



Beautiful Blossoms Garden Tour

When I originally agreed to write an article about the Garden Tour, I thought to myself, "Nothing to it; I like gardens." Then a few days before the tour, our intrepid photographer John Haynes and I agreed to meet for a preview of the gardens. As we stepped out of our vehicles the heavens opened up and we escaped to an overhang, thus avoiding a total soaking. Was this an omen? But in a very few minutes the deluge ended and the sun came out. The plants looked happy and the hardscape glistened.

The gardens were lovely and interesting in many different ways. I was having fun, but I had no idea how to describe all of this, or which photos to choose for an article for the *Meadowlark*. The various gardens run the gamut of formal and elegant, with gorgeous hardscapes that are professionally designed and installed, to perfectly maintained, delightful spaces that the resident has planted with his or her own hands. Some of the more formal gardens utilized flagstones to create flowerbeds and pathways. Manufactured blocks were used in other gardens to delineate flowerbeds. In most instances roofmates each plant front yards to their own individual liking, but one pair had a design that was continuous from one to the other. Each garden repeated some of the plants in the other, with the result of being harmonious as well as individualized. Some of the residents in-

vited visitors to view the gardens in back of their villas. Those hidden spots where people can relax and read the newspaper on a nice morning were charming and offered a glimpse into private lives.



Many gardens included statues and other decorative items to add interest to the landscape. An oriental garden had beautiful granite benches so you could sit and smell the roses. Another garden had a charming rain chain hanging from a gutter. Rainwater trickles



down and is caught in a succession of cups making a pleasant, tinkling sound. There is a stone wall behind some of the villas that back up to the berm next to Farrington Mill Road. One garden included a bush that was draped over the wall as well as stone vases reminiscent of a classical garden. Some villas are situated so that the natural views are especially appealing. One such villa has a spectacular side yard enclosed by huge old trees and a wrought iron gate that is an absolutely private natural bower.

Twelve resident gardens were on the tour, along with the Community Garden, the Park, Golden Pond, and the Meadow Garden. The support of the staff and volunteers helped make the tour a success. All of the planning and execution were the brainchildren of Sallie Comey, Judy Tilson, and Pickett Guthrie.

For more garden tour photos by John Haynes, turn to pages 14 and 16.

- Fran Sherwin

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President's Message

It is an honor to have been chosen President of the Residents Association. I look forward to working with so many talented men and women.

Since moving from Texas to Carolina Meadows I have made many friends with diverse backgrounds, and have opportunities to make new friends as we welcome new residents. Every week I look forward to attending interesting lectures and programs, seeing creative art displays, and so much more.

The first thing I want to do is to thank Betsy Ahern for her two years of service as past president. She devoted an enormous amount of time to make sure things ran smoothly. Betsy provided a steady hand during a period of unrest when, across our campus, we were struggling with opposing views about a campus master plan. Most importantly, during this time our Board, Management and Residents worked together to arrive at a plan that has been overwhelming-

ly accepted. Residents now know that the Board listens, that Management truly values input from residents, and that by working together we can best achieve our mission to enrich the quality of life at Carolina Meadows. It was Betsy who suggested we have a grand party to celebrate the 30th Anniversary of the RA, and it was a hit.

So let's think about other reasons to party together! We start the year with strong Standing Committees and Precinct leadership teams. The Gift Shop continues to shine and provide a solid funding source for the RA. The Library is as active as ever. With over 40 activities there is always something happening on campus. Of special importance are the Meadows Assistance Programs and the Pines/Green Friends that together have over 80 volunteers who provide loving care.

I hope you have an enjoyable summer. If you travel, bring back a good joke and new experiences to share in the fall.
- Sam Ligon

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September Issue Deadline

Copy for the September *Meadowlark* must be submitted by **Sunday, August 12**, to Pat Mandell <phbmandell@me.com>, Joanne Cotter <thecotters@me.com> and Dorothy Samitz <dj@samitz.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format. Please call Pat at (919) 240-4864 if you have any questions.

2018 Residents Association Officers

Congratulations to the officers of the 2018 Residents Association!

