
Jody Hite, Martha Hutt, Kathryn Moss, Roy Milton, Dorothy Samitz
Photographer: John Haynes
Distribution: Roy and Bev Milton

February Issue Deadline

Copy for the February *Meadowlark* must be submitted by **Sunday, January 12**, to Judith Pulley <yellup310@gmail.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format and should not be embedded in articles. Please call Judith at (919) 967-5487 if you have any questions.

New Residents

Claire and Henry Castner, V-332
Former Residence: Pittsboro, NC

Margaret and Norman Dean, EA
Current Residence: Chapel Hill, NC

Kaylan Ghosh, 2-307
Former Residence: Chapel Hill, NC

George and Karen Hitler, V-325
Former Residence: Chapel Hill, NC

Dorothy Miller, F-120
Former Residence: Chapel Hill, NC

Lucy Oliver, F-206
Former Residence: Raleigh, NC

Arlene Richmond, F-115
Former Residence: Raleigh, NC

Virginia & William Ives, 4-301
Former Residence: Chapel Hill, NC

Complete bios of new residents can be found in the Residents Pictorial Directory on MeadowLife.

Carolina Meadows Census As of October 31, 2019

Number of Residents	Occupancy Level
Independent Living:	
623	97%
Assisted Living	
62	77%
The Pines*:	
65	88%*
Total on campus:	
750	93%
EA Program:	
101	
Total Residents: 851	
<i>*Includes temporary admission of IL and AL residents.</i>	

TALK

Carolina Meadows University

December Program

Carolina Meadows University (CMU) winds up the Fall Semester with a continuing look at history through furniture which reflects the period.

Carolina Meadows' own Bonnie Fuchs will extend her reflections on American History. Bonnie is a highly recognized speaker around The Triangle on the subject of her expertise and passion, letting furniture teach us the history of the period. In her three-part History of Furniture in America survey course, Bonnie will walk us through the 17th, 18th and 19th centuries as preserved in their furniture.

On **December 2**, Bonnie will explore the burgeoning and rapidly changing world of furniture in the 18th century and on **December 9**, the 19th century.

In the **18th Century**, America prospers and wins liberty. New money builds homes and furniture to equal stylish new status. You already know some of the big names and their influence: Queen Anne, Chippendale, Adams, Sheraton and Hepplewhite.

In the **19th Century**, America embraces railroads and steam power. The Industrial Revolution speeds furniture manufacturing. Steam power aids the repetitive production of furniture parts. Locations on rivers and railroads expand. Distribution centers are established in Jamestown, NY, Grand Rapids, MI, and High Point, NC. And furniture styles reflect America's evolving global reach.

Bonnie has a Masters Degree in the History of Decorative Arts from the Smithsonian's Cooper Hewitt (NYC) Program. She lectures on these subjects widely and is particularly popular as an OLLI speaker.

January Program

CMU will return on **January 27** with a look at the **history of modern North Carolina politics**. Who better to teach this course than Rob Christensen, who regaled and educated us for over 45 years as a political reporter and columnist (now retired) for *The News and Observer*. Rob will present a three-part look at key 20th century NC political figures and implications for NC politics in the 21st century. Rob has recently published *The Rise and Fall of the Branchhead Boys*, which will be the subject of his first lecture on **January 27**. Copies of the book will be available for purchase and Rob has indicated he will be available to autograph them. Don't miss this important review of the rise and fall of the impressive Scott family in NC politics.

On **February 3**, Rob will examine the context of the upcoming **2020 NC election** and on **February 10**, he will discuss the **Daniels Family and The News & Observer**, the subject of his next book.

All CMU course lectures are held in the **Auditorium on Mondays at 1 pm**.

- Hugh Tilson

Men's Breakfast Group

The Men's Breakfast Group meets at **8:30 am** in the **Private Dining Room** on the third Wednesday of each month except in July, August and December. Following a buffet breakfast, a speaker, either a Carolina Meadows resident or an outside expert, speaks for about 45 minutes followed by questions. **Please wear your name tag.**

Our next meeting is on **January 15**. Our speaker will be Donald Stanger, a Durham resident who is a consultant active in Durham, Chapel Hill and Carrboro affairs. His topic is "Doing Business with the Peoples' Republic of China." For 10 years prior to retiring Don was Director of International Marketing and Business Development at IBM. He was responsible for the company securing a business platform in China, giving him a ring-side seat watching how China took calculated steps to develop commercial outreach to the world. Don will tell us how IBM dealt with the many restrictions imposed and enforced by both the US and PRC governments, most of which still exist today and affect current tariff negotiations. To hear this interesting presentation, sign up for the Breakfast in the Sign-up Book opposite the CM Gift Shop.

- Michael Cotter

IN MEMORIAM

Gerald Unks

P-223 November 9, 2019

Rufus Lupton

V-393 November 11, 2019

Grace Lazovik

P-232 November 17, 2019

World Affairs

World Affairs meets on **Fridays at 10:30 am in the Auditorium** (unless otherwise noted). The programs for December and January are:

December 6: Judith Pulley: "Immigration: Why Don't They Get in Line and Come in Legally?" (Part 1)

A majority of Americans agree that immigrants strengthen our country but are opposed to illegal immigration and open borders. A common refrain is something like this: "My ancestors were immigrants, but they came in legally. Why can't immigrants today just follow the law like my family?" In this lecture, we will examine our nation's immigration laws, looking at how they have changed (and why) over time. We will also examine the changing composition of immigrants (legal and illegal) in our population. Are immigrants a burden or a benefit?

January 10: Judith Pulley: "Immigration: Assimilation" (Part 2).

Do immigrants, representing a diversity of cultures, pose a threat to our national identity? How well do they assimilate? Can our current immigration system be improved?

January 17: John Staddon: "Meritocracy: Beware Those Unintended Consequences"

Dr. Staddon is the James B. Duke Professor Emeritus of Psychology and Neuroscience at Duke University. Recent years have seen a flood of articles deploring inequality and blaming meritocracy for the death of the middle class. How should society be organized? Why does social mobility seem to be declining? Dr. Staddon offers some thoughts on these and other questions.

January 24: Bjorn Lomborg: "A Cost-Benefit Approach to Climate Change" (video)

Bjorn Lomborg is a Danish author and President of his think tank, Copenhagen Consensus Center. He is a former director of the Danish Government's Environmental Assessment Institute. Lomborg has been named one of Time Magazine's 100 most influential people in the world. Two of his numerous books include *How to Spend \$75 Billion to Make the World a Better Place* and *The Nobel Laureates' Guide to the Smartest Targets for the World 2016-2030*.

January 31: Robert Shibley: "Is There a Free Speech Crisis on Campus?"

Robert Shibley is the Executive Director of FIRE, the Foundation for Individual Rights in Education, a non-profit group that focuses on protecting free speech rights on college campuses. He is a nationally recognized author and radio and television personality. He will discuss previous, current and anticipated First Amendment hot issues: is there an evolutionary trend?

- Dorothy Samitz

Women's Luncheon: Quilts Speak

On **Tuesday, January 14 at noon**, Diana Bell-Kite will be speaking to the Women's Luncheon group on the topic of "Quilts Speak." Diana is the Curator of Cultural History at the NC Museum of History. She graduated from Davidson and received a masters from William and Mary. She curated "Everyday Artistry," which spotlighted Tar Heel quilting, and currently "Quilt Speak."

Quilts speak and reveal voices from the past – specifically women's voices. We will learn what quilts can tell us about their makers and even what they tell us about ourselves.

To sign up for the luncheon, call Jody Hite after January 1.

- Judy Tilson

Amazon? What?

**January 24, 7:30 pm
Auditorium**

What do you think of when you hear "Amazon"? No, not that Amazon. Do you think of snakes, insects, oppressive heat? Nope, that's North Carolina this past summer. Travel with me on my two trips on the Amazon River in Peru. Yes, there will be snakes and pink-toed tarantulas, but there will also be over 200 bird species,

blessings by shamans, sloth-spotting, piranha fishing and visits to villages. If we have time, we'll take a quick peek at Machu Picchu.



