



## Meet Your New Residents Association Officers

### President Chris Kesner



Not one to follow the regular route, for example, from an MA in Family Ecology to a PhD in Architecture to an Outstanding Teacher of Interior Design Award, Chris Kesner brought her accomplishments and varied creative interests along with her to CM in 2013.

Some people have Dr. in front of their name. Chris should have Chair in front of hers; she has chaired the Weekend Ambassadors and Marketing Committees, the Resident Directory Task Force, and organized volunteers to help with the Employee Check Distribution event.

She coordinated the 2019 Resident Directory Task Force, ultimately recommending inclusion of Early Advantage residents in the Directory, modified the new lanyard/name tag with the help of Margaret Zircher, and revised, distributed, and summarized responses to the Survey of Interest form that residents complete annually to indicate the Standing Committees, Library, and Gift Shop Operations they want to serve as volunteers. She worked with the Park Committee creating street signs and worked

with Dr. Miller to redesign the medical practice facility. Additional work as RA VP includes establishing the Resident Volunteer Task Force and working with the Executive Committee in reviewing and awarding employee scholarships. Currently, Chris is a member of the Harry Groves Memorial Committee.

For those who like to travel vicariously, Chris has co-presented Travel Adventures to Morocco, Antarctica and Spain with her husband, Michael. If you like to walk, design jewelry, design clothing, jewelry or bake, Chris is your gal. And for all of these generously shared projects, programs and presentations, Chris was awarded the 2019 RA President's Award.

**VP Michael Cotter**



Some CM residents have traveled via Thomas Cook or other agencies. From 1968 to 1998 Mike Cotter traveled to Vietnam, Bolivia, Ecuador, Turkey, Zaire, Chile and Turkmenistan courtesy of the US State Department. With a Bachelor's in Foreign Service from Georgetown, a law degree from Michigan and an MA from Stanford, Mike roamed the world accompanied much of the time by his wife Joanne.

It might seem that Mike views their living in Carolina Meadows as another posting. In the time the Cotters have lived here, Mike has been a Precinct Rep and Co-Chair of the Gift and Remembrance Committee. In addition, he is no stranger to the RA having served as secretary in 2019-20.

One of Mike's interests is writing and lecturing, and he has presented well-received programs for CMU, World Affairs and the Men's Breakfast Group. Other activities include volunteering in the Gift Shop and on the Dining Services Committee, as well as being a Weekend Ambassador and MAP driver. If that's not enough, Mike chaired the Early Advantage Task Force and was on the Steering Committee for the Men's Breakfast Group. In addition, he shared some of his experiences in Travel Adventures and the Photo Art Program. Is it any wonder Mike was a recipient of the 2020 RA President's Award? Did I mention Mike came to CM in 2016?

**Secretary Carol Coile**



As one of the most active residents on campus, Carol Coile is simply repeating a well-established pattern. Before

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# President's Message

## Transitions

We have our differences but we all can agree that this is a time of transitions! Changes are happening everywhere at Carolina Meadows: In the Residents Association, within our CM community, among staff responsibilities and, of course, in residents' lifestyle. Change can be a catalyst for good in our lives if we seek opportunities for personal growth and thereby gain a broader perspective.

### Transitions in the Residents Association

The RA operates on the fiscal year, from June 1 through May 31. I am honored to serve as your president for the coming year and pledge to do my best to build on the many successes that Sam Ligon achieved over the last two years as president. It was a pleasure to work closely with Sam and observe his extraordinary leadership skills. He will continue serving one more year on the Executive Committee as past president.

In my first meeting with Sam, as I was considering the vice president nomination, he proclaimed that he was a delegator. He was also a good teacher, so it should be no surprise to him to learn that I, too, delegate. Stay tuned Sam!

I am pleased to warmly welcome the new members of the Executive Committee. Mike Cotter is the incoming vice president, bringing his impressive RA experience as precinct representative and Executive Committee secretary among other contributions. Mike will take over as president next year. Carol Coile is the new secretary and Marge Yanker is the

incoming treasurer. Mike will serve one year as vice president while Carol and Marge will serve one year with the option of continuing for a second year. I look forward to working with this competent group.

We all owe gratitude to the outgoing EC officers: Mike as secretary, Dorothy Samitz as treasurer and Betsy Ahern as past president. They provided exemplary service, contributed thoughtfully to discussions and were a pleasure to have as colleagues.

### Transitions at Carolina Meadows

The COVID-19 virus has created challenges no one could have imagined. Kevin, Ben and Dr. Miller are doing an extraordinary job using technology to stay current with the latest medical recommendations, plan strategies, and communicate regularly with residents. Vice presidents and department heads continue to develop innovative ways to ensure that residents stay safe, healthy and happy under difficult circumstances. Staff members show remarkable flexibility in managing unfamiliar jobs and personal responsibilities while smiling. It has truly been an incredible team effort.

### Transitions in Residents' Lifestyle

The recent trying times at CM have provided opportunities for us to confirm the sense of community we all enjoy. For example, many residents have "thank you" signs posted at their door for the staff who are delivering meals to

(Continued on p 3, "President")

### THE MEADOWLARK

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**Co-Editors:** Mary Jo Doherty and Judith Pulley

**Layout:** Judith Pulley  
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**Distribution:** Roy and Bev Milton

## Summer Issue Deadline

We expect to have a special summer issue, with deadline for articles to be announced later. Articles should be submitted as email attachments in MS Word format.

**Please name your document the subject of your article** (not "Meadowlark"). 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 April 30, 2020

Number of Residents	Occupancy Level
<b>Independent Living:</b>	
610	97%
<b>Assisted Living</b>	
70	85%
<b>The Pines*:</b>	
60	79%*
<b>Total on campus:</b>	
740	93%
<b>EA Program:</b>	
111	
<b>Total Residents: 851</b>	

\*Includes temporary admission of IL and AL residents.

(Continued from p. 1, "Officers")

coming to CM in 2016, Carol lived in seven states, DC, and Taiwan. She's been a licensed teacher, lawyer, lieutenant in the US Air Force, probation officer, manager and director of professional societies and coordinator of juvenile and domestic court programs.

At CM, she has been a Pool Watcher, Ladies' Lunch Buddy with MAP, Greeter with the Welcoming Committee, Precinct 2 Secretary and Alternate Representative, has served on the Connect & Engage Task Force, the Apartment Refurbishment and Estate/Tag Sale Committees, in addition to managing the Library's DVD Collection Committee.

As Chair of Pines-Green Friends, Carol is the Precinct 14 Representative and liaison to the MAP Steering Committee. In addition, Carol was the first Chair of Meadows Democrats.

### Treasurer Marge Yanker



We are all the richer because Marge Yanker's experience before she came to CM in 2009 prepared and equipped her with the skills and background to un-

dertake and initiate many important activities and projects.

Knowledge gained as University of South Carolina Beaufort Associate Chancellor and Dean of Graduate Studies enabled her to serve as creator and original Committee Chair of Carolina Meadows University (CMU). As CEO of her own management and strategic planning consulting firm, becoming Manager of the Gift Shop was a natural fit.

Marge has been a Precinct 7 Representative and a member of many committees, including Budget and Finance, Marketing, Ambassa-

dors, Welcome, Buildings/ Grounds, Health and Wellness, as well as several ad hoc committees. Volunteering in the community outside of CM is another activity, as is serving on the boards of OLLI, Chapel Hill Newcomers, University Women's Club and the Duke Campus Club.