Sam Ligon,
President



Eleanor Morris,
Secretary



Christine Kesner,
Vice President



Dorothy Samitz,
Treasurer



Carolina Meadows Census As of April 30, 2018

Number of Residents	Occupancy Level
Independent Living:	
634	97%
Assisted Living	
69	85%
The Pines*:	
53	69%*
Total on campus:	
756	91%
EA Program:	
58	
Total Residents:	814

Independent Living:

634

97%

Assisted Living

69

85%

The Pines*:

53

69%*

Total on campus:

756

91%

EA Program:

58

Total Residents: 814

**Includes temporary admission of IL and AL residents.*

NEWS (continued)

2018 President's Awards

Bob Buzenberg started the President's Awards in 1992 to give special recognition to residents who contribute to enriching life at Carolina Meadows. This year the awards were presented to Carol Coile, Martha Hutt and Mike Kesner.



Left to right: Martha Hutt, Michael Kesner, and Carol Coile

Carol Coile: The President's Award was granted to Carol for getting involved and volunteering from the minute she moved to Carolina Meadows in 2016. She agreed to chair the Pines/Green Friends Standing Committee this year, which involved changing the Charge and restructuring the way the committee was organized. There is now a Steering Committee that meets monthly with CM management to support the volunteers, a new Volunteer Handbook and a monthly newsletter. Carol's efforts to improve the organizational structure of the Pines/Greens Friends is greatly appreciated. Carol also accepted the position of Precinct Representative for The Pines while being secretary for her own pre-

cinct. She immediately got involved with the Welcoming Committee and has been the greeter for her precinct as well.

Martha Hutt: Martha was presented the President's Award for accepting the job of the CM Library Manager at the time the library floor plan was being reconfigured in preparation for the installation of new bookcases. This involved organizing the volunteers to remove, store and re-shelve the library books and DVD collections during a very short time period. The time and energy Martha devoted to this undertaking, in order to make sure the CM Library operated smoothly during the transition, is greatly appreciated. Martha also led and organized the new Women's Lunch group as part of the Meadows Assistance Program (MAP). As if these two endeavors were not enough, she continued to work as a cashier in the Gift Shop and as a weekend ambassador for the Marketing Department.

Mike Kesner: Mike's dedica-

tion to the CM Gift Shop as its Operations Manager and Volunteer Coordinator for the last three years has earned him the President's Award. Mike did the research to purchase a new computer and point of sale system, developed the instructions for the cashiers and held training demos for the entire network. He also did the research to purchase a safe and changed the instructions once again when the CM branch of SunTrust bank closed. Mike's management of the Gift Shop has been superb and his openness to new endeavors in the Gift Shop is greatly appreciated. Mike is also a *MeadowLife* volunteer and the back-up to the Chair for that responsibility. In addition, he keeps the bird feeders at The Pines filled as a Pines/Green Friend. In addition, Mike continues to support the Computer/Data Base Committee of the Library.

Kudos to all three residents for their amazing contributions to the good life at Carolina Meadows.

You are invited to a

Resident Town Hall Meeting

Presenters:

Kevin McLeod, President and CEO
Ben Cornthwaite, COO

Tuesday, June 19, 11 am (Auditorium)

Wednesday, June 20, 11 am (Auditorium)

Two meetings have been scheduled in order to accommodate all residents. Please do not attend both meetings, as the same items will be covered at each meeting.

The meeting will be simulcast on **June 19 at 11 am** to the **Fairways** in the **Gallery** and to the **Pines** in the **Activities room**.

Meadows In Motion

We have been working on creating a new set of community values designed to serve as guiding principles for all that we do. We have begun communicating these values to employees and we plan to incorporate them into every Carolina Meadows employee's performance evaluation beginning this summer. We thought it would be great for you to be aware and join us in the effort to ensure we are all doing our part!

We foster a vibrant and inclusive community.

People are their best when they live and work in a vibrant community. We promote resident and employee engagement within Carolina Meadows and in the larger community in which we operate. We celebrate diversity of thought, experience, and background. We foster a respectful, accessible, safe, and inclusive community for all.

We value and care for our resi-

dents, our co-workers, and our community.

Personal relationships are the core of our work. How we treat our residents, our colleagues, our prospective residents, and the greater community is crucial to our success. For that reason we value friendliness, teamwork, and open communication. We demonstrate an appreciation of others by engaging in professional and responsive interactions with residents and their family members, vendors, and each other.

