



## Art Is All Over CM

Where on campus can you find a picture of lighthouses? A map illustrating tourist attractions in North Carolina?



A photograph of a hippo? An owl sculpture? The answer is – all over the Carolina Meadows campus, especially in the Club Center and Activities Building.



Although some is commercial art, the majority is the outpouring

from a multitude of talented artist-residents. Entering the Club Center to the right is the Art Gallery, a corridor lined with art in every medium: painting, quilts, collages, curated by our Art Guild. The exhibit is changed the first Saturday of February, June and October. To have art hung, see Beverly Milton or Susan Durfee.

To the left, in the hall and the dining areas, hang nearly 50 enlarged photographs, the result of a thrice-yearly competition for the most interesting and artistic resident photographs. Many are from foreign lands, but some are local. All are for sale. Look for a notice in your mailbox or by email when the next submissions will be requested.

The center of artistic activity is the Art Studio in the Activities Building. There you can see a display of work by the artist of the month. Some months the show is of a type of art; for example, January showed the work of palette knife artists and February features work of the staff. Annually, in December, the Family Art Show displays art by resident family members of all ages.

The room is used by the Quilters under Pam Vesley, Knit & Stitch under Geraldine King and Mary Downs, and a watercolor group. Since most of these are loosely organized, coordination is handled by Margaret Zircher.



**Artist of the Month Reception**

Some of the most interesting art is displayed on the doors of the Fairways and the Pines, especially during the holiday season. See photo on page 2.

(Continued on p. 2, "Art")



**Skyward by Edwin White**

## President's Message

### Generosity of Residents and February Happenings

Happy New Year! What a generous show of gratitude residents made to the 2019 Employee Fund! The \$478,062 donated was a \$57,000 increase over 2018. It was also a record in the number of residents contributing. The average full-time employee check was \$1,238 and the average part-time employee check was \$405. The highest full-time employee check was \$1,777 based upon a combination of length of service and hours worked. These amounts make a difference to our employees, particularly during the holiday season. Your donations show employees how much we appreciate what they do every day to make our lives better here at Carolina Meadows. Your generosity also makes an important contribution to employee morale and retention.

In February residents will have the opportunity to indicate their interest in serving on one or more of the 20 Resident Association (RA) Standing Committees and/or volunteering in the Gift Shop or Library. You will receive

a survey form in your mailbox with complete instructions. Please express your interests. This is one way to indicate how you would like to become involved in our community. The RA Committee Chairs and operation managers use this information to help select their members or volunteers for the upcoming fiscal year beginning June 2020.

On February 24 the UNC-TV fund drive will be launched. Carolina Meadows is one of the largest contributors to public television in North Carolina. This year the UNC-TV Committee has come up with a creative and fun way to support public television with the theme **North Carolina Dining: Biscuits, Barbecue, and Beyond**. This is a worthy cause we can all enjoy.

Lastly, Valentine's Day is a wonderful way to show your love, care and affection for the many residents and employees in our community. There are different ways to show you care and appreciate others, and hugs are surely a good way!

- Sam Ligon

(Continued from p. 1, "Art")

Drive around campus to see sculptures outside many homes and don't miss the two soaring ones by Edwin White in The Park and in front of the Activities Building.

Slow down to smell the roses, but also to enjoy the art.

- Tony Armer

(Photos by Tony Armer)



#### THE MEADOWLARK

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

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### March Issue Deadline

Copy for the March *Meadowlark* must be submitted by **Wednesday, February 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.

#### Carolina Meadows Census As of December 31, 2019

Number of Residents	Occupancy Level
<b>Independent Living:</b>	
621	97%
<b>Assisted Living</b>	
66	79%
<b>The Pines*:</b>	
62	81%*
<b>Total on campus:</b>	
749	92%
<b>EA Program:</b>	
105	
<b>Total Residents:</b>	854

\*Includes temporary admission of  
IL and AL residents.



## Chef Jody Becomes a US Citizen

Our beloved Chef Jody McLeod became a US citizen on December 6 when he took his oath of allegiance in Durham. He was accompanied at the ceremony by his wife Ashley and CM residents Hugh and Judy Tilson and Sam Ligon.



Jody was born in Canada, where he began his professional career with a classical Canadian apprenticeship, working in a variety of restaurants and hotels. But he took a circuitous route to get across the border to the United States. First, he traveled to Beijing, China, where he served as the Executive Chef Consultant of the SciTech Hotel. He next went to work on the Holland America line



where he completed two World Voyages and five Grand Voyages, learning the cuisines of many different countries.

Jody returned to Vancouver to take the Corporate Chef position for a multi-national casino corporation. When Vancouver won the bid for the 2010 Winter Olympics, he became Executive Chef, overseeing all culinary operations of the Olympics.

After another brief stint with Holland America, he finally arrived in the US where he met his

future wife in Orlando while working as Executive Chef for Sea World, Aquatica and Discovery Cove. His next assignment brought him to the Triangle as Executive Chef of Duke University, where he was tasked with building and recreating their new Culinary Operations.

It was our good fortune that in 2016, having completed his work at Duke University, he became the Executive Chef at Carolina Meadows and now, a US citizen.

- Judith Pulley

## Save the Dates: March 17 and 18 Estate/Tag Sale in the Auditorium!



Collection is underway for donations to the March Estate/Tag Sale. You should have received a form to com-

plete, listing your donated items. Donations can be dropped off at the front door of Villa 237 on Cherrytree Circle Monday,

Wednesday or Friday, from 1 to 5 pm. **Please do not place donations in or near the storage pod.** If unable to deliver them to the donation site, use the form to request pickups for any Saturday in February. For a complete list of acceptable items, see the Community-Wide Estate/Tag Sale website on *MeadowLife*. Beginning **February 15**, you will also be able to view a wide selection of items available for purchase. Cash or check only!

For more information, contact Barbara Walburn at (919) 967-6853 or Carol Coile at (919) 889-4221 or at <coileca@yahoo.com>.

Lots of volunteers are needed! Help is needed to set up the Auditorium, to price and pack donated items, to carry donations from Villa 237 to the adjacent storage pod and more. For more information, contact Polly Moreau at (919) 942-1878 or (919) 606-2932. Or email Polly at <pollym723@gmail.com>.

- Carol Coile

## New Residents

**Dennis (Denny) Ellis, EA**

**Current Residence:** Chapel Hill

**Interests:** Teaching dental students, family, photography, travel

**Linda Ellis, EA**

**Current Residence:** Chapel Hill

**Interests:** Crafts, card making, knitting mahjongg, reading,

**Albert Gusman, 6-205**

**Former Residence:** Chapel Hill

**Interests:** Past: ham radio operator, target shooting

**Ingrid Keller-Gusman, 6-205**

**Former Residence:** Chapel Hill

**Interests:** Batiking and silk painting

**Robert (Bob) Hill, EA**

**Current Residence:** Durham, NC

**Interests:** Genealogical research, reading, travel

**Susan Hill, EA**

**Current Residence:** Durham, NC

**Interests:** Quilting, reading

**Rosemary Hutchinson, 3-202**

**Former Residence:** Chapel Hill

**Interests:** Antiques, flower arranging, travel

**Virginia Ives, 4-301**

**Former Residence:** Chapel Hill

**Interests:** Travel, dance, reading

**William (Bill) Ives, 4-301**

**Former Residence:** Chapel Hill

**Interests:** Reading, WWII history

**Carol Shaw, EA**

**Current Residence:** Chapel Hill

**Interests:** Tennis, walking, travel, reading, UNC basketball, NC ballet

**William (Bill) Shaw, EA**

**Current Residence:** Chapel Hill

**Interests:** Science trends, climate science, UNC basketball

**Kristina Strandfeldt, V-270**

**Former Residence:** Centerport, NY

**Interests:** Reading, beading, crafts of many kinds

**Allen Wenner, EA**

**Current Residence:** Chapel Hill

**Interests:** Swimming, travel, gardening, discussions with friends

**Karol Wenner, EA**

**Current Residence:** Chapel Hill

**Interests:** Gardening, travel, tennis, bridge, UNC basketball

**Daniel (Dan) White, V-337**

**Former Residence:** Chapel Hill

**Interests:** Golf, reading, oil painting, gardening

**Eileen White, V-337**

**Former Residence:** Chapel Hill

**Interests:** Reading, movies, cooking, travel, walking, cards

## IN MEMORIAM

John Marsh	P-231 11-18-19
CL Kendall	V-404 12-03-19
Naomi Berman	6-103 12-04-19
Landon Lindsay	P-257 12-08-19
Ronald Manka	P-211 12-13-19
Mary R. Smith	V-256 12-24-19
Guy Sickmond	F-105 12-27-19
Don McGraw	V-349 12-27-19
Ben Barker	V-545 01-02-20
Frank Baine	4-210 01-05-20

## TALK

### CMU Features North Carolina and New York City

CMU continues former *News and Observer* columnist Rob Christensen's three-part presentation on North Carolina politics. On **February 3**, Rob will examine the context in which NC will hold its 2020 elections and on **February 10**, he will tell us about the Daniels Family and *The News & Observer* (the subject of his next book).