- Dixie Spiegel

ARTS

Music at the Meadows

In the Auditorium

UNC Chamber Singers

December 2, 7:30 pm

The UNC Chamber Singers is an ensemble of 25 voices whose repertoire encompasses vocal chamber music of all periods and styles with emphasis on Renaissance, Baroque and 20th and 21st century music. They are led by Professor of Music and Director of Choral Activities Susan Klebanow.

Professor Klebanow earned a BA from Brandeis University and a Masters in Choral Conducting from the New England Conservatory of Music before joining the UNC Music Department faculty. She has received awards for excellence in teaching and led choral festivals, clinics and workshops throughout the US and internationally.

Bluegrass Battleship

January 10, 7:30 pm

Bluegrass Battleship had its origins with Terry Baker and Scott Provan strumming banjo/guitar duets decades ago. With five instrumentalists added to the crew, the group provides a rompin' stompin' rendition of bluegrass like you have never experienced before.

Nicole and Andrew Manea

January 23, 7:30 pm

Nicole and Andrew Manea, highly successful classical singers, will treat us to light opera. Nicole has won several competitions throughout the country, studied under opera stars Denyce Graves and Marilyn Horne and performed under the baton of composer John Williams. Andrew has won several competitions throughout the US and Spain and played lead roles in China, Europe and the Middle East. This year he will debut at the Palm Beach Opera singing the title role in *The Barber of Seville* and return to the Lyric Opera in Chicago for Wagner's *Ring Cycle*.

- Norm Miller

The Village Band

7:30 pm, Auditorium

Monday, December 9

The band has a long history of providing musical entertainment at such venues as the Carrboro Town Center, University Mall, Southern Village and retirement communities such as Carolina Meadows and Carol Woods. Its repertoire ranges from classic community band music (marches and military/patriotic music, classic and contemporary pieces), reductions of orchestral and opera pieces, and show tunes and holiday music.

The members of the Village Band are dedicated to bringing quality performances of a broad range of music to diverse venues in Chapel Hill, Carrboro and nearby communities; and they simply love playing for audiences of all types and all ages.

Meadowsingers Holiday Concert

Once again the Meadowsingers bring you a joyful holiday concert which celebrates Hanukkah and Kwanzaa as well as Christmas.

Our songs, both familiar and unfamiliar, come from various countries and include some sing-alongs. Among others, we'll offer again the "Dance of the Sugar Plum Fairy" and "Christmas...In About Three Minutes," as well as the new humorous "I Want to Stare at My Phone With You." We end with a Swedish song remembering the "Wonderful Peace" that comes at this season.

See you in the **Auditorium** for a music-filled hour on
Wednesday, December 11 at 4 pm.

- Rex Tucker

Pollyfonix

4 pm, Auditorium

Tuesday, December 17

Carolyn Gelderman (CM resident) and Pamela Stewart founded the Pollyfonix A Cappella Singers of Fearington in 2007. They specialize in unaccompanied early music from the Renaissance Era, as well as Romantic and 20th Century selections that are suitable to the group.

Their vocal literature spans songs in English, Latin, German, French, Hungarian and Hebrew. All concerts include brief introductions to each song with anecdotal material to inform and amuse the audience, so there is often laughter to help make an audience feel more at home in what might be a new or different musical experience.

Eno River Trio

7:30 pm, Auditorium
Friday, January 17

The Eno River Trio, based in Durham, NC, is made up of flute, oboe and piano. Formed in June, they perform the chamber music written for their instruments.

Some of the repertoire includes Baroque trio sonatas as well as music from other eras. Members include Helena Ma, piano; Joshua Powell, oboe; and Lenorah McKee, flute.

Helena is a PhD student in Biomedical Engineering at Duke University, where she studies how bacteria respond to antibiotic treatment, especially how antibiotic-resistant bacteria became more widespread.

Joshua works as an environmental engineer for McKim & Creed Inc. where he is responsible for the design of water and wastewater treatment facilities. He plays in the Duke Medical Orchestra.

Lenorah is a veteran of the US Army and US Air Force where she served as a military musician.

Holiday Singalong

On **Monday, December 16 at 3 pm**, please join us in the **Club Center Lobby** for our annual holiday singalong with our talented pianist, Diane Archer (Senior Activities Specialist in the Pines).

We will sing traditional Christmas and Hanukkah songs around the piano. Lyric books will be available, and we will have cookies and hot chocolate to warm us up. Wear something festive!

- Kris and Jody

MET Opera on Demand

1 pm, Auditorium
Wednesday, December 18

2 hrs, 22 min

Adriana Lecouvreur

(from Jan 2019)

A gem of the verismo repertoire, Cilea's *Adriana Lecouvreur* has only been performed a handful of times on the Met stage. When it has, however, it has often showcased some of opera's greatest divas in the commanding title role, including Renata Tebaldi, Montserrat Caballé, and Renata Scotto.

During the 2018-19 season, superstar soprano Anna Netrebko joined the ranks of these incomparable artists, starring opposite mezzo-soprano Anita Rachvelishvili, as the fearsome Princess of Bouillon, and tenor Piotr Beczala, as her ardent lover, Maurizio. In this performance, recorded as part of the Met's Live in HD series, Gianandrea Noseda conducts Sir David McVicar's new staging, which teems with lurid backstage intrigue and political maneuvering.

Wednesday, January 22

2 hrs, 53 min

Dialogues de Carmélites

(from March 2019)

Ever since John Dexter's striking production marked the company premiere of *Dialogues des Carmélites* in 1977, Poulenc's devastating masterpiece has been a favorite of Met audiences. To close out the 2018-19 season, Music Director Yannick Nézet-Séguin led a starry revival of the opera, which was also included as part of the Live in HD series of cinema transmissions. Mezzo-soprano Isabel Leonard is the fearful Blanche de la Force, who joins a convent of Carmelite nuns in order to escape

the terrors of the French Revolution. The exceptional cast also features sopranos Erin Morley and Adrienne Pieczonka and mezzo-soprano Karen Cargill as some of Blanche's fellow sisters, with tenor David Portillo as the protective Chevalier de la Force. Maestro Nézet-Séguin leads a gripping performance throughout—from the opera's chaotic first bars to the chilling death scene of Madame de Croissy (sung by the incomparable Karita Mattila) to the work's harrowing final moments.

Piano/Voice Recital featuring students of Elena Marinina

2 pm, Auditorium
Saturday, December 14

Music Recital featuring students from da Capo al Coda Music Studio

4 pm, Auditorium
Sunday, December 15

Old North State Band 7:30 pm, Auditorium Monday, December 16

Old North State Brass repertoire includes classical, jazz, sacred and popular styles. It is a registered non-profit 501(c)(3) directed by Peter Boor.

Piano Recital featuring students of Alice Tien

2 pm, Auditorium
Sunday, January 19

Voices 2020 Deadline

Articles and poetry must be submitted by

December 20, 2019

Guidelines for submissions are on the table outside the mailroom

Book Group

At our next meeting, we will be discussing *Threading My Prayer Rug: One Woman's Journey from Pakistani Muslim to American Muslim* by Sabeeha Rehman. Rehman, who came to America as a recent college graduate and new bride in 1971, intended to stay for only two years. She is still here. When her sons started grade school, she started grad school. She has a Masters in Health Administration and worked for 25 years as a hospital administrator. When her grandson was diagnosed as autistic, she stopped working to co-found the National Autism Association's New York Metro Chapter.