We believe in a person-centered philosophy of care and well-being.

Individuals are able to live their lives with services and supports reflecting their values and preferences in the safest, most independent setting possible. An integrated network of services empowers choices and establishes a structure that respects and supports decisions.

We honor our commitments.

We model ethical behavior and decision-making that upholds the responsibilities of the organization. We weigh options and make choices with thoughtfulness, integrity, and compassion. We demonstrate consistency between what is said and what is done. We honor our commitments and practice good stewardship when using the organization's resources. We ensure that matters are resolved with a sense of urgency and in a timely manner.

We strive for excellence in all we do.

We act in the best interests of the Carolina Meadows community. We seek excellence and transparency in decision-making, and encourage the involvement of residents in their community's governance and budgeting. We learn from our past experiences and implement best practices and innovation that advance our mission. We are dedicated to making Carolina Meadows the very best place to live and work.

- Ben Cornthwaite

Carolina Meadows' Magical Pond

There has been a transformation at the Meadow Garden Pond. Aged at 17 and losing water daily, a serious refurb was mandatory. Resident garden volunteers collaborated with Elizabeth Holdridge, Grounds Supervisor, to make a plan and hire a contractor. Of course, the project was more complicated than expected, but the delays were worth the wait.

The results are stunning! Even in daylight the garden is impressive. New stone paths and surrounds, picture book hostas, luscious greenery amidst a riot of seasonal blooms await admirers. The new pond is deeper, allowing the fish to survive the winter. Goldfish and a wave of Rosy Red Minnows

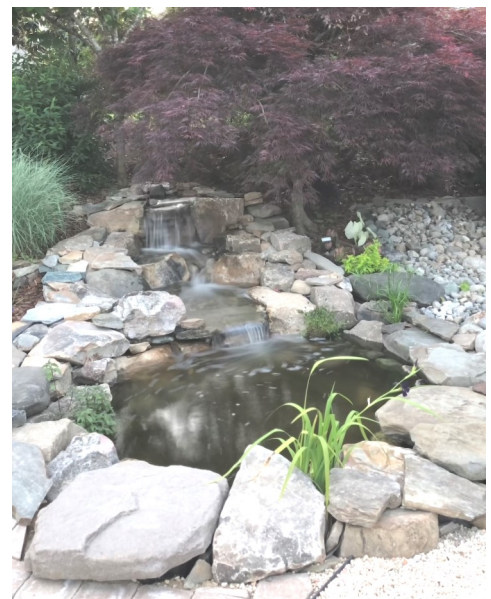
swarm about – sorry, no Koi due to lack of space.

To truly appreciate the magnificence, an evening visit is a must. Just walk through the Lobby of Building 4 and out the back door. Follow the gently lighted sidewalk to the tiered waterfalls, now artfully illuminated by three new spotlights, and the beautifully landscaped pond. Treat yourself to your favorite after dinner beverage at the pergola. Listen to the splashing, gurgling falls and a choir of well-tuned frogs, soon to be joined by other night singers. Take in the enchanting sights and sounds of our own little Shangri-La.

And don't forget to thank the

Meadow Gardeners.

- Mary Jo Doherty



Environmental Sustainability Operating Principle

This year, the Energy and Environment Working Group and the Recycling & Conservation Committee proposed that Carolina Meadows add a commitment to environmental sustainability to the Operating Principles in the Policies and Procedures Handbook. The proposal has been accepted by the Buildings, Grounds, and Safety Advisory Committee and the Executive Committee and Council of the Residents Association. From there, COO Ben Cornthwaite is taking it to management and the Vision & Strategy Committee of the Board of Directors. In the meantime, all the operating principles in the Policies and Procedures Handbook are being revised, with a new concern for the environment added to Carolina Meadows' concern for its own robustness as an institution, its efficient and ethical operation, and the well-being of its residents. As passed by the Resident Association committees, the principle reads: Environmental Sustainability Operating Principle:

We limit our impact on the environment, cost justified.

We reduce the use of non-renewable energy and toxic materials and conserve natural resources and ecosystems.