Following the customary one-week hiatus, CMU turns to New York City, with **A Times Square Trilogy**. Our presenter will be former CUNY professor George Lankevich. George did his

undergraduate work at Fordham University and graduate work at Columbia University. Until retiring to North Carolina, he was a life-long resident of New York City. He has authored over 30 books on legal topics and the history of New York City.

On **February 24**, George's talk, "Creating Times Square," will examine how the nondescript area of Longacre Square was transformed into the entertainment and tourist center of the City. Major players include Oscar Hammerstein, Adolph Ochs and George McClellan, whose

efforts were enhanced by dozens of theater owners, hoteliers and lobster house maître d's.

The Trilogy will continue on **March 2 and March 9** tracing the evolution of "Times Square: From Glory to Decay and Back." Watch this space for details in next month's *Meadowlark*. This series will delight New York "regulars" and those who know it mostly by reputation or by reading *The News and Observer*!

CMU Lectures are held in the **Auditorium on Mondays from 1 to 2:30 pm.**

- CMU Steering Committee

## CMU Serendipitous Saturday Commemorates 60th Anniversary of the Greensboro, NC Sit-Ins

On **February 1**, CMU will examine the history and impact of the Greensboro NC sit-ins. That day sixty years ago, four first year students at NC A&T went to Woolworth's, bought paper and toilettries, then with receipts in hand, went to the lunch counter to request a cup of coffee. They were refused. The next day the four became 23, then the day after 66, then the day after 100 and on day five, there were 1,000. Within the next eight weeks, similar sit-ins occurred in 54 cities in nine different states. During the first week of April, representatives from all these cities met in Raleigh and formed the Student Non-Violent Coordinating Committee (SNCC).

Reviewing these critical moments in North Carolina history will be William (Bill) Chafe, Professor Emeritus of History and former Chair of the Department and President of the Faculty at Duke. The author of a dozen definitive books on American 20th Century History, he is a nationally celebrated scholar on the American Civil Rights movement. His book on the sit-ins, ***Civilities and Civil Rights: Greensboro, N.C. and the Black Struggle for Freedom***, was published in 1981 and won the first Robert F. Kennedy book award. It is still widely used in college courses.

Bill and his wonderful wife Lorna recently have moved to Carolina Meadows. What a nice way to welcome the Chafes.

## CMU Serendipitous Saturday Celebrates Presidents' Day by a Visit to the White House

On **February 15**, CMU will honor Presidents' Day (February 17) by hosting a reprise lecture with CM Resident Bonnie Fuchs, building the stories of the White House from the histories of furnishings and artifacts. Building on her recent CMU Course on "History through Furniture," Bonnie will cap off the series with her

widely-acclaimed lecture on the "Furniture of the White House."

Do you know how many desks have been used in the Oval Office? Do you know who made the Lincoln Bed? Have you considered the details of Tiffany decoration for President C.A. Arthur; adding the West Wing; restoring the Bellange furniture in the Blue Room?

Serendipitous Saturday Lectures are held in the **Auditorium from 10 to 11:30 am.**

## Morocco: Melting Pot of Cultures

**CM Auditorium, February 28, 7:30 pm**

Centuries of living just miles from Europe and the Iberian Peninsula impressed upon the indigenous Berber people of northern Africa the imprint of a long parade of invaders, settlers and colonists.

The result is today's Morocco, a modern nation where a blend of Arabic, Berber and European heritage infuses every souk, square, medina and oasis.

Come and learn of Mike and Chris Kesner's 2018 journey to this wonderful country, including its history, politics, culture, colors and cuisine.

- Subhash Batra



***Erg Chebbi Dunes Mersouga***



## World Affairs

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

**February 7:** Dennis Stearns: "2020 and Beyond: Important Trends Impacting Our Lives"

What are the major threats and opportunities for the economy, investment markets, geopolitics and your grandchildren's careers? Dennis Stearns will share his perspective on the "super" trends that McKinsey & Co. says are thousands of times more powerful than the first industrial revolution. He is a Certified Financial Planner who has been called "one of the leading futurists and scenario experts" by the Financial Planning Association.

**February 14:** Bill Moyers: "Discussion on Economic Disparity" (video)

For several years there has been a focus on the dramatic economic disparity between the so-called one percent and the rest of us. Bill Moyers moderates a discussion on this topic between Matt Taibbi of *Rolling Stone* magazine

and Chrystia Freeland of *The Atlantic* magazine. Taibbi shines his spotlight on scandals involving big business and government, while Freeland is the author of *Pluto-crats: The Rise of the New Global Super Rich and the Fall of Everyone Else*.

**February 21:** Klaus Larres: "US-China-Europe: Is Conflict Inevitable?"

Klaus Larres, the Richard M. Krasno, Distinguished Professor of History at UNC, will address that 'brooding omnipresence', China. He will discuss the different ways that US and Europe attempt to deal with and manage the China challenge. The talk will also briefly look at developments inside China itself.

**February 28:** Mike Cotter: "What's Going on in the Middle East?"

Carolina Meadows resident Mike Cotter will try to answer this question. He'll provide a quick survey of where things stand around the region; a look at the key players in each country as well as the role played by the surrounding states (e.g. Russia, Turkey, Iran) and the US.

- Dorothy Samitz

## Birds and Animals of Central Ecuador

On **Tuesday, February 11 at 10:30 am** in the **Lecture Hall**, Birders@CM and The Park are sponsoring a lecture by Tom Driscoll, Emeritus President and board member of New Hope Audubon Society. He will show photos and discuss tamarins, monkeys, bears, wolves, volcanoes, and birds of eastern and western central Ecuador.

Tom started birding in the early 1980s and has traveled to 25 countries in six continents to see approximately 4,800 bird species. Bring your questions and learn from this seasoned bird watcher.

Please join us to learn about the fauna of central Ecuador!

- Margaret Scott

## Philosophy Group

The Philosophy Group will resume meeting at **12:30 pm on the first and third Fridays of the month (2/7/20 and 2/21/20) in February**. We meet in the Activity Building **Lecture Hall**.

Details to follow.

- Marlene Appley

## ARTS

### MET Opera on Demand Wednesday, February 26, 1 pm, Auditorium

*Die Zauberflöte* (from October 2017, 3 hours)

Ever since John Dexter's striking production marked the company's 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

Adrianne 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.

## Music at the Meadows Auditorium

**Steve Anderson, Jazz Trio**  
**February 6, 7:30 pm**

Steve Anderson is a widely acclaimed composer and pianist. His work has been recorded on a number of prominent labels and he has received four Emmy nominations. His compositions have been performed by ensembles across the US. Dr. Anderson is Professor of Composition and Jazz Studies at the University of North Carolina and Director of the UNC Summer Jazz Workshop. Steve will be joined for this performance by Jason Foureman (bass) and Dan Davis (drums).

The *All Music Guide* lauds his work: "he . . . creates music and improvisations that are full of life, energy and fresh ideas."

**Symphony Winds, Classical Quintet**  
**February 18, 7:30 pm**

Symphony Winds is an ensemble comprising members of the North Carolina Symphony. Praised as a "hidden treasure" by *Indy Week*, their musicianship has captured audiences across the state. We are delighted to host them again at Carolina Meadows.