Her book tells the story of her assimilation into American culture while trying to maintain her Muslim identity. She wrote the book because she wanted to change the image of Islam in America, particularly after 9/11, and to show what Muslims are really like. Rehman's memoir is often amusing as she relates hilarious personal experiences while attempting to foster a deeper understanding of Muslims in America. The book has been called "funny and frank, acute, and compassionate" and also "warm, wise, and wonderful."

Join us on Wednesday, **January 15 at 2 pm in the Lecture Hall**. All residents are welcome. Please wear your name tag.

- Christine Flora

Author Event

Resident Bob Huddleston's long-awaited novel *Love and War* is targeted for release by the English publisher Austin-McCauley in December or early January.

Love and War is an historical novel that covers the first half of the 20th century, the most deadly and destructive of recorded history: The Great War of 1914-18, the rise of Adolf Hitler and the Third Reich, the Second World War and the defeat of Nazi Germany. Caught up in these historic events are Fred Brown, an American hero of the Great War, his son Ernest, a hero of World War II, and their European wives.

Copies will be available in the Gift Shop with all proceeds donated to the Residents Association. A reading by the author is scheduled for **Tuesday, January 7 at 10:30 am in the Lecture Hall**.

Refreshments will be served, and books signed.

- Bob Huddleston

Display Cabinet

In **December** the display will feature an inanimate menagerie collected by Di Hutchison: a bronze, a French black leopard, an elephant step stool, a rocking horse, Baccarat pumas, a fox and a bunny – just a part of her collection to be exhibited.

The **January** display will show souvenirs collected by Alice and John Haynes during their many trips through the years. This collection is a happy reminder of their travels together.

- Betty Lindsay

Holiday Books

An assortment of holiday books will be available in the Library around Thanksgiving. They will be shelved on the back of the bookcase closest to the windows.

Happy holidays and happy reading!

New Library Books

Check the New Book Acquisitions on a Library sidebar on *MeadowLife* for a complete listing of new books added to the Library each week.

Fiction

Running in the Field, John le Carre
The Family Upstairs, Lisa Jewell
Red at the Bone, Jacqueline Woodson

Marilou Is Everywhere, Sarah Elaine Smith

The Guardians, John Grisham
Olive, Again, Elizabeth Strout
The Man Who Saw Everything, Deborah Levy

Giver of Stars, Jojo Moyes

Large Print

Nine Perfect Strangers, Liane Moriarty

Before and Again, Barbara Delinsky

Leverage in Death, J.D. Robb

Mystery

Blue Moon, Lee Child

A Cruel Deception, Charles Todd

The Night Fire, Michael Connelly

A Bitter Feast, Deborah Crombie

The Long Call, Ann Cleves

Biography/Biography Collection

Finding Chika, Mitch Albom

Non-Fiction

No Stopping Us Now, Gail Collins

Art Gallery Exchange

Artists, please mark your calendars. The Art Guild's Gallery Exchange of resident's artwork in the Club Center will take place on **Saturday, February 1**. We welcome anyone who wishes to exhibit their original work – no matter when it was created. Bring your art pieces to the Board Room between **10 am and 2 pm on February 1**. Call me, Bev Milton (919) 967-1254, or Susan Durfee (919) 942-6655, if you have any questions.

Art In the Meadows



Artists of the Month Exhibits in Art Studio

November 16-December 31

"All in the Family" show. Art by parents, siblings, children, grandchildren, other relatives of Carolina Meadows' residents.

January - Palette Knife Painting Class

February - Staff Art Show

Impressionistic Painting Class – Five Wednesdays, January 15–February 12, 10:30 am–12:30pm.

Taught by Karin Neurith. Skill level: advanced beginners and above; acrylics or pastels; cost \$100. Learn several techniques to create impressionistic paintings. Students will work on abstracting the details of the scene, using broken color and capturing the light. For more details and sign up, see the Signup Book in Club Center Lobby or contact Margaret Zircher (919) 967-1102.

Watercolor "Seminar"- Thursdays, 10 am-noon, Art Studio.

Bring paintings you have finished or are working on to share with the group for comments and shared learning.

Art Studio Schedule - Come paint and create when room is not in use. The Art Studio calendar can be found on the Art Studio bulletin board calendar, and on <https://meadowlife.org/activities/art-guildgallery-exhibit>.

- Margaret Zircher

New DVDs

Purchased DVDs:

- *Blinded by the Light*, 2019, PG about a Pakistani family who immigrates to England.
- *The Sentence*, 2018 Documentary about the long-term difficulties one family encounters after a minor crime results in a minimum 15-year mandatory sentence for one of its members.
- *The Peanut Butter Falcon*, 2019, a comedy about a young man with Down's Syndrome who runs away from his residential home to pursue his dream of becoming a professional wrestler.
- *The Farewell*, 2019, PG, a well-acted drama/comedy, set mostly in China (some subtitles, but mostly in English), about a series of complicated and touching family interactions.
- *8th Grade*, 2019, R, a well-acted and perceptive movie about the troubles of an eighth-grade girl that may bring back happy and/or "cringe-worthy" memories.
- *The Catcher Was a Spy*, 2018, R, a suspenseful thriller based on the true story of the professional baseball player Moe Berg who became a World War II spy.
- *Toy Story 4*, 2019, G, the latest movie in this popular, well-reviewed animated series.

Donated DVDs:

- *Big Chill*, 1998, R, the iconic film about a group of college friends who reunite at a funeral.
- *The End of the Affair*, 1999, R, based on a Graham Greene novel with Julian Moore and Ralph Fiennes.

- *Finding Nemo*, 2003, G, animated, heartwarming tale of an underwater world.
- *Four Musicals: Gigi, Can-Can, Oliver and Show Boat*

- Andrea Miller

Films for December 2019 – January 2020

Shows start at 7:15 pm in the Auditorium

December 7 *Hopscotch* (1980)

1 hr, 46 min – Rated R

Walter Matthau, Glenda Jackson

One of the CIA's top international operatives, Miles Kendig is suddenly relegated to a desk job in an agency power play. Unwilling to go quietly, Kendig begins writing a memoir that exposes the secrets of every intelligence agency in the world.

December 14 *The Lion King* (2019)

1 hr, 58 min – Rated PG

Disney's *The Lion King* journeys to the African savanna, where a future king overcomes betrayal and tragedy to assume his rightful place on Pride Rock.

December 21 *Welcome to Marwen* (1992)

1 hr, 56 min – Rated PG 13

Steve Carrell, Leslie Mann

When a devastating attack leaves Mark Hogancamp shattered and without his memory, no one expected recovery. But by putting together pieces from his old and new life, Mark meticulously creates a wondrous fantasy world, where he draws strength to triumph in the real one.

December 28 *Never Look Away* (2018)

3 hrs, 9 min – Rated PG – GERMAN w/ English subtitles

(Continued on p. 9, "Films")

(Continued from p. 8, "Films")

In this absorbing drama based loosely on the life of visual artist Gerhard Richter, an art student trying to get past the trauma of growing up in Nazi Germany, falls for a fellow student. But her father – an ex-Nazi – is bent on keeping them apart.

January 4 *Steel Magnolias* (1989)

1 hr, 59 min – Rated PG
Sally Field, Olympia Dukakis, Dolly Parton, Shirley MacLaine

This bittersweet drama follows the abiding friendship among five tight-knit women who congregate at a beauty parlor in a small Louisiana town to laugh, cry and discuss their lives.

January 11 *Conspiracy* (2001)

Collin Firth, Kenneth Branagh

At the height of World War II, 15 government officials and SS Commanders attended a conference on the outskirts of Berlin. It was a simple meeting which, by the end, would decide the fate of six million lives.

This BBC movie is based on the only surviving record of that meeting, which would stand as the blueprint for Hitler's final solution.

January 18 *All is True* (2018)

1 hr, 41 min – Rated PG
Kenneth Branagh, Judi Dench, Ian McKellen

The year is 1613 and William Shakespeare is acknowledged as the greatest writer of the age. But disaster strikes when his renowned Globe Theatre burns to the ground.

Devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family. Haunted by the death of his only son, Hamnet, he struggles

to mend the broken relationship with his wife and daughters. In so doing, he is ruthlessly forced to examine his own failings as a husband and father.

January 25 *A Star is Born* (2018)

2 hrs, 16 min – Rated R
Bradley Cooper, Lady Gaga, Sam Elliot

Seasoned musician Jackson Maine (Bradley Cooper) discovers—and falls in love with—struggling artist Ally (Lady Gaga). She has just about given up on her dream to make it big as a singer until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons.

Tuesday at the Movies

2 pm, Auditorium

Tuesday, December 10

The Mouse that Roared

1959 – Not Rated – 1 hr, 23 min

The world's smallest country stays afloat by exporting wine to America. But when California bottles a cheaper version, bankruptcy looms. So, they take matters into their own hands by waging war against America.

Tuesday, January 14

The Importance of Being Earnest

1952 – 1 hr, 35 minutes – Not Rated

Oscar Wilde's turn-of-the-century social satire is a delightful, charming story of words and misunderstandings. Two men escape social obligations by pretending to be someone they're not.

Holiday Gift Shop Hallway Sales

- Nov 22 (Fri) 10 AM to 2 PM – 10% off GIFTS
- Dec 6 (Fri) 10 AM to 2 PM – 10% off BLOUSES & HANDBAGS
- Dec 12(Thu) 10 AM to 2 PM – 10% off JEWELRY & SCARVES

PLUS: Sunday Hours 12-2 PM Dec 8, 15 and 22.

We will be replenishing our merchandize on Dec 7-8 – so stop by to see the new items.

Also, we will be open Wed. Dec 11 at 3 P.M. before the Meadowsingers concert at 4 P.M.



Shop Locally at YOUR Gift Shop

ACTIVITIES

Two Bird Walks in December

Winter Visitors Bird Walk 8 am, Saturday, December 7

This fall, birds have been migrating from further north or passing through to their southern wintering grounds. Tom Driscoll, past president of New Hope Audubon Society, will lead a bird walk on the Carolina Meadows campus to look for our winter visitors. Tom will help us learn about the birds in our neighborhood at this interesting time of the migration cycle and prepare for the CBC.

Christmas Bird Count (CBC) 8 am, Sunday, December 22

Steve Graves, the leader the annual CBC bird walk, will identify the birds, collect the data and share his vast knowledge about the birds of Carolina Meadows. Steve began counting birds in this area before Carolina Meadows existed.

Both bird walks will take about two hours. Participate as long as you like. Gather in the **Club Center Lobby at 8 am**. No experience required. Bring binoculars if you have them. Golf carts are welcome.

Please contact Margaret Scott (919) 929-1281 or <mt_scott@mindspring.com> to sign up for the bird walks so we know to expect you or can notify you of any changes.

Bonus! Residents can also count birds at feeders on **December 22**. Contact Margaret Scott to register and receive the instructions. Completed forms are due to Margaret Scott by end of day on December 23.

For more information, visit Birders @ CM in the Hobbies section of the Activities Tab on *MeadowLife*.

- Margaret Scott

Genealogy Group December

Find A Grave: Tips and Tricks

Mary Ann Loss, our guest speaker, will present a very interesting and informative program on locating our ancestors' gravesites on **Tuesday, December 3 at 2 pm in the Board Room**. The program will include the basics and the advanced possibilities of helping with the search of the gravesites.

Mary Ann has a very impressive background of service in the Army and Army Reserve for 25 years, including her work at the US Army Field Station, Camp Hum-

phreys, in Korea. Her subsequent positions were work in newspaper editing, educational publishing, community and media relations as well as marketing.

She has spent the past eight years dedicated to <findagrave.com> primarily adding records for extended family, veterans, friends and local cemeteries. At the conclusion of her presentation, Mary Ann will ask participants what they need to know about researching in New York.

The meeting is open to all residents.

- Ruth Muller

Game Club

Let's get together! Try a new game or enjoy an old favorite with friends and neighbors. We'll play **every Thursday in the Game Room from 11 am-noon beginning on January 9**. We'll start off with a mentally challenging classic, Trivial Pursuit on the 9th, then on the 16th I'll introduce you to Bananagrams (most similar to Scrabble, but has a faster pace), on the 23rd the popular and easy card game UNO, then on the 30th let's play Charades! Hope to see you there.

- Kris Snyder, Activities Director

Genealogy Group January

Sunny Morton, a renowned American genealogist, gave this presentation, "Comparing the Genealogy Giants: Ancestry, Family Search, Find My Past and My Heritage" in London, England on October 25, 2019 at the now famous Rootstech Conference.

This 46-minute video compares some of the most important current genealogy resources available. If you are considering obtaining access to one of these "giants", then this presentation may just be what you need. Please come and join us in the **Board Room on Tuesday, January 7 at 2 pm!**

Sunny Morton is an internationally-known genealogy educator: a Contributing Editor for *Family Tree Magazine*, an official FamilySearch blogger, the NGS-award-winning editor for *Ohio Genealogy News* and a past Contributing Editor at Lisa Louise Cooke's Genealogy Gems Podcast.

- Ruth Muller

Community Outreach Corner

Are you looking for ways to give this season? There are so many ways that we can share our good fortune to be living at Carolina Meadows!

Through Donations:

Warm clothing drive: During the months of December and January, there will be a container in the Residents Business Center to accept your donations of CLEAN and gently used coats, jackets, vests, sweaters, hats, scarves, gloves, etc. Your generous donations will go to PACE (Program of All-Inclusive Care for the Elderly) in Pittsboro. PACE provides comprehensive health care and services that allow individuals 55 years and older who qualify for nursing level care to remain in the community with their family and friends. Contact Marie Lauria for further information.

The Chatham Cares Community Pharmacy in Siler City always welcomes donations of any items you might find in a pharmacy. Faith Hairston in the Carolina Meadows Clinic accepts donations. Also, you can contact Lynn Ogden at (919) 968-6910 for information or for pick-up of larger items.

Through Volunteering:

Literacy Tutors – Contact Pat DeTitta or Carol Fox for more information about tutoring adults who are learning English and/or earning citizenship.

Chatham County Schools:
<<https://www.chatham.k12.nc.us/Page/21004>>

Chapel Hill-Carrboro Schools:
<<https://www.chccs.org/volunteer>>

Learning Trail (right across the street from Carolina Meadows) needs volunteer tutors. Contact <www.thelearningtrail.org> for more info or email President Susan Morris at <suzanne@thelearningtrail.org>.

Habitat for Humanity: Contact Rachel Horowitz at (919) 542-0794, ext. 228 or <rachelh@chathamhabitat.org> or visit <<http://chathamhabitat.org>>.

CORA Food Pantry in Pittsboro: Go to the following website to sign up for volunteering. A staff member will contact you and help you arrange training. Contact Lydia Berrong at (919) 240-7577 for further information. <<https://www.corafoodpantry.org/>>.

Exciting upcoming event!

Cheer on Chef Jody and Support a Good Cause!

Carolina Meadows is thrilled to be participating in the 2020 Share to Care Gala on Saturday, February 22 at the Fairview in Raleigh.

Consider joining in on the night of casino fun and entertainment. Our own Chef Jody McLeod will be competing in the Chef Challenge that evening! The audience votes on their favorite and a team of judges awards the Golden Fork. It is a wonderful opportunity to highlight the talents of our dining team and to also benefit Transitions Guiding Lights, a caregiver support charitable organization.

To purchase tickets or learn more, please visit <sharetocareevent.com>.

Contact Judy Jones if you need more information.

- Judy Jones

Activities Expo

January means it is time again for our annual Activities Expo! Set up very much like our very popular Wellness Fair, the Activities Expo gives everyone an opportunity to speak to a representative from each of our committees and activity groups. Residents Association groups as well as your Activities Department's offerings will be represented.