Since Carolina Meadows already tries to reduce its impact on the environment (consider that we recycle as an institution and as individuals and that new buildings and reconstruction of old ones have met environmental standards), an explicit commitment to environmental sustainability could mean that all decisions about infrastructure and operations would be considered in the light of their impact and that residents, the Board of Directors, management, and staff would discuss each new step. Costs and benefits would be calculated and perhaps coordinated with the sustainability programs in Chatham and Orange Counties. Since technology will keep making more things possible, setting an environmental intention will give us a direction, not an end point, but we might start with a strategic plan to increase sustainability at Carolina Meadows.

- Frans Verhagen and Judith Ferster

Coincidence or Kismet?

Coincidence: defined as an occasion when two or more things happen at the same time, especially in a way that is unlikely.

Bob Little (DePauw class of '59) and Ed Unterberg (DePauw class of '58) enjoyed the brotherhood and camaraderie of life in the Beta Theta Pi fraternity house on campus for three years.

After graduation and marriage, their separate lives carried them through various careers, the births of several children, life in various locations and the pleasure of travel. They remained in touch through mutual friends.

By coincidence they retired to Governors Club, in Chapel Hill. First Ed (and wife Gale), in 2001; then Bob, (and wife Susan) in 2006. Here, they resumed a friendship from those many years ago.

By coincidence, they entered the recent photography contest at Carolina Meadows, submitting a few photos of their travels. The photos that were selected to be reproduced and hung on the walls were chosen without names attached; their placement was done at random to fit the space.



Left, Ed; right, Bob

By coincidence the committee placed one of Bob's and one of Ed's pictures together. They can be found one above the other, to the left of the door to the private dining room.

Coincidence or kismet?

- Susan Little

Buyers Aware

We lugged some books/ and
stacked them high
And prayed like mad/ that
folks would buy.
The sale's now past/ and we're
full of glee
'Cause we raised **\$2,361.00/**
for our Library.

Thanks to all the folks on the Book Sale Committee who collected and sorted books, arranged them in the Auditorium, kept the book tables looking tidy, and worked as cashiers. Many, many

kudos are due as well for the staff at Carolina Meadows who schlepped all the books from the basement to the Auditorium, duplicated fliers, and did a whole lot more! And, finally, we applaud all of you residents of Carolina Meadows who donated books and then bought scads more of them. You were the "buyers aware" that the Library depends on to help fund new books and keep its collection current.

- Ruth Leopold

G&R – What Is It?

The Gift and Remembrance Fund Committee of the Residents Association receives monetary gifts made in appreciation or celebration of a person or event, or as a memorial to those who have passed away. A letter is sent from CEO Kevin McLeod informing persons being honored, or next of kin, of the gift.

Gifts are encouraged from residents, family members, or others who wish to commemorate a life or honor a living resident to the benefit of the residents of Carolina Meadows. Gifts may be for general use or dedicated to a specific purpose. Recent projects include recording equipment to ena-

ble presentations in the auditorium to be shown at the Fairways, and a safe for the Gift Shop.

Donations should be made payable to **Carolina Meadows Inc.**, with the notation that the money should go to the Gift and Remembrance Fund. The account is administered by the CM Director of Finance. The Committee reviews requests and then provides funds for worthy projects.

Brochures concerning the Fund are in the Club Center Lobby. A box for donations is available by the Club Center mailboxes. Contact Roy Milton (919) 967-1254 for more information.

- Roy Milton, Chair

New EA Residents

Steven Millsaps
Mary Gayle Hartis
Duncan and Susan Yaggy
Barry and Jill Grosman

In Memoriam

Edwin Dixon V-343
04-30-2018

TALK

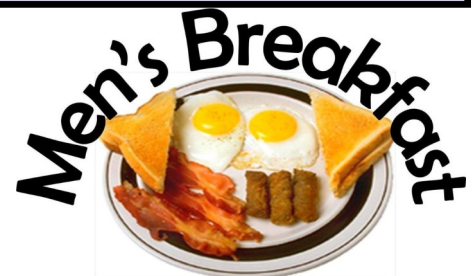
Travel Adventures (WAY) South of the Border: Chile and Antarctica

On **June 22 at 7:30 pm** in the **Auditorium**, Christine and Michael Kesner will show the ethereal, ice-covered world of Antarctica starting in Santiago, then traveling to Patagonia's Torres del Paine National Park. Next, they will share their flight over the Drake Passage to meet their ship in Antarctica. Come enjoy the other worldly sights of icebergs, glaciers, mountains, sea ice, ice shelves, and abundant fauna including penguins, seals, and whales.