Audiences have enjoyed their concerts as part of the Sight and Sound series sponsored by Chamber Music Raleigh. The reviewer of these performances said, "These five played together like friends: comfortable, relaxed and simply enjoying themselves. It is a testament not only to their individual abilities, but also to the years of symphony experience under their belts."

- Norman Miller

## MeadowSingers Begin Rehearsals

The first rehearsal for the MeadowSingers' spring concert will take place on **Monday, February 10 at 3 pm in the Auditorium**. The group welcomes anyone who likes to sing.

- Doris Bowles

## Art Gallery Exchange

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

## Display Cabinet

The month of February will feature baskets collected by Ann Cox, one of our most recent residents. Ann started with an interest in baskets during the 1970s, especially the South Carolina Gullah sweet grass baskets. She continued with antique and Native American baskets, all created with natural materials and valued for a specific purpose. Her focus now is on Southern baskets (1820-1850) and this exhibit displays Southern baskets created in Virginia and North Carolina.

- Betty Lindsay

## Book Group: *We Are All Completely Beside Ourselves* by Karen Joy Fowler

This finalist for the Man Booker Prize involves a family of five: mother, father, brother and twin sisters. Except one of the sisters is a chimpanzee. Rosemary and her chimp sister Fern are raised together from infancy. Then Fern disappears from Rosemary's life. Without explanation. Her brother, distressed at the loss of one of his sisters, runs away from home and ends up pursued by the FBI.

This is not an ordinary family. Dad the professor studies the interaction of Rosemary and Fern. Graduate students conduct experiments with both sisters. When Rosemary starts kindergarten, she is startled to learn that she is not permitted to groom the hair of the other children. And that her very close personal space is different from what the other children have learned.

This book is not about the scientific studies involving the similarities and differences between chimps and humans. Told by Rosemary, it is about the actions and feelings of a family not so very different in some ways from many of our own.

Come to the Book Group when we discuss *We Are All Completely Beside Ourselves* on **Wednesday, February 19 at 2 pm in the Lecture Hall**.

Several copies are available in the Book Group case in the Carolina Meadows Library. Everyone is welcome to attend the discussion, even if you have not had time to read it. Beth Wortman will facilitate.

- Beth Wortman

## New Books Added to Library Collection

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

*Old Bones* by Preston & Child  
*This Tender Land* by William Kent Krueger  
*Lost and Found* by Danielle Steel  
*Window on the Bay* by Debbie Macomber  
*Trust Exercise* by Susan Choi  
*The Topeka School* by Ben Lerner  
*On Swift Horses* by Shannon Pufahl  
*Under Occupation* by Alan Furst  
*The Andromeda Evolution* by Michael Crichton  
*Nothing to See Here* by Kevin Wilson  
*Reputation* by Sara Shepard

*The Innocents* by Michael Crummey  
*The Revisioners* by Margaret Wilkerson Sexton  
*Girl, Woman, Other* by Bernardine Evaristo  
*The Confession Club* by Elizabeth Berg  
*Celestial Bodies* by Jokha Alharthi  
*The Accomplice* by Joseph Kanon  
*A Minute to Midnight* by David Baldacci  
*The Water Dancer* by Ta-Nehisi Coates

### Large Print

*Dear Mrs. Bird* by A.J. Pearce  
*The Rule of Law* by John Lescroart  
*Turbulence* by Stuart Woods  
*The Only Woman in the Room* by Marie Benedict

### Mystery

*This Poison Will Remain* by Fred Vargas  
*Bryant & May and the Burning Man* by Christopher Fowler  
*The Old Success* by Martha Grimes  
*Twisted Twenty-Six* by Janet Evanovich  
*Robert B. Parker's Angel Eyes* by Ace Atkins  
*Land of Wolves* by Craig Johnson  
*Bloody Genius* by John Sanford  
*A Step So Grave* by Catriona McPherson

### Biography/Biography Collection

*All Blood Runs Red* by Phil Keith

### Non-Fiction

*The Assault on American Excellence* by Anthony Kronman  
*Sailing* by Don Stedman  
*The Johnstown Flood* by David McCullough  
*Talking to Strangers* by Malcolm Gladwell

## New CM DVDs

### Purchased by the DVD Committee:

• **Judy**, 2019, PG-13, 83% (*Rotten Tomatoes* rating), In an extraordinary performance, Renee Zellweger plays Judy Garland at the end of her life, with flashbacks to her teenage years.  
 • **Harriet**, 2019, PG-13, A stellar cast of actors present Harriet Tubman's riveting life story.  
 • **Parasite**, 2019, R, (with subtitles) This acclaimed Korean film, about two different families--one rich one poor--is "darkly hilarious and heart-wrenching."  
 • **Lighthouse**, 2019, R, 92%, Robert Pattinson and Willem Dafoe play two Lighthouse keepers fighting for survival on an 1890s New England island.  
 • **Blade Runner (Final Cut)**, 1982, Science-Fiction, Ridley Scott's de-

finitive Final Cut of his classic noir Sci-Fi film, starring Harrison Ford, includes "extended scenes and never-before-seen special effects."

• **Frozen**, 2013, PG, This is the original animated sweet, musical fairy tale about true love.

• **Once Upon a Time in Hollywood**, 2019, R, Quentin Tarantino's film, starring Leonardo DiCaprio, and Brad Pitt, is set in 1969 Los Angeles, during the end of Hollywood's golden age.

• **Downton Abbey**, 2019, PG, Starring actors (Hugh Bonneville, Elizabeth McGovern, Maggie Smith, etc.) from the original Masterpiece series, Downton Abbey prepares for a royal visit from the King and Queen of England.

• **Rocketman**, 2019, R, A fictionalized account of Elton John, with his most beloved songs as background.

• **White Crow**, 1999, R, Directed by Ralph Fiennes, this beautifully-danced film tells the story of Rudolph Nureyev and his emigration/escape from Russia.

### Donated DVDs

• **The Outlaw Josey Wales**, 1976, PG, Clint Eastwood Western, (90% *Rotten Tomatoes*)

• **Kelly's Heroes**, 1970, PG, Clint Eastwood, Don Rickles, Telly Salvalas in the Army.

• **Breaking Away**, 1976, PG, Academy Award for Best Screenplay, this film followed four friends as they discover bicycle racing. (94%)

• **Empire of the Sun**, 1987, PG, Steven Spielberg award-winning film, shot in the People's Republic of China.

• **Forrest Gump**, 1994, PG-13 (two-disc Collector's Edition), Winner of 6 Academy Awards, including Best Picture.

- Andrea Miller



## ACTIVITIES

### PAL-entine's Dance



Valentine's Day isn't just for lovers and couples anymore. It's also a great time to reconnect with friends.

So grab a friend (pal) or a lover and head to our PALentine's Dance on the evening of **Wednesday, February 12 from 7:30-8:30 pm in the Auditorium.**

Beer and wine will be available, as well as chocolate kisses (and who knows, you may get a real one!). Our favorite big band, the Triangle Jazz Orchestra, will be providing the music. Come ready to dance the night away.

- Kris Snyder



The Men's Breakfast Group meets at **8:30 am** on the third Wednesday of each month (except July, August and December) in the **Private Dining Room**. 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 **Wednesday, February 19**. Our speaker will be announced as soon as possible.

- Michael Cotter

### Let's Celebrate Mardi Gras



On **Fat Tuesday, February 25**, the evening will kick off with a delicious New Orleans-inspired meal prepared by our stellar Dining Services. Afterwards, at **7:30 pm**, please join us in the **Auditorium** for the musical stylings of a "new to CM" 4-piece jazz band, Peter Lamb and the Wolves. Beer and

wine will be available as well as some tasty desserts. Be sure to wear a mask and attire in the traditional colors of green, purple and gold and be ready to take to the dance floor.