- Harriet Vines

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see. Unfortunately, in a few cases, there have been unnecessarily negative reactions to the current efforts of the Carolina Meadows staff. Let's view the difficulties we may be experiencing in the context of how fortunate we are to live at CM and remember that we are a COMMUNITY that MUST work together. Let's try to improve our patience with and tolerance for others - especially the staff - and attempt to appreciate the many challenges they face in the world beyond our gates.

### Going Forward

I will begin a new segment in this column called "Thoughtful Deeds" to highlight some of the many positive resident contributions. This idea stems from a suggestion given to me shortly after my nomination as VP by a wise resident. The "movers and shakers" are critical contributors but it is also important to recognize the many residents working hard behind the scenes and out of the spotlight. Acknowledging these valuable residents is more important now than ever.

### Thoughtful Deeds

**Nora Myers** shared the bounty of her remarkable rose garden by inviting residents to use scissors she provided to clip a rose.

**Shirley Dewispelaere** regularly retrieves residents' newspapers from the end of driveways and moves them toward front doors for easier access.

**Bev Milton** designed and made lovely corsages and boutonnieres for residents in the Green for Mother's Day.

**Alan Tom, Dixie Spiegel, Martha Stucker and Elaine Norwood**

were instrumental in preparing several cutting flower beds in the raised Community Garden plots that are accessible to any resident.

**Anne Eller** leaves bags of cookies outside her door for staff.

**Harriet Herring** dug and prepared plants for free curbside pickup.

**Sophia McCusker**, Plant Operations Horticulturist, suggested holding a resident plant sale.

Please think about other residents and staff who do valuable activities behind the scenes and share them with me for consideration in the next President's Message. Send names (email preferred: <ckesner525@gmail.com>) and one line to support your suggestion.

Have a good summer. Remember to take time to enjoy the beauty and sense of community that enhance our lives every day at Carolina Meadows.

- Chris Kesner

## Heard Around the Meadows

I hope they give us two weeks notice before sending us back out into the real world. I think we'll all need the time to become ourselves again. And by "ourselves" I mean lose 10 pounds, cut our hair and get used to not drinking at 9 am.

## During Quarantine, Residents Enjoy Nature

### Plant Sale

Carolina Meadows had a plant sale! In fact, we had two. The sales were such fun and our resident gardeners breathed a sigh of relief that they could finally get something to plant. There had been a lot of frustration because it was not safe to leave Carolina Meadows to buy plants and getting plants delivered was often not possible. Our residents often couldn't even find seeds online and the time for planting was slipping away.

The plant sale was the brainchild of Carolina Meadows Horticulturalist Sophia McCusker and Senior Activities Specialist for Independent Living Jody Hite. The grounds crew and Horticulturalist Jack Michenfelder pitched in at several key points, even though this is an insanely busy time of the year for them.

Sophia developed a plant list and scoured Carolina Meadows vendors to provide a wide variety of flower and vegetable plants. Jody organized the schedule so that over 180 shoppers could select their plants while maintaining social distance. The grounds crew and Jack brought the plants to the parking lot in front of the Club Center (and helped clean up at the end).



*Allan Eckhaus & Sophia McCusker*

Twenty-five enthusiastic volunteers served as Wait Line Wranglers, Shopper Buddies and Cashiers. They ensured that residents more or less got their choices made within their 10-minute allotted time. They tried to maintain social distancing. Only one resident came without a mask, but some had provided a few "emergency masks" for the forgetful and he was able to shop.



*Volunteer & shopper Nell Laton*

The residents were so happy to be there and cooperated with all the rules. Masks? Check. Ten minutes in and out? Check. Social distancing? Sort of check. Arrive right at your assigned time so there isn't a crowd waiting? Check. Stick to the limits for number of plants bought? Check.

For the first sale, residents were limited to nine flower plants and only two tomato and two basil plants. There was concern that without limits all the plants would be gone in the first hour. There was almost no complaining and we learned that we could make the limits larger for the second sale. In

fact, we had been so stingy with the tomato plants that we were begging folks to buy them toward the end of the second sale!

So was this all a success? Indeed. For the May 7 sale, there were 56 shoppers who bought 510 plants. And then the word got out! For the May 13 sale, there were 126 shoppers, including many staff members who shopped at the end of the sale. A remarkable 1,426 plants were sold that day.

Several residents have asked if we are going to do it again. Lordy, we hope not! These sales were so typical of Carolina Meadows: Let's do what we can to make the residents' lives even better. We hope that for the next planting season our resident gardeners can pick their own plants off-campus! But if not....

*- Dixie Spiegel*

### A Bloomin' Garden: Daylily Heaven

As we enter the summer months, be sure to visit the Meadow Garden adjacent to the Pines (behind Building 4). Right now you'll see the large white, fragrant flowers of the Little Gem Magnolias.



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Just to the left of the pergola that houses the herb garden, the magnificent daylilies are also bursting into bloom.



Daylilies belie their name. They are not true lilies at all. While they grow from bulbs, daylilies have thick, tuberous-like roots, think potatoes. Also, unlike true lilies – Watch out!, the trues

are poisonous – daylilies are edible and, in fact, are a popular ingredient in Asian cuisine. Unfortunately, daylily buds are also a delicacy sought and savored by both deer and rabbits.

While each daylily flower lasts only a single day – hence the name – a daylily plant can have several blooming stems (scapes) with numerous buds on each plant. Luckily, as a result, a clump of daylilies may flower over the course of several weeks. Since different cultivars bloom at different times and some even rebloom, the daylily bed should be in bloom for your enjoyment well into the summer (barring visits from the aforementioned critters).

Linda Shea donated the Meadow Garden daylily plants, but Mike

Pacilio took on the drudgery of digging the holes in very rocky, root-bound soil. The garden is a work in progress. Our dream is having all five forms or shapes of daylilies with a wide variety of color patterns, flower sizes and scape heights.

While daylilies come in a wide range of colors, the color palette for the daylily bed is red, gold and orange. Choosing what to display is a daunting task. In 2018 the American Daylily Society reported that the number of registered daylily cultivars (varieties) had reached 89,000. Clearly daylily aficionados are addicted to their plants as are all Meadow Garden volunteers. Stop by for a visit. You may discover a new love.

- Lee Gutman and Linda Shea

## Residents on the Move

The uptick in usage of Carolina Meadows outdoor sports and activity facilities this spring is good news, proof that we are not just sitting around waiting for the gates to reopen.

Before the rains came, residents were taking full advantage of the Golf Course and other walking paths. Both the Meadow Garden and The Park continue to be popular spots for escaping cabin fever and needed socialization. This year's flowers and plantings are spectacular. The grass is lush green, all thanks to our landscape staff. Getting out is good for the soul. Even the Dog Park is seeing plenty of action. Small dog owners are arranging regular playdates and the dogs are ecstatic..

The Golf Course is busy as more players play more often – a good excuse to get out of the house. Some are getting back to

the game after a career hiatus. Some are taking it up for the first time. The women's group has recruited an experienced mentor to help newcomers ease into the game. Saturday morning golf for men and women remains very popular.

Folks line up for a turn at the Croquet Court on sunny days. Regular games are at 1:30 pm on Tuesdays, Thursdays and Saturdays. Call David Duddles or Irv Dedeker at (919) 240-7057 or email at <maryerv78@hotmail.com> for details.