If you have been wondering what the Community Outreach committee has been up to or would like to know what "Knit and Stitch" is all about, come by on **Wednesday, January 15 from 10 am-noon in the Auditorium**. Some groups may be looking for a new leader, while others are interested in increasing participation. What a great time to fulfill that New Year's resolution to join in on more fun and interesting endeavors.

- Kris Snyder, Activities Director

Improv Classes?

Ever been curious to try an improv class? Keep a lookout for upcoming classes in 2020. Our instructor will be Jane Allen Wilson, who is a member of the Transactors Improv Co. She has performed in improv assemblages at ComedyWorx and Common Ground Theater. Some will remember her occasional performances in plays with The ArtsCenter Performs, Denning Seven, Shakespeare & Originals, and the Dog and Pony Show for Manbites Dog Theater, among others. Jane Allen also performs interactive improv for teaching purposes for Duke Hospitals and she performs improvised songs, stories, and sound effects with an experimental music group, Quisp!

- Kris Snyder, Activities Director

Community Gardening

We are in the beginning stages of rebuilding the raised garden plots. When the garden area was relocated in 2012 and new raised beds built, an unfortunate choice was made. Relatively thin landscaping timbers were used for the sides of the 72 beds. As early as 2016 these timbers were seriously rotting, and we already have had to replace six beds.

Over the next three years all of the remaining 66 beds will have to be rebuilt, using six-by-six-inch timbers, along with a plastic liner. These new raised beds should last well over 10 years. Our goal is to do no less than 20 beds over the winter/early spring season of 2019-20. So far, one raised garden has been rebuilt this fall. Another 19 or so remain to be done over the next few months.

Now is the time of year when we gather requests for gardening space from prospective new gardeners (gardeners from this year will be asked whether they want to renew sometime in the month of December). A potential new gardener can obtain a 2020 raised bed application by emailing Alan Tom <alantom@mindspring.com>. A resident can also request garden space any time during the year.

Next summer we will continue the shared herb garden (plot # 59) and we are starting a cut-flower space (plot yet to be selected). Any resident can harvest herbs or flowers from these two community plots.

We also hope to explore how composting can be done on a shared basis, but that will require finding space for a community compost pile or two. It may be possible to collaborate with dining facilities. More on this topic later.

- Alan Tom and Margy King

CM Estate/Tag Sale Find a Bargain and Help the Community on St. Paddy's Day!

On **March 17 and 18, 2020**, CM residents, staff, families and friends will have an opportunity to explore and purchase a treasure trove of gently recycled items in the Auditorium during a **community-wide Estate/Tag Sale**. Examples of items available for sale at bargain prices are: jewelry, furniture, household furniture and furnishings, art, small appliances, musical instruments, luggage and golf clubs. All items are being donated by CM residents. Proceeds will be used as follows: 1/3 to benefit employees, such as with scholarships; 1/3 to Chatham County charities; and 1/3 for campus-wide projects.

Donations will be accepted, beginning in early January 2020, at a specially designated mobile storage unit. The location of the unit

will be announced at a later date. A comprehensive list of acceptable donations can be reached from a sidebar link on the Residents Association page of *MeadowLife*, or by using this link: <<https://meadowlife.org/residents-association>>.

Lots of volunteers will be needed to make the sale go smoothly. If you would like to be a part of this exciting and challenging event, or if you have questions about donating or any other aspect of the sale, contact Carol Coile at <coileca@yahoo.com> or (919) 889-4221; Barbara Walburn at <barwalburn@gmail.com> or (919) 967-6853; or Anita Hennis at <rshennis30@gmail.com> or (919) 942-4549.

Watch your neighborhood mail kiosks, bulletin boards, Club Center and Fairways mailboxes, as well as *MeadowLife* and *Meadowlark* for more details as we approach St. Patrick's Day 2020!

MeadowMinds

This **brain fitness class** is interactive and fun! It is for those who have a pretty good mind and want to keep it that way. We do activities that exercise different parts of your brain, such as language, problem solving, logic, attention and visual spatial skills. There are five areas of total brain health. This class addresses Mental Stimulation, and we will discuss the others, which are Nutrition, Physical Activity, Spirituality and Socialization.

Class meets on **Tuesdays** from **11 am-noon in the Activities Building Conference Room, January 7 through February 25**, a total of eight weeks. Your facilitator

will be Sarah Blake, a Chapel Hill native, who has worked in the field of cognitive care for over eight years. Prior to coming to Carolina Meadows in 2016, she ran a business that specialized in the support of individuals experiencing cognitive changes while aging in place. She is passionate about brain fitness, neuroscience and maintaining cognitive function as we age. Sarah is certified as a CARES Dementia Specialist and currently provides dementia training for volunteers at Carolina Meadows. Space is limited to seven participants. Please sign up in the Activities Sign-Up Book.

- Kris Snyder

Recycling and Conservation News

Egg cartons: You may have noticed that foam egg crates are piling up in the Residents Business Center. That's because the farmers that used to accept them for reuse don't want them anymore because they are not recyclable. They would take paper and plastic, but we don't have to go to the Farmers Market for that – we can recycle those at Carolina Meadows because Vice President for Dining Todd Ohle sells eggs and he reuses them. So, if you buy eggs with Home Shopping, you may see your paper or plastic egg cartons again. And again. But please stop bringing foam egg crates to the RBC. Feel free to tell your supermarket that you don't want the foam ones anymore. Or tell them and then switch markets.

Plastic: How to worry less about China's not taking our recycled plastic: There's good news about local companies taking recycled plastic in order to ready it for re-manufacturing. We know of four in North Carolina and at least nine in other states. It's part of a national movement to remanufacture locally, which mean less fossil fuel dredged up to make it and burned to haul it around.

Alkaline batteries: We have said no-yes-no-yes on alkaline batteries this year. Sorry for the confusion. We and Carolina Meadows Plant Operations have been exploring various options for places that accept and recycle them. We will let you know as soon as we have what we hope will be a long-term solution.

- Judith Ferster

MLK Diversity Program

The committee for Diversity and Inclusion will sponsor a program in the **Auditorium on January 20 at 3 pm** to celebrate and honor Dr. Martin Luther King.

The program will feature the MLK chorus composed of residents and staff under the leadership of Angela Lee who also conducted last year's program. There will be a rehearsal for the chorus on Monday, January 13 at 3 pm. Those interested in participating in the chorus should sign up in the notebook outside Jody's office.

December-January Activities

Sign up in the sign-up book Southern Supreme Tour & Shopping / Lunch at Pittsboro Roadhouse

Thursday, December 5

Deadline: **Monday, December 2**

Cost: \$12.50 per person/lunch

Dutch treat Load: **10:30 pm**

Funky Lunch Bus!

Wednesday, December 18

Carolina Inn

Deadline: **Monday, December 16**

Load: **11 am**

Funky Lunch Bus!

Wednesday, January 15 TBD

Deadline: **Monday, January 13**

Cost: approx. - \$8.00 per person

Load: **11 am**

Chamber Orchestra of the Triangle – Rebels with a Cause
Sunday, January 12

Deadline: **Wednesday, January 8**

Cost: approx. \$44 per person

Load: **2 pm**

Sacred Threads Quilts Travel

Exhibit Date TBD in January – keep an eye on the signup book!

Speed Friending – A New Way to Meet People at Carolina Meadows

2 pm, Game Room

Friday, December 6 & January 3

Please note that Speed Friending has been changed to the **first Friday of each month**.

Whether you have been at CM for many years or only a few months, it can be difficult to meet people unless someone introduces you. You may want to get to know someone better whom you have seen in one of your classes or volunteer activities or find some folks with common interests.

Try this enjoyable "getting-to-know-you game" yourself or bring a friend or neighbor so you can both expand your connections here in our Carolina Meadows home. Please sign up in the Activities Sign-up Book.