An interesting statement from the History Channel website: New Orleans did not host the first North American Mardi Gras. Mardi Gras is believed to have arrived in North America on March 3, 1699, when the French-Canadian explorer Pierre Le Moyne d'Iberville camped about 60 miles downriver from the future site of New Orleans. Knowing it was Fat Tuesday back in France, Iberville named the spot Point du Mardi Gras and held a small gala. A few years later, French soldiers and settlers feasted and wore masks as part of Mardi Gras festivities in the newly founded city of Mobile (in present-day Alabama). To this day, Mobile claims to have the oldest annual Mardi Gras celebration in the United States.

- Kris Snyder

### Genealogy Group

**Tuesday, February 4, 2:00, Board Room**  
**Telling Your Ancestors' Stories**

We need a bit of social history in telling our ancestors' stories. There is time to sit around the table and discuss the search for ancestors throughout the world. We have been busy with wonderful programs presented for help in this search and we will continue to have guest speakers in March and April to once again guide us in the search. Our February meeting will be a discussion among the participants as to the progress and help needed for the continuing search for family connections. The different computer web programs will be of interest and the success of those who have used the programs will be very welcome to all participants. The meeting is open to all Carolina Meadow residents.

- Ruth Muller

## Films for February 2020

### Shows Start at 7:15 pm in the Auditorium

#### February 1 *Rocketman* (2019)

2 hrs, 1 min – Rated R

Taron Egerton, Jamie Bell, Bryce Dallas Howard



This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll.

#### February 8 *The Official Story* (1984)

1 hr, 50 min – Not Rated – Spanish with English subtitles

Argentinean schoolteacher Alicia (Norma Aleandro) is forced to question her government's official story of the "Dirty War" of the 1970s when she suspects that her adopted daughter, Gaby, may be the child of a murdered political prisoner. But her quest for truth takes a heavy toll on her relationship with her conservative husband (Héctor Alterio). This wrenching historical drama won

the Oscar for Best Foreign Language Film in 1986.

#### February 15 *Downton Abbey* (2019)

2 hr, 2 min – Rated PG 13

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance.

#### February 22 *Sweet Charity* (1966)

2 hrs, 20 min – Rated G



Shirley MacLaine gives one of her greatest performances in this spectacular musical based on Neil Simon's smash Broadway hit. Director Bob Fosse broke new cinematic ground with his free-wheeling, visually stunning story of lovelorn New York dance hall hostess Charity Hope Valentine, who dreams of old-fashioned romance but gives her heart to one undeserving man after another.

#### February 29 *The Usual Suspects* (1995)

1 hr, 46 min – Rated R

Stephen Baldwin, Gabriel Byrne, Benicio Del Toro, Kevin Pollak, Kevin Spacey

When five unacquainted crooks are hauled into a police station to appear in a criminal lineup, they decide to pull off a heist together. The plan gets complicated, however, when they intermix with an underworld kingpin named Keyser Söze.

### Tuesday at the Movies

#### February 11, 2 pm, Auditorium, *The Mouse that Roared*

1959 – Not Rated – 1 hr, 23 min

In this adaptation of Leonard Wibberley's satirical novel, the world's smallest country, the Duchy of Grand Fenwick, stays afloat by exporting wine to America. But when California bottles a cheaper version, bankruptcy looms for the tiny Duchy. So, they take matters into their own hands by waging war against America. In a comic tour de force, Peter Sellers plays three separate roles. Jean Seberg co-stars and Jack Arnold directs.

### Carolina Preserve Dance Company

2:00 pm, Auditorium  
Wednesday, February 5

The Carolina Preserve Dance Company presents "Oh What a Night," an homage to the music of the sixties.

Join us on our upbeat musical journey with Frankie Valle and the Four Seasons.

## Community Outreach Corner

We are launching a new year of volunteering! Carolina Meadows volunteers have an outstanding record of making a difference in our neighboring communities. Check out some of the following and see how you can share your talents.

### Through Donations:

Lynn and Joan Ogden faithfully take your donations to the Chatham Cares Community Pharmacy in Siler City. Donations may be anything that you would find in a regular pharmacy (from mobility devices to unused pharmaceuticals to toothbrushes, etc.). Faith Hairston in the Carolina Meadows Clinic also accepts donations. You can contact Lynn Ogden at (919) 968-6910 for information or for pick-up of larger items.

### Through Volunteering:

Do you have fond memories of summer camp? Consider joining a committee that is helping to plan and host a short summer camp for local children involved in the Boys and Girls Club of Central Carolina. We are planning a one-day girls' camp and a one-day boys' camp held on campus. Activities could include bocce ball, tennis or pickle ball, swimming, arts, storytelling and more! Please contact Judy Jones at (919) 929-1209 if you want to be a part of the fun.

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

The CORA Food Pantry in Pittsboro does an amazing job of providing groceries to our most

needy citizens. They always need help with stocking shelves, guiding shoppers through the “store,” or office work. Go to the following website to sign up for volunteering. A staff member will contact you and help to arrange training. Contact Lydia Berrong at (919) 240-7577 for further information. <<https://www.corafoodpantry.org/>>.

You can always volunteer in the schools or at the Learning Trail (across the street from Carolina Meadows).

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

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

The Learning Trail: <[www.thelearningtrail.org](http://www.thelearningtrail.org)> or email President Susan Morris at <[suzanne@thelearningtrail.org](mailto:suzanne@thelearningtrail.org)>

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

### Exciting upcoming event! Cheer on Chef Jody and Support a Good Cause

This event is sponsored by Carolina Meadows Administration – look for the large poster in the Lobby for more information.

Carolina Meadows is proud to be a part of the 2020 Share to Care Event benefitting Transitions Guiding Lights on February 22 from 7-11:30 pm at the Fairview in Raleigh. Our own Chef Jody McLeod is a participant in the Chef Challenge! The proceeds from the event support the caregiving services across the Triangle provided

through Transitions Guiding Lights. There is currently a waiting list for tickets. Residents are welcome to join in their support of Chef Jody by purchasing a wooden nickel(s), which will go towards the people's choice award for Chef McLeod in the Chef Challenge.

- Judy Jones

## 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**. We'll start off on **Thursday, February 6** with a game fun for those who like to draw, *Pictionary*; we'll play the classic “whodunit” game *Clue* on **Thursday, February 13**; *Monopoly* on **Thursday, February 20**; and a rummy-style card game *Phase 10* on **Thursday, February 27**. Activities team members Kris Snyder and Jody Hite will host. Hope to see you there.

## Golf Report

During the winter and early spring we do not usually have the sign-up sheets in the Sports book. Instead we will use the Google Golf Group to announce that that we are hoping to play on a given Saturday and that a sheet will be in the book. George Evans has created this list for us and does the names in the sign-up sheet as well.

Please check with George to be sure you are included in the Google Group so that you are made aware of golf events.

Anyone who has not played, but wishes to, should also contact George Evans <[evansgj@bellsouth.net](mailto:evansgj@bellsouth.net)>.

- Gus Conley



## UNC-TV Fundraiser

On **Monday, February 24** Carolina Meadows will launch its 2020 fundraising drive for UNC-TV. Festival 2020 is one of only four fundraising efforts authorized by Carolina Meadows Resident Association. As a major corporate donor, Carolina Meadows is proud to be part of this worthwhile cause. Details about how to make your UNC-TV donation will be placed in CM mailboxes. The UNC-TV Donation Box will once again be in the Club Center Lobby, Fairways and Pines.

Our theme this year is *North Carolina Dining: Biscuits, Barbecue, and Beyond*. Join us on **February 24, Opening Night**, for a **cocktail reception in the Club Center Lobby followed by a choice of a pig picking buffet in the Marketplace or southern fare in the Courtyard and the Pub**. Other events include cooking demonstrations by Chef Jody and Serendipitous Saturday morning talks on February 29 and March 7 (topics and speakers tba).

We look forward to presenting the largest check ever to UNC-TV at our Carolina Meadows Night on March 11. Thank you in advance for your participation in activities and your generosity to the 2020 fundraising drive.

- Susan Levy and Mary Jean Lowrie

## Rabbit, Rabbit

You can always count on Rabbit, Rabbit day at CM on the first day of each month. For February that is **Saturday, February 1 in the Marketplace at 5 pm**. As a special offer, each new attendee will be given a beverage of her choice. See you there!