Alan Tom reports, "In the case of pickleball, there is great interest in getting back to playing. We have 6-10 regulars, including a couple who comes to visit a parent here (they obviously won't be playing now), as well one person on the ready list (also not rejoining us for a while). We've got 4-5 people who had expressed interest at the

Activities Fair, but just as we were going to start orienting them, COVID-19 became an issue. So that's a task for later. Varying skill levels probably means we'll need extra sessions during the week." With the onset of Phase 1, "We've now got a protocol that includes gloves, having a personal paddle, and [authorization] to start, but we've been rained out."

Our excellent Tennis Courts will welcome more users and some new recruits. Interested? Call Jonathon Kotch at (919) 942-2311 or <jbkotch@yahoo.com>. Games are Mondays and Wednesdays.

There are two Bocce Courts on campus. Play is at 9 am Mondays, Wednesdays and Fridays. It's a great game! Show up and give it a try.

As Ben says, we aren't going anywhere soon. May we be thankful for what we have and continue to enjoy it.

- Mary Jo Doherty

## The Pianist Who Delights



These days we grab our pleasures wherever we can find them. On May 21, resident Zoomers were treated to a fabulous hour of music by Scott Shillin. One hundred plus residents tuned in for a musical journey into the past, songs across decades, ending with tunes by the

Beatles. Part of the fun was seeing Scott performing live from his home. His Yamaha piano does everything but dance. His musical scores are on a screen, just a tap turns the page. An additional pleasure was seeing residents loving and enjoying the music so much. Scott always draws an enthusiastic crowd when he plays in person at CM. But this performance was extra special, very personal, carrying us away to another place.

Kris Snyder arranged Scott's performance. Thank you, Kris. And many thanks to Scott. We were unmuted in time to applaud and cheer. We want him to come back soon!

- Mary Jo Doherty



**On May 12, Carolina Meadows residents were treated to a bagpipe concert by Will Haas, Youth Minister at the Mount Carmel Baptist Church.**

## Something Else to Look Forward To

Although we don't know as of this issue of the *Meadowlark* when we will be able to greet each other again in the Club Center, we do hope to have the photo exhibit on display when the Center opens. In the meantime, the canvasses are unopened in their very large brown boxes and stacked leaning against the walls of the PDR. No one has had even a quick peek at the wonders captured inside all those boxes and while we wait to open them, I wonder where we will travel and what we will learn when they are finally revealed.

Enjoy this sneak preview.

- Carol Lehmann



**Over a Balloon by Ed Unterberg**



**Strawberries by John Haynes**



**Andean Girl by Donna Trohanis**

## Dining Services: Working Hard to Keep Us Well Nourished

Here are some interesting statistics demonstrating how our Dining Services staff members are staying busy preparing and delivering food to us every day. One wonders how many of us have gained the "quarantine 15."

- On average, 380 meals are delivered each evening.
- Over 1,500 online home shopping orders have been filled as of early May.
- It takes a team of five people to run the Home Shopping service.
- It takes a team of six chefs and eight servers to package all of the deliveries.
- It takes less than one hour to complete all home deliveries.

### In Memorium

James Butcher  
P-253  
05-20-2020

## Joan Meade Art Featured at Arc Gallery of San Francisco

Joan and Bill Meade were Carolina Meadows very first Early Advantage residents and have resided here since last July. Joan is an artist who has displayed her spectacular landscapes and seascapes from Maine to California, where she presently is part of an online juried exhibit on the website of the Arc Gallery of San Francisco. The theme of the exhibit is "Reflections," such as throwing back of light or image from a reflecting surface or a thought about something. Joan's entry is her interpretation of the view at the entrance to the town of Porvoo, Finland. She eliminated all modern-day structures and focused on the natural world of water, rocks and trees in their spectacular variety. She works in sculptural acrylics with texture, color and shapes giving a three-dimensional effect. Her inspirations are from her travels and are enhanced by her imagination. When you see her paintings,



Joan Meade  
*Waterway*

you are drawn into the scene and it feels very real.

Joan has entered her art in our Gallery Exhibit since 2017. When Covid-19 shuttered the Club Center, she held a daily exhibit of paintings on the street in front of

her villa for all the residents to see and enjoy. You can see more of her work by visiting her website <[www.joanmeade.com](http://www.joanmeade.com)>.

- Bev Milton

## Join VOICES

Residents of Carolina Meadows are encouraged to participate in the publication of VOICES 2021 as editors, reviewers, and writers. Our community has enjoyed the work of resident authors and poets for 30 years and plans for the next edition will begin soon. Volunteers are invited to serve in any of the following ways:

- Editors – Members of the Editorial Board manage the publication, review manuscripts and make final decisions about work to be included in the publication.
- Reviewers – A team of individuals, working anonymously,

evaluate manuscripts and make recommendations to the Editors.

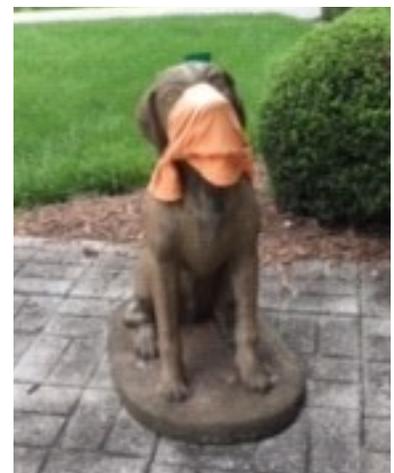
- Writers – Residents submit stories, memoirs, essays and poems to be considered for the publication. A manuscript must be original and may not exceed 3,000 words.

Residents, including soon-to-be residents, who are interested in being involved with VOICES should contact Eleanor Morris, the 2020 Editor, or one of the continuing Associate Editors - Ernest Kraybill, Susan Levy or Kinnard White.

Writers may wish to take advantage of having more time for at-home activities and produce works of prose and poetry to be consid-

ered for VOICES 2021. Guidelines for preparing manuscripts can be found on MeadowLife under the Activities/Voices tab.

- Eleanor Morris



**Gordon Battle's ferocious beast awaits the non-compliant.**

## CMU Goes to the Nobel Prizes in June

On **Monday, June 8**, CMU will launch its second remote learning course with a four-part review of the Nobel Prizes.

The Nobel Prizes are generally regarded as the most prestigious awards in the world. To be awarded a Nobel confers instant world-wide fame. What is their origin? How are the awardees identified? Are the winners really a breed apart from normal successful scientists? Does the award of a Nobel confer some sort of special status such that the pronouncements of a Nobel laureate are infallible?

The Nobel Prizes are clearly a “good thing” for those who receive the honor, but are they always a “good thing” for science? Perhaps more importantly, are they a good thing for the public understanding of science? In this course we’ll take a hard look at some of the roughly 120-year story of the Nobel prizes. You may find that the story of the prizes is filled with unexpected turns and is more surprising than you might ever have dreamed.

The course will be presented by CM Resident Philip Carl. Phil had a distinguished career in Physics/Biophysics and has taught at the university level biology, microbiology and chemistry. Most recently, he served on the faculty of UNC Medical School in Pharmacology. In addition to his multiple interests and talents (musical theater and magic come to mind), he also heads the OLLI curriculum on Science and Technology.

You will receive a Zoom invitation through Carolina Meadows’s email system.

**CMU Remote Learning Courses are taught via the web every Monday at 1 pm.**

## Gift & Remembrance Fund at Work

The Gift and Remembrance Fund Committee receives financial gifts and memorials for the benefit of Carolina Meadows. Of equal importance, the G&R Committee receives recommendations for appropriate projects to further enhance the Carolina Meadows experience for residents.