Golf Report

The annual Carolina Meadows Championship Tournament was held on October 16 and 17. The Men's repeat champion was James King with a two-day total of 62. In second with 63 was Dick Muirhead and third was Gus Conley with 64. The Net Champion is Dwayne Campbell, who had a net 50; second was Len Strobel at 51; and third was Gene Guido with 53. Winners were recognized at the golf awards luncheon on October 18.

The commentary during lunch concerned what great shape the greens are in this year after the conversion to zoysia this summer.

We will continue to have Saturday play days as long as the weather permits. The signup sheet will be in the sports book by noon on Monday.

- Gus Conley

New Workshop

The Gift of Written Memories

On **January 7 (10 am, Auditorium)**, Carolyn Holt will begin offering a ten-meeting workshop, The Gift of Written Memories. Triggered by weekly assigned topics, participants will reflect on memories and begin writing them down, thus exploring the meaning of their lives. Stories will be shared in the workshop with a small group of fellow residents.

The workshop will provide questions designed to evoke memories. A small library of books on writing autobiography and memoir will be available for borrowing.

As Kierkegaard said, while life "must be lived forwards, it can only be understood backwards." Writing done for the workshop will make wonderful gifts for loved ones, as well as potential submissions to *Voices*.

Workshop sign-up begins on Tuesday, December 3. If you would like to attend, send an e-mail on December 3 to <carolynholt@mac.com> that 1) gives your name, e-mail address and phone number; 2) includes a brief statement on why you are interested in the workshop; and 3) indicates how many of the ten workshop meetings you can attend.

- Carolyn Holt

Jewelry Design and Repair

1-4 pm, Art Studio

**Monday, December 2 and
January 6**

For all experienced jewelry makers; open classes are \$10 per afternoon. Jewelry repairs may be dropped off at any time between 1-3 pm on the scheduled monthly open classes. If you would like to have a beginner's session, please contact Eva directly at (919) 797-0289.

African Drum Circle Class with Diali Cissokho

3-4 pm Board Room

NO CLASSES IN DECEMBER

Fridays, January 10 & 24

\$15 per class

Join Senegalese musician Diali Cissokho for a lively five-week beginner djembe drumming class! Diali is from a "griot" family, the musicians of West Africa tasked with passing down the history of their communities through song. Diali relocated to the US in 2010 and brought with him a vast knowledge of traditional and contemporary West African music, which he loves to share with groups of all ages and experience levels. No experience necessary. Drums provided.

Wellness Corner

Holiday Hustle: Chair aerobic dance event! Led by Kim Conway. Tap your toes and swing your arms to your favorite holiday tunes, all while sitting in a chair! This fun and energetic workout is sure to increase your heart rate and put you in the holiday mood! A great workout for all levels of fitness. **Thursday, December 12 at 4 pm in Exercise Studio.**

12 Days of Fitness Challenge, December 1-12. Packets will be available in the Exercise Room and Meadow Life Fitness and Health page. Complete the challenge and return the journal to the Wellness Department by **December 17** to be entered to win an Alexa!

Annual Reindeer Romp, Wednesday, December 18. Meet in the **CC Lobby at 3 pm** for either a one-half or one-mile community walk, followed with cider, hot

chocolate, reindeer cookies and shared recipes!

Parkinson's Wellness Recovery Moves, offered by Certified Instructors Nancy Alton and Michelle Marino. **Tuesdays 1:30-2:15 pm** beginning **January 14**. Located in the **Exercise Studio**. Cost is \$7 per session billed to your CM account. This Parkinson-specific exercise class will teach you how to move bigger and faster in everyday life and counteract PD symptoms! As you learn these PD-specific skills, you will be challenged physically and cognitively to do more than you think you can in a fun, supportive environment.

A Matter of Balance Eight-Week Series, Thursdays, January 9-February 27, 10:30-11:45 am in the Auditorium. Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults. No cost, but space is limited. Register in the Wellness Book.

Soul Collage is a creative and satisfying process. The activity is a tool to intuitively discover or deliberately intention a story using word pictures. You make your own collage from magazine pictures. The result may represent an aspect of your personality or your self-discovery that becomes your unique message in a creative medium. Please join us in the **CC Lobby on Wednesday, January 22 anytime between 11 am and 1 pm.**

DIGITAL SUPPLEMENT

Halloween 2019: Photographic Memories

Having already celebrated Thanksgiving and preparing for the rush of the holiday season, Halloween may be a distant memory. But we celebrated it at Carolina Meadows just a month ago, and fond memories remain of the decorated pumpkins and costumed participants in the Halloween Party.



Autumn Festival in the Park

They say that “three’s a charm,” and so it was for the twice-postponed “Autumn Festival in the Park.” It finally took place on Sunday, November 3. If it had been delayed any longer, it might have had to be renamed “Winter Festival in the Park.”

Over 100 people, including residents, staff and members of the Webb family, attended the festival and dedication ceremony honoring Markus. Plans are to remember others in the future, the first of whom is the late John McWhirter.

- Judith Pulley



The chimes



Members of the Webb family



At left, Bev Milton and Clarence Whitefield, ready to entertain with his famous harmonica



John Haynes and Eleanor Morris

The Dining Services Committee Goes on the Road

We all are justifiably proud of the high quality of the food served at Carolina Meadows. This is a tribute to our outstanding Dining Services management and our amazing Chef Jody, who brings out the best in his staff. However, as any experienced cook will tell you, great food requires quality ingredients.



And so, nine members of the Dining Services Committee (DSC) joined seven members of our Dining Services staff to visit our major food supplier, US Foods in Zebulon. On the way we were served hot homemade chocolate and spiced tea prepared by our chefs.



We were greeted with a digital welcome in the foyer.

Randy Wilder, District Manager, gave us an overview of US Foods, which has distribution centers throughout the country.

He began by stating that Carolina Meadows, with Todd Ohle and Chef Jody, is blessed with a "staggeringly talented culinary team. Not every restaurant is that

fortunate." US Foods' strategy is based on three commitments: Great Food, Made Easy, Delivered with Excellence. Great Food encompasses Great Brands, Best in Fresh, Local and Sustainable, and Product Innovation.



District Manager Randy Wilder

Many of their exclusive brands promise "no unpronounceable ingredients," such as artificial flavors and colors, hydrogenated oils, etc.

The most recent initiative, product innovation, is called *Scoops*. Consulting famed chefs throughout the country, US Foods introduces 30 innovative products three times a year, seeking to ensure that their clients can offer their diners the latest in culinary trends.

The Carolina Meadows team was treated to a taste of some of these products at lunch and can attest to their excellence.

Carolina Meadows is a "high value" customer and has a representative from US Foods who can speak the language of our very experienced chef. Jimmy Reale, who was Executive Chef at the Carolina Inn for seven years, fills this role and is on our campus twice a week, consulting and ensuring that our needs are being met.

Next the CM visitors got "up close and personal" with the food by entering the 450,000-foot food

storage area, with enormous food lockers held at the optimum temperatures for the types of foods stored therein. Donning safety vests and steel-toed shoes, we experienced temperatures ranging from 45 degrees to 17 degrees below zero. Parkas would have been appreciated!



Jordain Willis, Chef Jody McLeod and DSC Chair Judy Bauman

If a company can be judged by the quality and commitment of its 650 employees, US foods seems to be a success.

All of those who interacted with us spoke of the company and their fellow employees with genuine enthusiasm and affection. Most are long-time employees. Promotion from within is the usual rule. And all employees hold shares in the company, making for a loyal workforce.

The Dining Services Committee members are grateful to our Dining Services staff for providing us with exposure to another critical component of our dining experience.