- Judy Tilson

## November Activities

Sign up in the sign-up book:

### Funky Lunch Bus!

**Wednesday, February 19** TBD

Deadline: **Monday, February 17**

Load: **11:00 am**

### International Civil Rights Museum

**Saturday, February 8**

Deadline: Monday, February 3

Load: **8:45 am**

Cost: Approximately \$34 per person

### Game Night @ Forest @ Duke

**Monday, February 17**

Deadline: Thursday, February 13

Load: **6:15 pm**

Cost: \$8 per person

### Ongoing Events

#### Jewelry Design and Repair

**1:00 pm – 3:00 pm Art Studio**  
**Monday, February 3**

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.

### Speed Friending – A new way to meet people at Carolina Meadows

**2:00 pm Game Room**  
**Friday, February 7**

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 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 in our Carolina Meadows home. Please sign up in the Activities Sign-up Book.

- Karen Monaco and Kris Snyder,  
*Wellbeing & Engagement Committee*

### African Drum Circle Class with Diali Cissokho

**3:00-4:00 pm Board Room**  
**Fridays, February 14 and 28**

\$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.

### Conversation and Tea

**3:00 pm, Auditorium**  
**Tuesday, February 18**



## Wellness Corner

### In Honor of Heart Health Month...



**Wellness Wednesdays:** Indoor walking track throughout the month of February, **8:30 am-12:30 pm in the Auditorium.** The goal is to walk one-half mile each week while enjoying the company of residents and staff. You will also be entered to win a Fit Bit or Alexa.

**Cycle Logic:** Two sessions being offered **Tuesdays at 10 am and Fridays at 7:30 am.** This group training class is a 30-minute workout full of hills, flats and sprints! This a great way to build strength and aerobic endurance. Cost is \$20 for series. Register in Wellness Book to reserve your bike.

**Parkinson's Wellness Recovery Moves:** Offered by Certified Instructors Nancy Alton and Michelle Marino. **Tuesdays 1:30-2:15 pm.** 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.

**Orientation to Meditation for Beginners: Friday, January 31 at 2-2:40 pm in the Exercise Studio.** Meditation is a simple practice available to all that can reduce stress, increase calmness and clarity and promote happiness. Learning how to meditate is straightforward and the benefits can come quickly. You will be offered basic tips to get you started and allow you to experience brief periods of meditation. Take a deep breath and get ready to relax. No cost, but please register in the Wellness Book.

**Sharing Stories from Our Lives:** Led by Vivienne Jacobson; takes place the **first Tuesday of each month in the Lecture Hall at 3 pm on Tuesday, February 4.**

### Feedback to the Health and Wellness Committee (HWC)

The HWC now has an email box to receive comments that residents would like to submit to the committee. To send an email, click on the link located just below the annual report on the HWC page on *MeadowLife*. We welcome your input.



- The HWC

## Composting at Carolina Meadows

Since the beginning of September, Carolina Meadows Dining Services has been partnering with CompostNow to turn food waste and compostable materials into nutrient-rich compost.

CompostNow is a business based in Raleigh that collects our compostable materials for distribution to several composters in the Carolinas, including Brooks Contractor in Goldston.

Brooks and CompostNow's other partners turn the compostables into compost that may be donated to community gardens or distributed to local farm and garden supply retailers for sale.

Since September 2019 when we started our partnership with CompostNow, Carolina Meadows has been able to divert 7,903 pounds of food waste. That translates into 790 pounds of rich, dark compost to build healthy soil; create resilient, local food systems and fight climate change.

New to the Marketplace are trash receptacles made of 100% recycled plastic. These now include a bin for table scraps and compostable materials.

In an effort to make our composting as successful as possible, please refer to the signs on each table indicating the acceptable items that can be placed in the compost bins. Please help us keep the "un-acceptables" out of the compost bins as we do our part to create a better, more sustainable community.

- Todd Ohle, VP of Dining Services  
- Jonathan Kotch, for the Residents' Sustainability Working Group

**Valentine's Day is soon – and our love for our customers knows no bounds – and to prove it, in spite of very successful holiday sales, we are offering a**

 **Red Dot Sale** 

**starting Feb. 3 with select clothing and jewelry 50% OFF.**

**And to prepare for 2020, we have hostess gifts, RFID passport cases, a new supply of art scarves, leather covered date books plus truffles and cards for your valentine. So, organize for the new decade, add new color to your wardrobe and express your love – visit YOUR Gift Shop.**



# POSTSCRIPTS

## Throwing in the Trowel

Three of Carolina Meadows' senior and still amazing gardeners have decided it's time to toss in the trowel. Two are nearly 99. One passed the 100 mark a few years ago. Each became a gardener in a different way and for a different reason.

**Betty Renier** grew up in Kansas when depression era families raised their food by necessity. Her early childhood memories are hoeing and weeding the huge family garden. Though she disliked the work, she relished the bounty she helped create. Then she moved away and never had a space large enough to grow anything but a few roses. So she was delighted to discover user-friendly, raised garden plots when she moved here. Her local son dubbed her the "city gardener" and has helped her along the way.

Betty sees magic in witnessing a seed become a full-grown plant. She will miss the socializing, helping and sharing among her fellow gardener friends. But she is a realistic woman and realizes that when the garden becomes more of a chore than a pleasure, it's time to move on. For her, this means more sewing and plenty of baking.

**Roz Rodman** tells a different story. She and her husband vowed to do "new things" together so they would "grow together." Gardening became their first avocation. They quickly adopted the Rodale philosophy and methods, going all the way with a series of ever-larger organic gardens complete with grasshoppers, ladybugs, worms and a steaming com-



*Gardeners in Retirement, l to r: Roz Rodman, Betty Renier, Dorothy O'Connell. Photo by Mary Jo Doherty*

post pile. It was a ritual, their way of life, a spiritual experience.

When her husband died, Roz gave it up until she moved here. For nine years she has enjoyed the warmth of garden friends. She describes the community garden as "a social leveling place." However, she adds, "I've learned that things, like my capabilities, change with time and there comes that moment when you have to let something go, difficult as that might be."

What will Roz do? You can bet she'll still be playing her drums. Look for her smile as she fully engages in that other activity she loves.

**Dorothy O'Connell**, a native New Yorker, began her gardening challenges at her Connecticut weekend house. Cows grazed in the field next door, creating a bucolic scene plus a bonus of free manure. Unfortunately, two pesky

woodchucks also lurked nearby. Determined, she dug a trench and placed barbed wire in it to block access to the intruders. The story of her second garden features Dorothy vs. the deer. She does not name the victor. Then, when she moved to Cary, though she marveled at the glorious sun, she was flummoxed by our famous NC red clay soil. She found her dream garden when she moved to CM. No woodchucks, no deer, no rabbits, a convenient hose for watering and only a few red ant attacks. Always enthusiastic, she even planted a winter garden!

But as she notes, "Time passed and then I discovered the greatest challenge of all, one that changed everything. You cannot use a spade and a cane at the same time."

- Mary Jo Doherty

## Take Heart

February espouses Valentine's Day and also coincides with National Heart month. Sandeep Jauhar states in his book *Heart History* that "if the heart bestows life and death, it also instigates metaphor: it is a vessel that fills with meaning." The heart has long been identified as the place where human emotions originate and reside. Similarly, across history and cultures, the image of a symmetrical red heart shape is used to represent love.

The biological and metaphorical heart intersect in language of everyday life. Takotsubo cardiomyopathy is a lesser known term for broken heart syndrome, a genuine heart condition that mimics a heart attack. The condition has been associated with psychological distress like the overwhelming loss of a loved one.

The heart muscle weakens and the initial symptoms mirror a heart attack, warranting medical attention. Consequently, grief is as much a physiological response as it is emotional. Grief is a full body experience that can interfere with heart function, digestion, sleep, and lower immunity.

There is no shortage of information and resources promoting heart health and support for grief. However, there is one remedy of-

ten overlooked because it may seem out of reach: laughter.

The phrase "laughter is the best medicine" has been found to be true. There is an abundance of science that has proven its benefits. But when someone is in the throes of grief or the doldrums of depression, humor can seem beyond reach. The good news is that you can fake it 'til you make it.