While all of the projects funded by the G&R Committee are significant, three projects addressed this year deserve special mention: a replacement pottery wheel for the Pottery Studio, a portable audio system with cordless microphone and a drip irrigation system for the planting beds at The Park.

The new pottery wheel replaces one of the two wheels that is approximately 40 years old and literally held together with tape. The new wheel offers much needed conveniences such as constant revolving speed, necessary speed control and ease in cleaning.

The portable audio system will provide quality sound amplification for social events in the Marketplace as well as events in the Club Center Lobby and outdoors.

The drip irrigation system for The Park will support the two main planting beds, each almost 200 feet long with an area of 8,400 square feet. Currently, seasonal watering is done by busy volunteers using hand-held spray wands connected to garden hoses. The drip irrigation system eases the volunteer workload and enhances the beauty of the planting beds.

The examples cited here, as well as all the projects and programs implemented over the years, are supported by donations to the Gift and Remembrance Fund by residents, family members and

friends of Carolina Meadows to commemorate a life or honor a living member of the Carolina Meadows community. Contributions are always welcome.

- Paul Carew

## Thank You from the CM Foundation

It was just last year that we introduced the CM Foundation. At that time, we explained that the Foundation would address three major areas. Those areas are enhancements for residents, staff and the greater community.

Included in the enhancements for staff are funds for education, appreciation and crisis. In the past two months, the fund for employee crisis has become vital to our support of our extraordinary staff. Thanks to you, we have received over \$65,000 in donations. We have been able to help staff members with mortgage payments, rent payments, child care expenses and other strains on their budgets. The responses from recipients have been heartwarming. Eyes brimming with tears, we have heard how wonderful it feels to work at a place where one is appreciated and where taking care of staff is of major importance. Whereas some of our staff are dealing with a spouse losing their job, no employee at CM has lost employment.

As we remain confined to our homes, there is not a lot that we can physically do for our staff members. Personally, I am glad that I can do something for them by supporting the staff emergency fund. I thank you for joining me in that effort.

This is an amazing community!

-Pat Mandell, Foundation Board Chair

## Trail Walkers

The residents of Carolina Meadows have been encouraged to get out and walk “on our many trails.” Yes, we do have many through roads which we share with cars and golf carts, paths that are paved or covered with gravel (which we also share with golf carts), but no walking routes on natural surfaces such as grass or dirt. The idea of trail walking includes exercise in natural environments away from lawns and structures.

We propose that this activity brings together those residents who enjoy the experience of walking in natural areas and being closer to elements that we associate with them, such as birds and plants. We feel that these folk range from those who consider themselves hikers or trekkers to less energetic types who would enjoy some time in a quiet place not far from their front door. Some may even welcome a bench to sit upon with their thoughts. We see opportunities for trails across this gamut, each with its own demands and advantages. The end result would be a community with a full range of walking opportunities providing experiences for all categories of residents’ interests and physical abilities or handicaps.

The Trail Walkers would also include many who are still physically adept at handling a few basic tools so that we could lay out and maintain the trail surface, provide some basic amenities and make improvements when desired. It is not our intention to form a walking club with planned events to other walking venues, *e.g.*, state parks, beyond the limits of Carolina Meadows.

- Henry Castner

## That Was the Week That Was

Wednesday, April 22, was the 50<sup>th</sup> anniversary of Earth Day. To commemorate this historic event, the Residents’ Sustainability Working Group hosted four consecutive presentations on Zoom, from Monday, April 20 to Thursday, April 23, on topics related to some of the founding principles of Earth Day. This article reports on the success of these presentations and guides you to where you can go (online) to hear the presentations yourself.

Each of the four presentations attracted 18 residents or more, concluding on April 23 with an audience of 32, greater than the number of participants who joined us for lectures in the Lecture Hall last year. The week started off with an overview of what climate change and sustainability mean to North Carolinians. The presenter, Lisa Sorg, is the Environmental Reporter for NC Policy Watch. She covers environmental issues, including social justice, pollution, climate change and energy policy. In her presentation Lisa reviewed the effects of climate change on flooding, wildfires, sea level rise, water quality, agriculture and public health. Two of the causes of the warming of our state, burning fossil fuels and methane released from livestock, are remediable. What can we do? Lisa’s presentation included a lot of suggestions.

On Tuesday, April 21, Stew Miller, President of Yes Solar Solutions, gave his presentation about sustainable energy alternatives for CM and NC. Stew discussed the advantages, the costs, the savings and the opportunities that solar energy presents right now. He was joined by Amanda Robertson, a Chatham

County resident and passionate solar advocate. The two of them addressed how individuals and communities like CM might transition to sustainable energy through solarization.

Kathy Kaufman, retired EPA clean air quality specialist, was the presenter on April 22. Kathy has worked on Governor Roy Cooper’s Green Energy Plan, the Orange County Climate Council and the Carrboro Environmental Advisory Board Plan. Her talk, “Why We Need a Green New Deal, and What Should Be in It,” addressed what is actually in the Congressional Green New Deal resolution, sources of carbon emissions in NC and environmental proposals of the Cooper administration. At the end of Kathy’s talk, our own Pete Andrews added his knowledge of the history of Earth Day (which you can read in his recently published book!).

Finally, on April 23, Dave Erb, retired engineering professor from UNC-A who has built electric, hybrid, diesel, alcohol vehicles and more, talked about a sustainable transportation system and how Electric Vehicles (EVs) fit in. He described the different kinds of EVs available today and demonstrated how replacing gasoline-powered vehicles with EVs is a win-win in terms of pollution as well as cost-benefit.

If you did not have a chance to join us, you may view the presentations on MeadowLife. Under the Activities tab, scroll down to Services and click on the Residents’ Sustainability Working Group (RSWG) link. That will take you to the RSWG page, where you will find the links to all four presentations. Enjoy!

- Jonathan Kotch

## Community Outreach Corner

"We make a living by what we get, but we make a life by what we give." *Winston Churchill*

These have been difficult times for many of the organizations that rely on our volunteer services. Following are thank yous, updates, and hopes!

### Thank you!

Thanks so much to Amy Gorely, the Carolina Meadows liaison to the Community Outreach Community. Amy has been valiant at making contributions and deliveries of needed resources to various organizations in Chatham County.

These include:

- United Way: Donation of \$1,500 for the COVID support fund - this fund allows local nonprofits to apply for emergency funding due to increased service needs.
- CORA: Donation of \$5,000 of CM corporate support to kick-off the Chatham OutReach Alliance [CORA] Drive on campus. Amy Gorely has also delivered hundreds of cans of beans and soups to CORA.
- Chatham Health Alliance: On behalf of Carolina Meadows, Amy delivered four one-gallon pumps of hand sanitizer for use at the Senior Centers in Pittsboro and Siler City.
- Chatham Emergency Management: CM donated and delivered three one-gallon pumps and 20 20-oz squeeze bottles of sanitizer for use in EMS offices and vehicles to be shared with childcare providers.

Heartfelt thanks to all of you who contributed to the CORA fund drive this spring. CORA (Chatham County's Food Pantry) is vitally important during these difficult

times as people struggle to provide for their families. Our financial assistance helps their heroic efforts.

You have also been most generous in donating to the CM Employees Emergency Fund (over \$65,000)! Our employees have been absolutely incredible as they ensure our safety; it has been the pleasure of so many of us to contribute to their needs during this crisis.

### CORA

CORA has expressed a need for help for various administrative projects that can be done at home. If you would like to get involved and are particularly skilled in analyzing data, using Microsoft Excel or working with internal controls and accounting, please reach out to Melissa at <melissa@corafoodpantry.org>.