- Judith Pulley

From the Archives: Four-Day Power Outage

Most of us have forgotten the few hours without power that accompanied last December's snow-storm. A minor disruption. On the other hand, seventeen years ago, in December 2002, Carolina Meadows was without power for **four days**. A severe ice storm cut off power and heat for more than two million people in the Carolinas. A lengthy article in the *Chapel Hill News*, with the headline "Retirees pulled together to weather the ice storm," described the experience.

Although a few residents spent the time with relatives living nearby or in area motels, most stayed put in their villas and apartments even though house temperatures dropped into the

40s during the night. (True neighborliness was expressed by some kindly folks in Governor's Club and Southern Village who offered to house residents.)

Vice President of Dining Services Mark Maxwell and his staff "did an amazing job of feeding the hordes of residents who descended on the Dining Room each noon-time." Residents were encouraged to take home a sandwich for their evening meal and not to venture out after dark.

Some did not heed that advice and "the Club Center became a gathering place, as many residents fled their cold and darkened villas and apartments." Club Center rooms were put to use for reading

and TV-watching. A larger than usual crowd attended the Saturday evening movie in the auditorium. CEO Rob Boening quipped, "I know we had a big crowd. I swept up the popcorn afterwards."

The Auditorium was put to more practical use as well. Carolina Meadows had stocked a supply of foam mattresses and on three nights, when the outside temperature dropped into the teens, up to 50 residents slept in the Auditorium or on Lobby armchairs and sofas.

The full article, as well as many other historical documents, can be read in the archives, located in the lower level of the Club Center.

- Bill Powers

In Case You Missed It

Summaries of some lectures presented during the past month

Locating the Exoplanets

On **November 2**, Professor Brand Fortner delighted us with another Astronomy lecture at **Serendipitous Saturday**. This time the subject was exoplanets – that is to say planets around stars other than our sun. Only a generation ago scientists did not know if such things existed, and many thought that even if they did, they would be rare. Recent observations not only show that exoplanets exist, but also suggest that practically every star in the Milky Way probably has several planets in orbit. The study of exoplanets provides information that helps astronomers deduce the formation and evolution of stars.

In addition to such basic science goals, much of the impetus to

study exoplanets has to do with the question of whether there is life elsewhere in the galaxy. Studies are very difficult to carry out. Nobody has ever seen an exoplanet with a telescope. Most exoplanets were detected because, when they pass in front of their host star, they dim its luminosity ever so slightly. A giant planet the size of Jupiter might reduce luminosity by 1%, one the size of Earth by as little as 0.01%. The reason these minuscule changes can be detected is because, if they are caused by a planet, they repeat in a very periodic way.

Another process used to detect exoplanets is that by rotating around their star, they cause the star itself to wobble in its position. From the reduction in luminosity and wobble, these clever fellows

can figure out the size, the mass and the distance from the star of these planets. They can then focus on those planets that may be habitable, not too close (too hot) or too distant (too cold). Further, the quality of the light coming from there lets scientists know what elements are present. Given the properties of the various elements and the complex chemistry of living forms – it is thought impossible for life to occur in the absence of carbon (C) and water (H₂O) – this then allows one to further narrow down planets that may be habitable. Some 4,000 exoplanets have been detected. Several dozens of them might be habitable.

These very accurate observations require orbiting telescopes,

(Continued on p. 18, "Exoplanets")

(Continued from p. 17, "Exoplanets")

free from the distortions of Earth's atmosphere. Most were carried out by the Kepler mission, which ended in 2015. Scientists are still analyzing that data. Several new space observatories are expected to come online in the next few years. Hang in there. If you want to learn more, Professor Fortner teaches an OLLI course in modern astronomy.

- Gustavo Maroni

Oh! The Stories These Paintings Can Tell

CMU, October 28 and November 4

According to Rhonda Wilkerson, UNC educator and North Carolina Museum of Art Docent, the typical visitor to an art museum spends about 30 seconds in front of each art object. That should be sufficient time to take in the color, form, maybe the subject, and decide whether one "likes" it. Beyond that, not much.

Dr. Wilkerson provided her audience with a lesson in how to arrive at a better understanding and appreciation of works of art with which we may be unfamiliar. First, she asked everyone to examine the work of art on the screen, looking at the major figure(s) as well as the other personages, animals, and objects surrounding it. Discuss with the person seated beside you what you see. Then she asked the audience members to share their impressions with her.

OK, now we're getting somewhere. But the next question was more challenging: what story is the painting telling us? For the works featured in Wilkerson's presentation, mostly from the 18th century, but some earlier, it helps



Pierre Peyron, *The Death of Alcestis*, 1794, NC Museum of Art

to be familiar with Greek and Roman mythology. Lacking that, one needs either a well-annotated catalog or, even better, a docent as talented and entertaining as Dr. Wilkerson.

An examination of *The Death of Alcestis* (1784, in the NCMA) was carried through several other paintings and sculptures, all related to the story. Alcestis, the beautiful daughter of King Pelias, was sought by many suitors. The winner was King Admetus. As a wedding gift from Apollo, whom Admetus had earlier aided, provided him with immortality, but with a catch: if ever Admetus became sick to the point of death, he might be well again if someone else would volunteer to die in his place. The couple lived happily together for years, until Admetus fell ill and no one would take his place on the death bed, except Alcestis.

Shortly after her death, Herakles (Hercules in Roman mythology) arrived and, upon learning of the death, traveled to the underworld and freed the queen. But the story of Herakles does not end there, as he has been condemned to perform 12 labors.

With this background, Dr. Wilkerson guided the audience through several more works of art – *Alcestis Rescued from the Underworld*, *Herakles*, *Neck Amphora with Herakles*, *Farnese Herakles*, and *Apollo* – illuminating and tying together artworks from several eras through one story.

Many other myths were similarly recounted, providing greater understanding of the many works of art featured in the lecture and providing all in the audience with a lesson in how to get the most out of a trip to the museum – find a good docent!

- Judith Pulley

'Tis the Season to Imbibe

December at Carolina Meadows is busy with festivities. Whether you partake in Christmas, Hannukah, Kwanza, Winter Solstice, Los Posadas, Diwali or the Chinese New Year, odds are your calendar may be full of opportunities to mix, mingle and raise your glass.

The consumption of alcohol is tied to having fun, being social and celebrating special occasions. Imbibing can increase self-assurance on good days as much as it can reduce stress on bad days. For many, alcohol is part of a daily diet, a routine intersecting private and public areas of life. And interestingly, research has shown that alcohol use increases with wealth and higher income earners consume more alcohol than lower income earners. In some cultures and communities, drinking is not only a social standard; it's socially expected.

Those who refrain from using alcohol sometimes get overlooked or are avoided, left feeling ostracized or judged by a culture where liquor is glorified by its consumers. Unfortunately, the consequences of alcohol consumption don't get much press despite the fact that more than 60 medical conditions including liver disease, depression, cancers and dementia are worsened by using alcohol. If that isn't grave enough, a large glass of wine packs as many calories as a chocolate bar! That sugar breaks down collagen which leads to wrinkles and sagging skin.

Alcohol abstinence is appropriate for those who abuse alcohol and others with alcohol dependence. This message is for those who realize their drinking may be

in excess, maybe not an addiction, but a routine that may need to be reassessed. While you may not want to give up drinking altogether, you are open to the idea of being mindful of your drinking. Studies show that you are not alone as evidenced by The National Survey on Drug Use and Health, which noted a small yet significant decline in alcohol use from 2014 to 2015.

A more recent survey found a third of its respondents want to reduce their alcohol intake. There is a growing trend of people who are more intentional of their relationship with alcohol and are making conscious decisions to drink less *and* less often. Still others identifying as the "sober curious" will be atoning for indulging in excessive amounts of holiday spirits by joining others for Dry January, a month-long experiment in sobriety started by the Club Soda group's founder, Ruby Warrington. The group's intent is not to cease drinking; it's more about cultivating mindfulness around drinking and questioning alternative efforts toward putting "bliss in their life."