Just putting your face in a smile position by turning up the corners of your mouth will generate physiological health benefits by maintaining positive facial expressions during stress.

Norman Cousins successfully used laughter to manage his cancer diagnosis. In his book *Anatomy of an Illness*, he is quoted as saying, "Death is not the greatest loss in life. The greatest loss is what dies inside us while we live."

Try to hold on to your sense of humor. If you have difficulty giving yourself permission to entertain the idea of laughter, know that humor doesn't diminish heartache or minimize sorrow; humor simply makes room around it. Humor is essential to well-being and life requires the human heart be able to coexist with both. So, make room for humor amidst hardship by living well, laughing often and loving much.

- Laura Begin, LCSW, CT

## Carolina Meadows Christmas Bird Count 12/22/19 Leader's Report

A flock of 5,000 Grackles came over the Golf Course from the adjacent woods at first light. The sound of 5,000 birds all calling at once and flying overhead was incredible. Many of the birds landed in front of the Club Center. A flock of 1,000 more flew over at noon.

The day was chilly, in the 30s. Two residents joined Steve Graves for the morning count around the campus. There was a nice Red-shouldered Hawk in a tree for easy viewing. Later there were 20 Black Vultures in a tree across the street from the Club Center. We found a Great Blue Heron at Golden Pond, which was very unusual.

David Murdock covered the adjacent woods and saw a Black and White Warbler, which is very rare for the season – along with Hermit Thrush, Winter Wren, Swamp Sparrow and Red-headed Woodpecker. We totaled 45 species for the day, which is three over our average.

The CM Bird Count Checklist was submitted to the Chapel Hill Bird Club to be included with the data that is sent to the National Audubon Society. The CM Bird Count Checklist is also posted on the Birders @CM web page on *MeadowLife*. - Margaret Scott

### What are the most checked out adult books in the New York Public Library?

- *To Kill a Mockingbird* by Harper Lee
- *1984* by George Orwell

When did you last check the CLASSICS section of the Library?

You'll be delighted  
with what you find.



# Annual Activities Expo on January 15

Residents appreciated the opportunity to visit and explore 50 activity booths. The Expo is a social event too, a time to greet friends, ask questions and sign up for a new activity in the new year.



**Barbara Rich, Marty Lyon, Margaret Lospinuso, Mary Jo Doherty, and Judith Pulley banded together to represent MeadowLife and the Meadowlark.**



**Nearby, the MeadowTalk booth offered a graphic display of the services it provides residents.**

## White Wine, Red Wine and Black Ties: Carolina Meadows Launches New Reserve Wine List

Resident oenophiles gathered in the Private Dining Room on January 21 to celebrate the launch of a new reserve wine list. The event was planned by Dining Services Manager Melissa Ferguson in consultation with Chef Jody and Empire Distributors Representative Greg Pfaender.

Six of the 12 reserve wines now being offered on the CM wine list – Champagne, Chardonnay, Rioja, Bordeaux, Chianti and Cabernet Sauvignon – were paired with small plates created by Chef Jody and Tristan Parks. Both the wines and the food received rave reviews from participants.



**The table setting perfectly captured the "white, red and black" theme.**



**Jody, Tristan, Melissa and Greg take a bow.**



**Below left, the wines await their fate. On the right, diners enjoy the wine and food pairings.**





## Welcome to 2020 Cocktail Party

The holidays may be over, but the appetite of Carolina Meadows residents for celebrations continued on into January. The wine dinner, held on January 21, was followed on January 25 by the "Welcome to 2020 Cocktail Party." Originally limited to the first 80 people to sign up, this event, like the wine dinner, quickly sold out, so the number was increased to 100 and there still was a waiting list. Obviously CM residents like to party!

Co-hosted by Sam Ligon and Ray Williams, the party featured mixed drinks, wine and beer, plus a tempting array of heavy hors d'oeuvres. Entertainment was provided by a bluegrass trio. Sam said that, in addition to wishing to celebrate the new year, he and Ray hoped to provide an example to other residents who might want to do something similar.



*First things first: Party-goers line up for their beverages.*



*Bluegrass trio "Jason and the G Runs"*



*Co-host Ray Williams circulated among the crowd, ensuring that all felt welcome.*



*Having a good time, left to right: Aida Zukowski, Lila Wolff, Colette McCarty, Anne Scaff, Sally Hubby and Dave Hubby.*



## Martin Luther King, Jr. Celebration



The Carolina Meadows community joined together on January 20 to honor the memory of Dr. Martin Luther King, Jr. The program was led by Michelle Pooler and Anna Lategan. Numerous employees joined the MeadowSingers to sing "Let There Be Peace on Earth" by Jill Jackson and Sy Miller and "Imagine" by John Lennon.

Representative Robert Reives spoke about the heroism of Dr. King. He stressed Dr. King's heroic choice to reject an easier career path as an academic and to choose, instead, the path of becoming the leader of the Civil Rights Movement. Throughout the years of his leadership, Dr. King

always knew that his life was in danger. That knowledge did not tamper his passion for the cause.

Representative Reives reminded us that, throughout history, our country has had many trying times. Each time, we have recovered and become better. We were reminded that loyalty to a cause can bring victory in the end. While watching Dr. King's moving, "I have a dream" speech, many in the audience were reminded of how far we have come and how far we still have to go.

To conclude the ceremony, Myra Chrisp-Jones led everyone in the civil rights song "Ain't Gonna Let Nobody Turn Me Around". With stomping feet and voices



**NC State Senator Howard Lee with Representative Robert Reives**

raised in song, our community felt a strong sense of communion and common goals as the program ended.

*- Pat Mandell*

## Photos from the January 2020 RA Meeting



**Community Spirit Awards were presented to Mike Pacilio, Aida Zukowski and Anne Kotch for their work on the Winter Book Sale.**



**On behalf of the Gift Shop, Susan Durfee, Ann Gabor and Mike Kesner presented the RA with a check for \$10,000.**

## The Criminal Element Among Us

Daily, where do we encounter the criminal element? On our phones and our computers, of course. We'll leave the phones for another article.

"Well, Martha, I'll bet he's going to lecture me about passwords." You're right if your passwords can't pass the three tests in the next paragraph. Failure leaves your finances vulnerable to hackers (the criminal element).

**Test 1:** Your passwords are at least 12 characters long with upper- and lower-case letters, numbers and, optionally, punctuation characters.

**Test 2:** Your passwords do not relate to anything someone may find out about you (family names, family dates, where you lived, etc.).

**Test 3:** All your different accounts have unique passwords.

Yes, I know, creating, storing and using those long, complex, passwords can be a maddening challenge.

Hey, I'm here to help.

A by-the-way here: please don't let your "techie" family member or friend, who does not live within 10 minutes of you, set-up a password manager program for you and leave you to handle it.

Before I continue, some computer "experts" may object about some of my advice as not being the safest practices. ("Writing down and storing passwords in a book? Is he crazy? What about those nasty key loggers") However, anything beats those easy to remember, six- letter passwords you are using.

**First advice: Forget about remembering passwords.**

### Create

Pick a book you own and turn it to a random page. Find a sentence you like and take the first nine characters. Capitalize at least three letters and replace three other letters with numbers. Example: "Now3Is4The5T." Believe it or not, it will take a computer 3,000 years to crack that password. Subsequent passwords you create should come from the same page of the same book.

### Save

OK, you created passwords. Please don't put them on sticky notes and attach them to your monitor. Write them down on a piece of paper, along with the entities they go with, and hide that paper in your page of the same book. Only take the book off the shelf, a shelf well populated with other books, when you need your passwords.

### Update Webpages

Now that you know how to create and hide passwords, you need to replace subpar passwords for all your accounts. Access to an account will be through the company's website. You visit the website from your browser program (Chrome, Internet Explorer, etc.). Any company requiring you to set up an account will have a way to access your account on its website. You will have to be signed in (logged in, I use sign in/out, logged in/out interchangeably) to the account to change your password.