The following events have been canceled but will be rescheduled when life gets back to normal: Rise Against Hunger, School Volunteers, Boys and Girls Summer Camp (hopefully next summer).

### Donating

Don't forget your donations of pharmacy items to the Chatham Cares Community Pharmacy. You can call the clinic and arrangements can be made to pick up items. Contact Lynn Ogden at (919) 968-6910 for further information.

### Chatham Literacy

Travis Patterson, volunteer coordinator for Chatham Literacy, has been holding Zoom classes for tutors to give them teaching tips and to encourage them to use Zoom to reach their students. If you are interested in tutoring (via Zoom) adult learners (often seeking citizenship) contact Pat De Titata.

- Judy Jones

## Deaths of Despair: And the Future of Capitalism

By Anne Case and Angus Deaton

This clear and compelling analysis by husband and wife economists follows the traditional approach to problem solving: 1) Describe the problem; 2) Explain its causes; 3) Suggest solutions.

The problem is that in recent decades an alarming number of relatively young men have been dying from suicide, drug overdose and alcoholism. Examining the situation more closely, the authors establish that this is occurring particularly among white men without a college degree. In addition, this phenomenon is not found to be true in other developed countries.

The cause of this development is that the changing job market has wiped out millions of the jobs that in earlier generations had been held by such men. In many industries, robots have replaced humans. Well-paying union jobs in manufacturing have moved overseas where labor costs are lower. To generate as much profit as possible for shareholders, employers have kept labor costs as low as possible.

In looking for solutions, the authors focus in particular on two major sources of the problem: the American health care system and the power of Washington lobbyists to protect the interests of the wealthy at the expense of workers.

The analysis is lucid and the suggested remedies are compelling. However, given the power structure of the country, change will be difficult. Deaths of despair will continue to be a silent, little-noticed pandemic.

**Deaths of Despair** will be available in the CM Library.

- Bill Powers

## Have We Changed?

In these turbulent times, residents were asked how the sequestered life has changed his/her outlook on life. Several responded to these questions. Half of the responses appear here. The remainder will appear in the next issue of the *Meadowlark*.

**Bill Brettmann** “My personality type is extroverted so perhaps I’m missing frequent social connectedness more than an introverted type might. But I do belong to three different small groups, each of which meets once a week for about an hour, keeping social distance, of course, and meeting outside, weather permitting. Also, I’ve always been an avid reader, which means I’m never bored.”

**Sally Hubby** “We used to welcome a ‘free day’ at home! How is that possible? Now we wonder how an over-abundance of free time can make one so tired? We are normally involved in so many activities, running around all over the place to pursue our interests. Since those days have come to a screeching halt, ...the kind of physical energy we needed to handle all that activity has somehow diminished as well. Instead, the focus has turned to a new emotional challenge...how to manage a nameless anxiety, something we are completely unfamiliar with but that also, I am convinced, can drain us and explain why we feel lethargic some of the time....We worry about one of our children who is nearby but living alone and we plan on Sunday visits every week in person when restrictions are lifted. We don’t worry about our other child who has a busy household, devoted husband and

two school-age children. Our future family times all together will be all the more cherished for sure! Thank heavens for Zoom meetings with them. I also have enormous gratitude that I married someone who is so easy-going in quarantine! There is also no end to the gratitude we have as Carolina Meadows residents, surrounded by comfort and beauty and online stimulation and perfectly marvelous people, even if they are mostly invisible! Beyond the recipes, good books, personal projects and art supplies that I have at my disposal, I know that I have never appreciated everything and everyone here as deeply as I do now. There is light at the end of the tunnel, but the tunnel itself is teaching me how to be patient and reflect, so that’s an unexpected benefit!”

**David Freeman** “For me, here in a villa in Carolina Meadows, it hasn’t been so bad. Daily walks, tending to house plants, getting up late, etc. I wasn’t leaving campus that much anyway.

A positive side is much closer ties with my children and grandchildren, from California to France, every Sunday by Zoom. We plan to have Zoom meetings pretty soon with our cousins, too, some of whom we hear from only via Christmas cards. When this is all over, we plan to keep up these Zoom meetings.”

**Bev Milton** “I love it! I think I’ve kicked my ADHD. No cleaning unless I feel like it which is seldom, but can still do it. Only cook when I hanker for something. I can read, do crafts, zoom or sit with Roy in beautiful surroundings. But best of all, I have an excuse to say ‘no.’ If it weren’t for the guilt and worry

about the rest of the world, I’d shout it to the heavens.”

**Bill Holton** “I am one of those people who hasn’t fully retired. Following my first ‘retirement,’ I returned to Chapel Hill and have held four different jobs, first as a scientist, then as professor at NCSU and at UNC as adjunct professor. Along the way I met an inventor/entrepreneur/professor who co-founded Carbon Corp. in Redwood City, CA. I became and remain a consultant for this company. Not having to commute to every meeting and activity has been a bonus in many ways, allowing time for Zoom meetings, taking courses, working in the container garden and doing all the household cooking – all without consuming time and gas. My latest curiosity is the various flashpoints of cooking oils. I love it!”

**Jackie Heywood** “The most difficult thing for me in this pandemic is the required separation from other people because I love being with people. Being by myself so much, with lots of time to read and contemplate, has definitely enriched my faith. There are two parts of being in lockdown which I have enjoyed: 1. Dinner brought to me every night and 2. Delivery of groceries brought to my front door. We are truly fortunate to live here. It is a strange feeling hearing so many in our country are dying and we are becoming fully aware it could happen to any of us. I am very touched by the plight of those employees whose jobs have disappeared because of the pandemic and hope those jobs come

(Continued on p. 12, “Change”)

(Continued from p. 11, "Change")

back soon. It is in a very stressful time."

**Margaret Zircher**

1. "I feel far less in control of my life and have reluctantly accepted the fact that life in the foreseeable future will be different; that I need to live and cope with this COVID crisis for probably at least two or more years, which means less travel, less shopping, avoiding crowds and public spaces until a majority of the population is immune to COVID...."
2. "Living to the very last minute is not my goal; having a good quality of life while I am alive is my goal. Dying with COVID, or its side effects, is NOT the way I want to exit this world. Hence, I will err on the side of living cautiously.... I can only hope there is enough life left in me to enjoy a post-COVID world."
3. "This crisis has brought me closer to my relatives and friends. Having more unscheduled time facilitates more reaching out. I hope not to stop reaching out in the future."
4. "I'm grateful to have a hobby about which I'm passionate. Spending more time in the future advancing skills in that hobby has become a higher priority."
5. "I will probably seek out more solitude in the future. I rather enjoy not being driven by an alarm clock or schedule, or other people putting demands on my time...."

"I will surely have to go on a diet when CM no longer delivers those daily meals."

**Eunice Kraybill** "My pace of life has slowed way-y-y down as in a relaxed wake-up time with husband starting breakfast and retrieving the newspaper which we read over coffee. My stack of books to be read has dwindled to one as I spend more time sewing face masks – of which I have made several dozen so far. We enjoy our

weekly visits via ZOOM with our scattered children from California to Vermont and Chapel Hill. Daily walks around campus, visits (socially distant) with neighbors and work in our garden help to keep us alert to the beauty and positivity of life in our safe Carolina Meadows community."