Research has shown that practicing sporadic abstinence promotes mindfulness and intentionality, illuminating bad habits in relation to alcohol consumption. Taking a break and then gradually reintroducing alcohol provides for more thoughtful decision-making and conscious awareness of why one chooses to drink alcohol... or not. In the coming weeks opportunities for consumption of alcohol will increase as well as your choices to partake, substitute or abstain, and be mindful of your drinking.

- Laura Begin, LCSW, CT

Chapel Hill Historical Society Honors Danziger Family

Each year the Chapel Hill Historical Society honors individuals and couples for their contributions to the area by designating them as "community treasures." Several Carolina Meadows have been named in the past. This year long-time CM resident Erwin Danziger will accept the honor on behalf of his family.

Threatened by the Nazi regime in Austria, the Danzigers fled to the US, ending up in Chapel Hill where they opened several businesses. Among them were a Viennese-style coffee chop and confectionary, the famed Rathskeller in Amber Alley, the Ranch House, and the Villa Teo, now the location of Whitehall Antiques.



Danziger Stueberl

Theirs were the first businesses in Chapel Hill to hire people of color into managerial positions. They also supported a teen center in the basement of the post office and opened the Ranch House for community parties and theatrical events. Erwin is the sole surviving Danziger.

- Judith Pulley

December 2019-January 2020

DAY	DATE	TIME	EVENT	LOC	PAGE
December, 2019					
Sun.	1		12 Days of Fitness Challenge		14
Mon.	2	1:00 PM	CMU: "History of Furniture in America" (18th century)	AUD	3
		1:00 PM	Jewelry Design and Repair	AS	14
		7:30 PM	Music @ Meadows: UNC Chamber Singers	AUD	5
Tues.	3	2:00 PM	Genealogy Group: "Find a Grave"	BR	10
Thurs.	5	10:00 AM	Watercolor "Seminar" every Thursday	AS	8
		10:30 AM	*Southern Supreme Tour	CCL	13
Fri.	6	10:30 AM	World Affairs: "Immigration: Why Don't They Get in Line?"	AUD	4
		2:00 PM	Speed Friending	GR	13
Sat.	7	8:00 AM	Winter Visitors Bird Walk	CCL	10
		7:15 PM	Film: <i>Hopscotch</i>	AUD	8
Mon.	9	1:00 PM	CMU: "History of Furniture in America" (19th century)	AUD	3
		7:30 PM	The Village Band	AUD	5
Tues.	10	2:00 PM	Tuesday Movie: <i>The Mouse that Roared</i>	AUD	9
Wed.	11	4:00 PM	Meadowsingers Holiday Concert	AUD	5
Thurs.	12	4:00 PM	Holiday Hustle: Chair Aerobic Dance Event	ES	14
Sat.	14	2:00 PM	Piano/Voice Recital: Students of Elena Marinina	AUD	6
		7:15 PM	Film: <i>The Lion King</i>	AUD	8
Sun.	15	4:00 PM	Recital: Students from da Capo al Coda Music Studio	AUD	6
Mon.	16	3:00 PM	Holiday Singalong	CCL	6
		7:30 PM	Old North State Band	AUD	6
Tues.	17	4:00 PM	Pollyfonix	AUD	5
Wed.	18	11:00 AM	*Funky Lunch Bus	CCL	13
		1:00 PM	MET on Demand: <i>Adriana Lecouvreur</i>	AUD	6
		3:00 PM	Annual Reindeer Romp	CCL	14
Sat.	21	7:15 PM	Film: <i>Welcome to Marwen</i>	AUD	8
Sun.	22	8:00 AM	Christmas Bird Count	CCL	10
Sat.	28	7:15 PM	Film: <i>Never Look Away</i>	AUD	8
January, 2020					
Thurs.	2	1:30 PM	Council Meeting	BR	NA
Fri.	3	2:00 PM	Speed Friending	GR	13
Sat.	4	7:15 PM	Film: <i>Steel Magnolias</i>	AUD	9
Mon.	6	1:00 PM	Jewelry Design and Repair	AS	14
Tues.	7	10:00 AM	*Written Memories Workshop	AUD	14
		10:30 AM	Author Event: Bob Huddleston's <i>Love and War</i>	LH	7
		11:00 AM	*MeadowMinds (8 weeks)	CRAC	12
		2:00 PM	Genealogy Group: "Comparing the Genealogy Giants"	BR	10
Thurs.	9	10:30 AM	*A Matter of Balance (through February 27)	AUD	14
		11:00 AM	Game Club (every Thursday through January 30)	GR	10
		1:30 PM	Residents Association Meeting	AUD	NA

December 2019-January 2020

Fri.	10	10:30 AM	World Affairs: "Immigration: Assimilation"	AUD	4
		3:00 PM	African Drum Circle	BR	14
		7:30 PM	Music @ Meadows: Bluegrass Battleship	AUD	5
Sat.	11	7:15 PM	Film: <i>Conspiracy</i>	AUD	9
Sun.	12	2:00 PM	*Chamber Orchestra of the Triangle	CCL	13
Tues.	14	12:00 PM	*Women's Luncheon: "Quilts Speak"	PDR	4
		1:30 PM	Parkinson's Wellness Recovery Moves	ES	14
		2:00 PM	Tuesday Movie: <i>The Importance of Being Earnest</i>	AUD	9
Wed.	15	8:30 AM	*Men's Breakfast: "Doing Business with China"	PDR	3
		10:00 AM	Activities Expo	AUD	11
		10:30 AM	*Impressionistic Painting Class (five Wednesdays)	AS	8
		11:00 AM	*Funky Lunch Bunch	CCL	13
		2:00 PM	Book Group: <i>Threading My Prayer Rug</i>	LH	7
Fri.	17	10:30 AM	World Affairs: "Meritocracy: Unintended Consequences"	AUD	4
		7:30 PM	Eno River Trio	AUD	6
Sat.	18	7:15 PM	Film: <i>All is True</i>	AUD	9
Sun.	19	2:00 PM	Piano Recital: Students of Alice Tien	AUD	6
Mon.	20	3:00 PM	MLK Diversity Program	AUD	13
Wed.	22	11:00 AM	Soul Collage	CCL	14
		1:00 PM	MET on Demand: <i>Dialogues de Carmelites</i>	AUD	6
Thurs.	23	7:30 PM	Music @ Meadows: Nicole and Andrew Manea	AUD	5
Fri.	24	10:30 AM	World Affairs: "Cost-Benefit Approach to Climate Change"	AUD	4
		3:00 PM	African Drum Circle	BR	14
		7:30 PM	Travel Adventures: "Amazon? What?"	AUD	4
Sat.	25	7:15 PM	Film: <i>A Star is Born</i>	AUD	9
Mon.	27	1:00 PM	CMU: "History of North Carolina Politics"	AUD	3
Fri.	31	10:30 AM	World Affairs: "Is There a Free Speech Crisis on Campus?"	AUD	4

*Requires sign-up

AS: Art Studio	AUD: Auditorium	BR: Board Room	CCL: Club Center Lobby
CCRR: Club Center Rec. Room		CRAC: Conf. Rm., Activity Ctr.	CYD: Courtyard
DR: Dining Room	ES: Exercise Studio	FC: Fitness Center	FG: Fairways Gallery
FLR: Fairways Living Room		PS: Pines Study	GR: Game Room

Don't miss the following features in the Digital Supplement to the December-January Meadowlark, which can be found on *MeadowLife*. Just click on the Meadowlark button on the sidebar on the home page.

- Halloween 2019 revisited in photos
- Autumn Festival in The Park
- From the Archives: "Four Day Power Outage"
- In Case You Missed It:
 - Exoplanets
 - Oh, the Stories These Paintings Can Tell
 - Marijuana/Cannabis Revisited
- Dining Committee Visits US Foods
- Tis the Season to Imbibe