Different websites have different ways to access your account so I can't give precise ways to sign in or sign out. Generally, at the top

of the page and usually towards the right, you will see wording like sign in/out or log in/out. You may find these words a level down under a phrase including the word "account," like "my account." For example, Amazon uses "Account & Lists." Just click on that. For Amazon, just hover over the phrase with your mouse.

I'm going to suggest a shortcut that is particularly useful if you don't recall your old password. It's OK to use this shortcut even if you know that old password. Use this shortcut if your email address is your account's User ID (the usual case) or if you know, for certain, the account has your email address. If you have any doubts, log in to the account and find where you can change your password. They will ask for your old password, then your new password (usually twice).

Now for the shortcut method:

1. If you are signed in, sign out.
2. Start the sign in process by typing your User ID but do not enter your old password. Instead, click on the box that says, "Forgot Password" (or something similar). You should get an email from the website giving you an on-line procedure for entering your new password. When you complete the procedure, the account now has your new super-duper password. "Well, Martha, we did it."

### Update Email

Your email account has your most important password. If a hacker gets access to your email password, they may be able to log in to your other accounts.

(Continued on p. 20, "Passwords")



(Continued from p. 19, "Passwords")

If you access your email from your email provider's website, you change your password on its website just as for your other accounts. You should be able to use the shortcut method I gave previously. If you use an email program, such as Thunderbird or Outlook, you will still have to go to the webpage of your email provider and change your password there. Additionally, you must return to your email program (Thunderbird, Outlook, etc.) and change your password there, too. You will probably have to change it, separately, for both incoming and outgoing email.

#### Using Day-to-Day

Now that all our passwords pass muster, what about day-to-

day use – logging into a website or email program. My advice is, whenever you can, avoid logging in. All web browsers have the means to save your passwords (also goes for your email programs). Once you log in successfully, have the browser save your password. The next time you visit the website, the browser will offer to "auto-fill" the information for you. You just must enable that function in the browser's settings.

Here is how to enable those functions for each browser:

Chrome: from settings (three vertical dots in upper right corner), click "Settings," then under "Passwords," turn on "Offer to save passwords," and "Auto sign-in." To turn these on, move the switches to the right with your mouse.

Firefox: click settings (three horizontal lines in the upper right corner), then click "Options," then click "Privacy and Security." At "Login and Passwords," check "Ask to save logins and passwords for websites."

Microsoft Edge: click settings (three horizontal dots in the upper right corner), then click "Settings," on left edge of the "setting" window, click on the key icon, then at "Passwords," set "Save Passwords" to "On."

Microsoft Internet Explorer: turned on by default.

#### Last Words

I know this is can be a lot to do, but it doesn't have to be done all at once. Take your time and do it one step at a time. Any questions? Contact me at (919) 815-1135.

- Martin Lyon

## Shrink That Footprint!!!

What is your **carbon footprint**?

Do you have a **carbon diet**?

Interested in **calculating** your footprint and in **designing** a carbon diet?

"Carbon footprint" is defined as the measure of greenhouse gases that one is responsible for creating or units of carbon dioxide that are produced in tons per year. These gases are generated by various activities including transportation, home energy costs, diet, recycling practices, and waste production.

It is not necessary to learn a complicated mathematical formula to determine your carbon footprint. Fortunately, there are many footprint calculators available online, such as Carbon Footprint's calculator. To determine footprint, enter details concerning home energy use,



frequency and distance traveled by car and air, diet, and participation in recycling programs and amounts of waste generated. It is possible to calculate carbon footprint individually or based on the household.

For more information, go to:

<[https://greenliving.lovetoknow.com/What\\_Is\\_the\\_Average\\_Carbon\\_Footprint](https://greenliving.lovetoknow.com/What_Is_the_Average_Carbon_Footprint)>;  
<<https://www.nature.org/en-us/get-involved/how-to-help/carbon-footprint-calculator/>>;  
<<https://www.carbonfootprint.com/calculator.aspx>>; or  
<[https://www3.epa.gov/airnow/workshop\\_teachers/calculating\\_carbon\\_footprint.pdf](https://www3.epa.gov/airnow/workshop_teachers/calculating_carbon_footprint.pdf)>.

Interested in calculating your carbon footprint and designing your climate diet together with other residents? Contact Frans Verhagen at <Gaia1@rcn.com> and respond to question 3 in the campuswide forthcoming sustainability survey.

- Frans Verhagen

# In Case You Missed It . . . .

## *Summaries of some lectures presented during the past month*

### Meritocracy and Its Discontents

In a January 17 World Affairs lecture, James Staddon, James B. Duke Distinguished Professor Emeritus, discussed meritocracy and some of its problems.

First, he addressed the huge and rising gap in wealth and status among Americans and the view that meritocracy is to blame. He pointed out that meritocracy shifts money and power to those with high IQs and a willingness to work hard.

Rich people arrange for their children to excel in school, work hard and maximize their talents and abilities, thereby enabling them to accumulate impressive educational credentials and extra curricular activities. In other words, meritocratic elites have unfair advantages in comparison to children from middle class and low-income families.

He noted that heredity also plays an important role, with dif-

ferences in individual talent often responsible for life success. An example is Albert Einstein. His remarkable discoveries were due to his intellectual brilliance, not privilege – the financial situation of his family was often difficult.

There also are group differences that affect success. In particular, when more able members of lower-class groups are selected for special opportunities, they indeed might thrive. However, the group of which they are members will suffer from a depletion of its most talented members.

Professor Staddon's conclusion is depressing. Differences in intelligence and talent are an intractable fact, he argues. All men and women are not created equal. And the economic and power consequences of such differences are resistant to any efforts at mitigation.

- Kathryn Moss

### US Representative Price Speaks

US Representative David Price spoke to an audience in a packed auditorium on January 17. He brought us up to date on the main issues facing Congress from his point of view: housing and health care. He went on to say that there was a need to deal with the housing crisis in Durham, the continuing disaster in Puerto Rico and the threat of war with Iran.

Representative Price was asked about the intense partisan-

ship in Congress. He said he is distressed by the extent of it and stated that, because of it, the public is losing trust in the managerial ability of Congress. In answer to a question about the deficit, he felt that we are not in trouble currently, but it is headed in the wrong direction. A final question about impeachment brought the response that he would look at the evidence before voting.

- Tony Armer

### Men's Breakfast

The January 15 Men's Breakfast featured Durham resident Donald Strangler, an independent marketing consultant whose topic was "Doing Business in China."



As IBM's Director of International Marketing and Business Development, he was responsible for securing a business platform for IBM in China 35 years ago. IBM had to deal with the many restrictions imposed by both the US and the People's Republic of China, most of which still exist. A key point of his lecture is: "The more things change, the more they stay the same."

Don gave a brief outline of China's 5,000-year history and culture and how disrespect from the rest of the world shaped modern China.

He talked about the end of the 4,000-year Imperial dynasty, the formation of the Chinese Communist Party in 1921, and the Chinese revolution in 1949 that created the People's Republic of China, the PRC.

Under Mao Zedong, two periods of time – the Great Leap Forward and the Cultural Revolution – led to 78 million deaths. And yet

(Continued on p. 23, "China")

(Continued from p. 22, "China")

Mao is revered by the Chinese people.

How much should foreign companies help China, given such factors as their Belt and Road Initiative. It started out as financial assistance to third-world countries to build infrastructure. But is this a debt trap? For many of the countries, inability to pay back the loans results in Chinese ownership, often giving China access to strategic ports.

China's economy is second only to that of the US. But its phenomenal per capita GDP growth is now threatened by declining birthrates.

Life in China is dominated by the state's ownership of everything, including thought. China looked at the charters of its college and universities and removed any reference to free thought from them. There are over 200 million surveillance cameras in China with advanced facial recognition

According to the *Wall Street Journal* China is building a credit score system for every citizen with three categories: financial responsibilities (Are you paying your bills?); social input (Are you obeying traffic rules, what kind of volunteer work are you doing, what's your criminal record, and what's your filial piety?); and your life online (checking everything you do online). Your score can affect such things as school admissions for your children, access to social services and housing.