- Compiled by Mary Jo Doherty



**While these are difficult times, there is always time for patriotism,**



**appreciation of the natural beauty around us,**



**acknowledgement of those who have added to our lives,**



**or simply time to express love.**



**Why not share these sentiments with friends and family by letter or card?**

Your GIFT SHOP has the stamps, envelopes and cards necessary – ORDER flag, frog, black heritage or love stamps NOW. Email your order to [cmgscal@gmail.com](mailto:cmgscal@gmail.com), or call Mike Kesner, Susan Durfee or Judy Jones and we will deliver!

## Zooming at Carolina Meadows

How did we all become “Zoomers”?

Margaret Lospinuso emailed all MeadowLife liaisons, the residents who edit MeadowLife pages on March 21. She asked us to contact the activities and committees we represent to pitch Zoom as an alternative to face-to-face meetings. I answered by saying how useful Zoom is and that we use it to talk to family.

“Oh! So Marty knows Zoom and is good on the computer, why don’t we make him Zoom Coordinator?” I accepted. You would never guess I was in the military and learned about volunteering. You can also put this under the category of “No Good Deed, Goes Unpunished.”

I knew NOTHING about Zoom. I signed up for a free Zoom account and had Zoom meetings between my desktop computer, my laptop, my iPhone, Frannie’s iPad, my Kindle Fire and my land line. That is how I learned Zoom.

“Zoom Coordinator” was added as an activity under the Residents Association and was given a page on MeadowLife – a page for me to create. I wrote seven tutorials for the page and got the word out to residents where to find them:

- Installing Zoom on your computer.
- Installing Zoom on your smart phone or tablet.
- Attending a Zoom meeting on your computer with a microphone.
- Attending a Zoom meeting on your computer without a microphone.
- Attending a Zoom meeting on your smart phone or tablet.

- Attending a Zoom meeting on your telephone or cell phone
- How to host your own Zoom meetings

The first six helped residents join and participate in Ben Cornthwaite’s Town Hall meetings. More than 300 attend the twice-a-week meeting. Many of those 300 are husband and wife, so the real number of attendees is much higher.

The last tutorial instructs residents on how to host their own Zoom meetings. Residents have hosted such things as a Zoom pizza party and Zoom meetings with their families and friends.

Chapter 2 – I emailed the group leaders of every activity and every committee, making them aware that Zoom will allow them to hold their meetings and present programs to Carolina Meadows residents.

The Residents Sustainability Working Group,, and Carolina Meadows University responded enthusiastically. It offered them a way to continue to present their programs. Other activities and committees approached me to hold meetings on Zoom. Precinct leaders also wanted to hold monthly meetings.

My free account only allowed 40-minute sessions – not very adequate for the needs of these groups. The Residents Association approved spending the monthly fee for a paid account allowing unlimited meeting duration. This was later upgraded to allow more participants, from 100 to 500.

The Residents Sustainability Working Group, under Frans Verhagen, had planned four presenta-

tions with outside speakers to celebrate Earth Day. Rather than being in our Auditorium, they were held via Zoom. To make these presentations come off, many dry run meetings were necessary to make sure the speakers knew enough about Zoom to join and share PowerPoint slides and videos. Coordination with Kris Snyder was needed to announce the presentations and make Zoom invitations available to residents.

Carolina Meadows University plans to hold weekly Zoom presentations until they can be held, once again, in the Auditorium. Bill Chafe presented four programs entitled “What If.” Phil Carl follows with programs about Nobel Laureates. All these presentations require coordination between the speakers, the CMU staff, Kris Snyder and me.

All the Earth Day and CMU presentations are recorded and available on MeadowLife. I do some editing and send the videos to Adam Pizzo. Adam uploads them to Vimeo and passes the link to Margaret Lospinuso. Margaret gets them on MeadowLife and I link to them on the MeadowLife page of the activity giving the presentation. Now that’s quite a process.

As of this writing, I have facilitated, or will facilitate, 30 meetings for Carolina Meadows activities, committees, and precincts. The group gets the Zoom invitation (containing the mechanism to join the meeting) from me and forwards it to his or her members. I start the meeting about 10 minutes early in case there are questions about Zoom. Once the meeting is about to start, I make

(Continued on p. 16, “Zooming”)

## Recognizing Our Residents' Achievements

Many of our residents have professional or volunteer achievements of which they are rightfully proud but too modest to boast about them. In an effort to encourage them to open up, in early May I sent out a MeadowTalk message inviting residents to share with us a paragraph describing some of these memories. I urged them to feel free to share humorous moments along with the sublime.

I received 12 responses, half of which are printed below. The remainder will appear in the following *Meadowlark* issue.

The weekend *New York Times* and *Wall Street Journal* have current events quizzes in each weekend issue. In that spirit, I am inviting you to guess the identities of each of the participants, whose names will be listed below in alphabetical order. The answers are provided on page 16.

1. "Prior to retiring, I was the Coordinator of Career Development at York College, The City University of New York. There were 20 colleges in CUNY.... Each had its own placement office and ran its own Job Fair.... New York City is unique in many ways. One is [that]...students can live in one of the five boroughs, [and] attend a CUNY college located in a different borough.... However, because of the Job Fair practice, students and employers from different boroughs, who might well have met each others' needs, didn't connect.

"In 1983, the CUNY Women's Coalition won a major suit against the University.... As a member of the committee trying to decide what to do with the settlement, I... [suggested] we use some of the

money to create a CUNY Big Apple Job Fair, *i.e.*, hold a job fair open to all CUNY graduates and any NYC employer who wanted to attend. To accommodate the size and scope of the event, I went to the World Trade Center and suggested...that the event be held there at no charge since CUNY and the WTC were both under the auspices of New York State. The Fair was a huge success, thousands of students, hundreds of employers participated. The event is still held annually."

2. "In 1990, after an inspirational meeting with Archbishop Desmond Tutu, I created University Scholarships for South African Students [USSAS], a one-man 501 (c)(3) organization dedicated to providing financial assistance for poor black South African young men and women who had been admitted to one of South Africa's historically black universities and Technikons. Over the next 25 years I helped more than 1,600 young men and women pursue higher education in South Africa. In 2015, the University of the Western Cape awarded me an honorary doctorate in recognition of my support for their students. The degree was awarded by the titular Chancellor of the university - Desmond Tutu."

3. "I was nearby in the summer of 1981 when I heard of the disaster caused by the collapse of the balconies during a tea dance at the Hyatt Hotel in Kansas City. As a nurse, I felt impelled to go to the site and see what I could do to help. It was overwhelming to enter the makeshift morgue filled with covered bodies (114 died). After helping at the triage area that

evening, I joined other professionals to help the community cope with the grief, anger and fear that remained. We gave support to the bereaved, to those injured in the disaster and to rescue workers. I eventually made a video based on interviews with those affected by the collapse of the walkways. My last interview with a fireman occurred a year later. He poured out his story with a few tears, telling me that it was the first time he had talked about his experience. The Hyatt disaster was important in bringing awareness to the need for follow-up support to communities and to rescue workers dealing with disaster."

4. "In 1974 I was one of the first four women to be assigned a job in field technical sales for a large international chemical company. Many within the company did not welcome this intrusion, feeling women's only role should be secretary. Occasionally I had difficulty in securing an appointment to call on an existing or potential customer. Sexual harassment was rampant. As I was 'tiptoeing' through this adventure of being a corporate minority (but enjoying a paycheck that pulled me out of poverty), I made a sales call at a DuPont plant near Richmond, VA, on a beautiful crisp fall day. As I pulled up to the gate to register with the guard, his gruff greeting was, 'Good day for a killing.' Fortunately, I was a southerner and, after a brief moment of speechlessness, I realized he was referring to killing hogs, not female technical sales representatives! My grandparents had lived on a farm and

(Continued on p.15, "Achievements")

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hog killing on a crisp fall day was customary.