The Chinese dictatorship fears any threat to its survival. In the northwestern part of China live two million Muslim Uyghurs who are perceived to be a threat to communism. According to the *New*

*York Times*, China sent the children of these Muslims away to schools and put the parents in reeducation camps, which it called vocational education camps – with high walls and barbed wire.

Their Cyber Laws mandate that by 2022 there will be no foreign technology in government offices and security encryption keys must be shared with the government. The Made in China initiative aims for China to be a major player in advanced technology manufacturing by 2025.

The Chinese government provides funding for the 430,000 Chinese students in the US. Some are doing research. How do we protect our intellectual property in the college/ university R&D environment? Chinese students represent \$30 billion a year in income for these colleges and universities. There are 161 universities in this country with Confucius Institutes, ostensibly to teach Chinese language and culture. Every state but five has these centers. It's felt they are propaganda centers. Then there is the Chinese Students and Scholars Association. Is its purpose to spy on those students?

Two items of major concern are Taiwan and the South China Sea. We have a treaty with Taiwan. If China decides to take it over, will we go to war with China? They are building military installations and airstrips on atolls that lie in international waters. War ships are harbored at these atolls.

China is a major power in space. Its technology is advanced enough to have a rover on the far side of the moon. It has around 400 satellites and is looking at global satellite telecommunications and beaming energy back from space. China is developing space weaponry with the capabil-

ity to destroy satellites, which would cripple our own telecommunications and GPS systems.

One example of a technological threat is the phone company Huawei, which provides systems for the new 5G telephone networks. Our current mobile phones use 4G. The new 5G is huge in comparison because of its incredible speed and bandwidth. China requires companies to share anything of value with the Chinese Communist Party. That's the law! That includes anything the party can steal by having a back door into a system it sets up, as Huawei did in Italy.

If you are a US company wanting to build a plant in China, you must form a joint venture whereby it owns 51%. That makes it the owner of any intellectual property.

Finally, Don questioned the new US-China trade agreement, which is among other things a way to reduce our \$419 billion trade deficit with China. In addition, we want China to stop stealing intellectual property and respect technology transfer compliance with the World Trade Organization. However, the intellectual property issue is the same one we negotiated with the Chinese in 1985. Will the enforcement mechanism included in the agreement work?

There are many challenges facing the United States and the rest of the world in dealing with China. A strategic question is whether China's investments abroad result in influence on other countries' governments?

Ultimately, Don asked what we should do about China's ascendancy as a global leader. Can we co-exist with an autocratic communist country as a world leader?

- Marty Lyon



**FEBRUARY 2020**

DAY	DATE	TIME		LOC	PAGE
Sat.	1	10:00 AM	Serendipitous Saturday, "Greensboro, NC Sit-Ins"	AUD	5
		10:00 AM	Art Gallery Exchange (until 2 pm)	BR	7
		5:00 PM	Rabbit, Rabbit	MKT	12
		7:15 PM	Saturday Film: <i>Rocketman</i>	AUD	10
Mon.	3	1:00 PM	CMU: "North Carolina Politics"	AUD	4
		1:00 PM	Jewelry Design and Repair	AS	12
Tues.	4	10:00 AM	*Cycle Logic (every Tuesday)	FC	13
		1:30 PM	Parkinson's Wellness Recovery Moves (every Tuesday)	ES	13
		2:00 PM	Genealogy Group: "Telling Your Ancestors' Stories"	BR	9
		3:00 PM	Sharing Stories from Our Lives	LH	13
Wed.	5	8:30 AM	Wellness Wednesdays: Walking Track (until 12:30 pm)	AUD	13
		2:00 PM	Carolina Preserve Dance Company	AUD	10
Thurs.	6	11:00 AM	Thursday in the Game Room: <i>Pictionary</i>	GR	11
		1:30 PM	Residents Council Meeting	BR	NA
		7:30 PM	Music at the Meadows: Steve Anderson, Jazz Trio	AUD	7
Fri.	7	7:30 AM	*Cycle Logic (every Friday)	FC	13
		10:30 AM	World Affairs: "2020 and Beyond: Important Trends"	AUD	6
		12:30 PM	Philosophy Group	LH	6
		2:00 PM	Speed Friending	GR	12
Sat.	8	8:45 AM	*International Civil Rights Museum	CCL	12
		7:15 PM	Saturday Film: <i>The Official Story</i>	AUD	10
Mon.	10	1:00 PM	CMU: "North Carolina Politics"	AUD	4
		3:00 PM	MeadowSingers First Rehearsal	AUD	7
Tues.	11	10:30 AM	Birders/The Park: "Birds & Animals of Central Ecuador"	LH	6
		1:30 PM	Parkinson's Wellness Recovery Moves (every Tuesday)	ES	13
		2:00 PM	Tuesday Movie: <i>The Mouse that Roared</i>	AUD	10
Wed.	12	8:30 AM	Wellness Wednesdays: Walking Track (until 12:30 pm)	AUD	13
		7:30 PM	PAL-entine's Dance	AUD	9
Thurs.	13	11:00 AM	Thursday in the Game Room: <i>Clue</i>	GR	11
		1:30 PM	Residents Association Meeting	AUD	NA
Fri.	14	10:30 AM	World Affairs: "Discussion on Economic Disparity" (video)	AUD	6
		3:00 PM	African Drum Circle Class	BR	12
Sat.	15	10:00 AM	Serendipitous Saturday, "Furniture of the White House"	AUD	5
		7:15 PM	Saturday Film: <i>Downton Abbey</i>	AUD	10
Mon.	17	6:15 PM	*Game Night at Forest at Duke	CCL	12
Tues.	18	1:30 PM	Parkinson's Wellness Recovery Moves (every Tuesday)	ES	13
		3:00 PM	Conversation and Tea	AUD	12
		7:30 PM	Music at Meadows: Symphony Winds, Classical Quintet	AUD	7
Wed.	19	8:30 AM	*Men's Breakfast: Speaker TBA	PDR	9
		8:30 AM	Wellness Wednesdays: Walking Track (until 12:30 pm)	AUD	13
		11:00 AM	*Funky Lunch Bus	CCL	12

## FEBRUARY 2020

		2:00 PM	Book Group, <i>We Are All Completely Beside Ourselves</i>	LH	7
Thurs.	20	11:00 AM	Thursday in the Game Room: <i>Monopoly</i>	GR	11
Fri.	21	10:30 AM	World Affairs: "US-China-Europe: Is Conflict Inevitable?"	AUD	6
		12:30 PM	Philosophy Group	LH	6
Sat.	22	7:15 PM	Saturday Film: <i>Sweet Charity</i>	AUD	10
Mon.	24	1:00 PM	CMU: "Creating Times Square"	AUD	4
		4:00 PM	UNC-TV Opening Night Cocktail Reception (to 5:30 pm)	CCL	12
Tues.	25	1:30 PM	Parkinson's Wellness Recovery Moves (every Tuesday)	ES	13
		7:30 PM	Jazz Band: Peter Lamb and the Wolves	AUD	9
Wed.	26	8:30 AM	Wellness Wednesdays: Walking Track (until 12:30 pm)	AUD	13
		1:00 PM	MET on Demand: <i>Die Zauberflöte</i>	AUD	6
		5:00 PM	Music in the Marketplace (to 6:30 pm)	MKT	NA
Thurs.	27	11:00 AM	Thursday in the Game Room: <i>Phase 10</i>	GR	11
Fri.	28	10:30 AM	World Affairs: "What's Going on in the Middle East?"	AUD	6
		3:00 PM	African Drum Circle Class	BR	12
		7:30 PM	Travel Adventures: "Morocco: Melting Pot of Cultures"	AUD	5
Sat.	29	7:15 PM	Saturday Film: <i>The Usual Suspects</i>	AUD	10

\*Requires sign-up

AS: Art Studio      AUD: Auditorium  
 CCRR: Club Center Rec. Room  
 DR: Dining Room    ES: Exercise Studio  
 FLR: Fairways Living Room

BR: Board Room  
 CRAC: Conf. Rm., Activity Ctr.  
 FC: Fitness Center  
 G: Green

CCL: Club Center Lobby  
 CYD: Courtyard  
 FG: Fairways Gallery