"With patience and persistence, three years later I was recognized as being in the top 10% of the company's technical sales force, even selling to companies that had previously thrown me out of their office because I was female. A few years later I was assigned as the first female international marketing manager for the company, managing business in 44 countries. You can only imagine the astonishment on Korean and Japanese faces when, for the first time ever, a female manager showed up. I could read their facial expressions; I regret I did not speak their language. I'm sure the translations from my local office managers omitted quite a lot!"

5. "In the late 1970s, I was working for a vocational rehab agency when the idea of assertiveness training came into vogue. With little or no time for preparation, I was assigned to teach this empowering concept to our clients. At first, things went well and I was full of enthusiasm, as was the class. A few weeks into the training, however, I awoke to the morning newspaper's front-page headline and a photo of my wheelchair-bound student who had chained herself to the front of a metro bus. In the accompanying interview, she explained her goal was facilities for disabled riders, that she had tried to get transit authorities to engage for years to no avail and it was only when I came on the scene that she learned what to do. I was reassigned that afternoon. "

6. "Shortly after I started practicing law in Durham, I was

appointed to represent a man in Federal Criminal Court. He was charged with draft evasion. He told me that at the time he was drafted he had escaped from a prison in Alabama and was on the run and never knew about being drafted. We waived a jury trial and agreed to let the Judge hear the evidence and decide guilt or innocence. My client testified to this and also said he had always wanted to be in the Army and besides that his girlfriend was pregnant and the Army would cover her medical expense.

"Then the District Attorney cross examined him. Slowly he pulled a paper from his file and asked my client if that was his signature on it. It was. It said, 'Because of my religious beliefs I ask to be excused from military service.' Then came closing arguments. I told the Judge he should find him 'not guilty' because there was no evidence that he got the notice. The Judge said 'Yes, there is.' He said my client had testified that he did not get the notice and since he had lied about everything else, that was evidence he did get the notice. But he found him 'not guilty.'"

**Submitted by** Gordon Battle, Marge Miles, Bette Nelson, Harriet Vines, Robert Paul Wolff, Margaret Zircher

- *Compiled by Judith Pulley*

## Going to the Dogs

Coronavirus has turned us all into dogs. We wander around the house looking for food. We get told "No" if we get too close to strangers and we get really excited about going for walks and car rides.

## Fitness Class Descriptions and Zoom Links

**Body Movements, Monday-Friday, 9-9:30 am** This class will incorporate basic body movements to help build strength, balance and flexibility. The workout includes both standing and seated exercises. You will need at least six feet of space around you and a sturdy chair to fully participate. We also recommend clothing you can move in, closed-toe athletic shoes and please remember to stay hydrated.

**Sit and Be Fit Monday, Wednesday and Friday 10-10:30 am** These classes incorporate standing but mostly seated exercises designed to strengthen and tone the whole body. Please have light weights (water bottles or soup cans may be used) and a sturdy chair with a back for support.

**Mindful Yoga, Tuesdays 11:30 am-12:30 pm** This class is intentionally designed to be an easeful transition into the online experience of yoga. We will move slowly and breathe deeply using a wide range of gentle postures to keep us supple, flexible, strong and present in our bodies. You will need a yoga mat, a sturdy chair and a pillow. We will also use straps (a belt or a tie are all acceptable).

**New offering! Tai Chi with Dr. Jay Dunbar, Wednesdays, 2:30-3:15 pm** Tai Chi is a traditional Chinese moving meditation, martial art, and health exercise. Slow, continuous, intentional movement, focused on subtle internal changes, has been shown to enhance energy and improve mental, emotional and physical balance. It is easy to practice, re-

(Continued on p. 16, "Fitness")

(Continued from p. 15, "Fitness")

quires no special space or equipment and integrates natural, easy movement with a joyful, reflective approach to daily life.

**Barre Workout, Thursdays, 11:30 am-12 noon**

An effective full-body workout set to music with simple, classic dance-inspired exercises. You'll be guided through a series of low impact movements designed to strengthen and tone your body while improving balance and flexibility. In place of a barre, we will be using a sturdy chair. Led by Kim Conway.

**Feldenkrais Method, Fridays, 11 am-12 noon**

Rediscover your innate capacity for easy, graceful, efficient yet powerful movement using *The Feldenkrais Method*<sup>®</sup> of movement education. This revolutionary approach to skill development taps the power of the brain and central nervous system to create startling changes in your neuromuscular organization and coordination. Your involuntary limiting movement habits will dissolve and you will emerge from class more relaxed, grounded and powerful. You'll learn to move smarter, not harder. Results include tension and pain relief, increased flexibility and coordination and improved breathing, alignment, posture, balance, strength and control. Simply put: when you move better, you feel better.

*PLEASE NOTE: This lesson will be verbally guided, not demonstrated. It will be easiest for you to do while lying on your back on the floor or on your bed. You can do it while sitting in a chair, if you prefer, though it will be a bit more challenging that way.*

**Please use the following Zoom link to access the above classes:**

Join Zoom Meeting  
<<https://zoom.us/j/3386967211?pwd=OWdGS1UyWFhmUmhJcFBYZUMzQ0xDUT09>>  
Meeting ID: 338 696 7211  
Password: 20204

**Nia to Heal, Wednesdays, 11:15 am-12 noon** A group dance fitness class to fun music. It's ideal for people who are just getting going with exercise and want a fun, joyful way to get active. It's also good for those recovering from an illness or injury. We spend 30 minutes dancing on the floor and 15 minutes moving in a chair, but a chair is always an option and some choose to spend the whole class moving in a chair.

**Use the following link to access Nia to Heal**

Join Zoom Meeting  
<<https://us02web.zoom.us/j/4180810947?pwd=SEVvTi9uWU1hODBHRjNVMGo0OURPQT09>>  
Meeting ID: 418 081 0947  
Password: 2468

**Body Sculpt With Joan, Saturdays, 10-10:30 am** A full-body workout using weights, mats (optional) and a sturdy chair. An intense and fun workout with a focus on strength, mobility and balance.

**Use the following link to access Body Sculpt with Joan**

Join Zoom Meeting  
<<https://us02web.zoom.us/j/82895069536?pwd=cEVFdHdxcdVZdEtMc3RtQmRjVExLUT09>>  
Meeting ID: 828 9506 9536  
Password: 12345

**Yoga with Emily, Sundays 4-5 pm** In this mat class, we will focus on the breath and warming up the body, then move on to a yoga

practice that may include poses seated, on all fours, prone, supine and standing. Some yoga experience is suggested, though modifications will be offered for all levels of experience. Have a yoga mat, folded beach towel or cushion, yoga strap and a sturdy chair nearby.

**Use the following link to access Yoga with Emily**

Join Zoom Meeting  
<<https://us02web.zoom.us/j/86240003739?pwd=aDc0c2RqWVNHZjFYNzk5SVpQWEVvZz09>>  
Zoom Meeting ID: 862 4000 3739  
Password: 889869

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the leader the Zoom host and leave the meetings.

What does a Zoom Coordinator do when not coordinating a Zoom meeting? He attends to emails. I have received over 40 requests for help with Zoom and have tried to answer all. Many are basic, "How do I get on Zoom." I have been successful in most cases but not all. It is very frustrating when you cannot see the screen of the person you are trying to help. Then there are the phone calls, hours of phone calls. I am not complaining. It gives me great satisfaction to be able to help. I am happy to supply a service that successfully supports a need here at Carolina Meadows and I now know many of you I did not know before. - Marty Lyon

**Answers to Residents' Achievements:**

1. Harriet Vines
2. Robert Paul Wolff
3. Marge Miles
4. Margaret Zircher
5. Bette Nelson
6. Gordon Battle

## What Are You Streaming?

A popular topic of conversation among residents, especially in these days of the COVID-19 quarantine, is "What are you streaming?" So we asked those who receive MeadowTalk to send us their recommendations. Here they are (with numbers in parentheses indicating more than one recommendation).

### Acorn

**Balthazar:** Brilliant but infuriating forensic pathologist Raphaël Balthazar, who can make the dead speak, works with by-the-book chief inspector Hélène Bach to solve crimes in Paris. Great writing, great acting, gruesome and funny; one of the top 10 series in France in 2018. French/English subtitles. (3)

**Line of Duty:** AC-12 (Internal Affairs) investigates police officers working in the line of duty. Critically acclaimed, great ensemble cast. British.

### Amazon Prime

**As Time Goes By:** British romantic sitcom, starring Judi Dench and Geoffrey Palmer, follows the relationship between two former lovers who meet unexpectedly after not having been in contact for 38 years.

**Bosch:** An LAPD homicide detective works tenaciously to solve crimes. Deftly interwoven story strands. Based on novels by Michael Connelly.

**Midsommer Murders:** British detective drama revolves around Detective Chief Inspector Barnaby's efforts to solve numerous murders that take place in the fictional Midsommer County.

**Grantchester:** Sidney Chambers, a charming clergyman, turns investigator when one of his parishioners dies under suspicious

circumstances. He partners up with gruff inspector Geordie Keating.

**Murder of a President:** James Garfield, two-hour documentary

**Night Manager:** Crime drama based on John le Carré novel follows former British soldier contacted by an intelligence operative who asks him to spy on international businessman.

**Pavarotti:** two-hour documentary

**The Brief:** Henry Farmer is a clever criminal law barrister whose every day is a juggling act between surviving his messy personal life and pleading cases only he can win.

**The Marvelous Mrs. Maisel:** In late 1950s New York, Midge Maisel breaks up with her husband, who was cheating on her, and discovers a hidden talent for stand-up comedy. (2)

**The Man in the High Castle:** Dramatization of Philip K. Dick's novel of the US under Nazi/Japanese rule after World War II.

**The Worricker Trilogy:** Thrilling spy trilogy exposes the battles raging inside the intelligence community in the name of security.

**Under a Rock:** A celebrity talk show with comedian and actress Tig Notaro.

**W.T. Sherman, Beyond the March to the Sea:** Sherman was more than a Civil War general. He voyaged the world, influenced the California Gold Rush, started banks and LSU. Two-hour documentary.

### CBS All Access (also on Amazon)

**Picard:** For *Star Trek, The Next Generation* fans. Picard comes out of retirement. Many TNG characters reappear much older

**Epix: The God Father of Harlem:** Semi-biography of Bumpy

Johnson, who challenged the Genovese family's control of Harlem.

### HBO

**Chernobyl:** Documents heroic acts to mitigate catastrophic damage.

**His Dark Materials:** Part 1 of Philip Pullman's trilogy of an alternate dimension world that parallels our own.

**Last Week Tonight – John Oliver:** Oliver reviews what happened the past seven days in news, politics, current events with a heavy dose of satire.

**My Brilliant Friend & My Brilliant Friend: The Story of a New Name:** Dramatization of Elena Ferrante's Neapolitan novels. (2)

**Silicon Valley:** Comedy follows misadventures of introverted computer programmer and his brainy friends as they attempt to strike it rich.

**Succession:** Tracks the lives of the Roy family as they contemplate their future and vie for position as their aging father begins to step back from the media empire.

**The Plot Against America:** Based on Philip Roth's counterfactual novel of US in the 1940s, when Lindbergh defeats FDR in 1940 election.

**The Young Pope:** Young and charming, Pius XIII is first American pope in history, who proves to be mysterious and contradictory.

### Hulu

**Hillary Clinton:** Three-part biography.

**MHzChoice** (International Programming with English subtitles)

**A French Village:** The life challenges of the villagers living in a small town that straddles the demarcation line between Vichy and Nazi administered zones in France. A stunning story. (2)

**Detective Montalbano:** Filmed in the ancient Sicilian city of Ragusa Ibla, the series is based on mystery novels by Andrea Camilleri. Interaction between Montalbano and his underlings is often amusing.

**Murder in...:** A collection of mysteries, each one set in a different, picturesque region of France. Changing cast. Enjoy French towns and areas you may never have seen before – and plan your next trip.

### **Netflix**

**Afterlife:** Tony had a perfect life – until his wife died. Then the formerly nice guy changed and decides to punish the world by saying and doing whatever he likes. With Ricky Gervais.

**Babylon Berlin:** Crime and intrigue in Berlin during the 1920s.

**Black Crows:** Drama portrays the lives of male and female recruits, undercover spies, child snipers, slaves and leaders in a cell of an extremist group. Life under ISIS.

**Dogs of Berlin:** Two contrasting Berlin police detectives become a team against their will and are forced into a territorial battle with the Berlin underworld.

**Fauda:** Top Israeli agent comes out of retirement to hunt for a Palestinian fighter he thought he'd killed. A two-sided story of Israeli-Palestinian conflict.

**Peaky Blinders:** A notorious gang in 1919 Birmingham, England, is led by the fierce Tommy Shelby, a crime boss set on moving up in the world.

**Rise of Empires: Ottoman:** Ottoman Sultan wages an epic campaign to take Constantinople and shapes the course of history for centuries.

**Rake:** Australian criminal barrister, reckless, brilliant and self-destructive, will do whatever it takes to defend and save life's lost souls.

**Rebellion:** Three young women play vital and conflicting roles in fight for Ireland's independence.

**Schitt's Creek:** After going broke, a wealthy couple and their spoiled "children" must settle in Schitt's Creek, a town they bought years ago as a joke. You need to watch more than two episodes to learn to like this family and the town characters. 30 minutes of hilarity. From Canadian TV. (2)

**Shtisel:** A multigenerational story set among ultra Orthodox Jews in Tel Aviv. Focus is on an artistic young man living with his father and seeking a bride.

**Stranger Things:** When a young boy vanishes, a small town

uncovers a mystery involving secret experiments, terrifying supernatural forces and one strange little girl. Tons of disguised references to the Triangle.

**The Kominsky Method:** Michael Douglas is a washed-up actor running an acting school and Alan Arkin is his friend and former agent.

**The Tudors:** Series follows the notorious Tudor monarch Henry VIII.

**Turn: Washington's Spies:** Long Island-based spy network of the colonial army. Most characters (American and British) are based on real people.

### **Roku**

**The Metropolitan Opera in HD:** Free first week, then \$15 per month. Search Roku for Met Opera on Demand.

- Compiled by Judith Pulley



**Inside the Carolina Meadows Courtyard Supermarket**

## Residents Enjoy the Outdoors



*Meet and Chat*

*Hooray for the golfers who walk!*



*The Building 4 Walking Brigade*



*Photo by Ossi Saarinen of Finland*  
*What does it have to do with Carolina Meadows?*  
*Nothing.*  
*But isn't it beautiful?*