- Subhash Batra



Photo by Michael Kesner



Our speaker on **Wednesday, June 20 at 8:30 in the Private Dining Room** will be General James Anderson. The title of his talk is "Re: Vietnam -- General Jim Anderson vs. Ken Burns." Please sign up by Thursday, June 14 and wear your name tag.

- Fred Bowman

UNITY

UNITY announces that it will be on hiatus during June, July, and August while many of us are enjoying travel and other summer activities. We look forward to welcoming you back to our lecture series in the fall. Have a safe, fun summer!

- Joe Danos

ARTS

Musical Events

United Church of Chapel Hill Bell Choir

7:30 pm Auditorium

Monday, June 4

The Bronze Voices Hand Bell Choir of the United Church of Chapel Hill is delighted to offer a Seasonal Concert at Carolina Meadows Monday, June 4 at 7:30 pm in the Auditorium. The Choir has one of the largest collections of hand bells in the Triangle and features an array of players of all ages and professions. The concert will unfold a collection of familiar secular pieces, Broadway tunes and old time classics – all to embrace the coming of summer. Come out and hear the many voices of hand bells and learn about their history.

Ethan Uslan, Ragtime, Jazz and Stride piano

2 pm Auditorium

Monday, June 25

WELCOME BACK ETHAN USLAN!! Ethan is a ragtime/jazz pianist based in Charlotte, NC. He is a 3-time winner of the World Championship Old-Time Piano Playing Contest (yes - that really exists!) and has performed all over the USA, Europe, and Cyberspace, where his jazzed-up *Für Elise* has gone viral.

Aside from solo work, Ethan has appeared with symphony orchestras, jazz bands, improv comedy groups, and even a clown show. At the age of 9, he began studying classical piano with Faina Litenzon in his hometown of South Orange, NJ. As a teenager, he took jazz piano lessons from Dan Crisci and in college (Indiana University) he

studied classical piano (Edmund Battersby). While in college, Ethan decided to devote himself to ragtime and early jazz, and hasn't looked back since.

Now Ethan lives in Charlotte, where he presents his music and storytelling on his very own podcast -The Carolina Shout. His concerts are filled with passion, humor, virtuosity, and a deep love for America's rich musical past. His vast repertoire includes original arrangements of Civil-War era songs, New Orleans jazz, 1920s Charlestons, blues, stomps, Harlem stride piano, swing, Cuban rumbas, jazzed-up versions of classical masterpieces, and one Hawaiian song called *Yaaka Hula Hickey Dula*.

A Grand Time for Singing

2 pm Auditorium

Wednesday, June 13

MET Opera on Demand *La Fanciulla del West* (from January 2011)

1 pm Auditorium

Wednesday, June 27

Puccini's musical vision of the American West is vividly brought to life in Giancarlo Del Monaco's atmospheric production. Deborah Voigt is Minnie, the girl of the title and owner of a bar in a Californian mining camp. Marcello Giordani sings Dick Johnson, the bandit-turned-lover hunted by the cynical sheriff Jack Rance (Lucio Gallo), who wants Minnie for himself. Complete with whiskey-drinking cowboys, gunplay, a poker game, and a snowstorm, *La Fanciulla del West* is Puccini at his most colorful.

MET Opera on Demand *Die Fledermaus* (from December 1986)

1 pm Auditorium

Wednesday, July 25

"A sumptuous fantasy out of some grand hotel of the Belle Epoch" — this was one critic's comment when this production of the most Viennese of all operettas opened at the Met. Staged by Vienna's own Otto Schenk (who also does a star turn as the jailer Frosch), with gorgeous sets and costumes by Günther Schneider-Siemssen and Peter J. Hall, it's the essence of a care-free, slightly naughty take on the myth of the Imperial city by the Danube. Of course it helps to have an all-star cast: from Tatiana Troyanos's arch, smoldering Prince Orlofsky to Kiri Te Kanawa's dreamy, elegant Rosalinde to Judith Blegen's pert Adele. No wonder all the men involved are completely smitten—and everybody is having the time of their lives.

MET Opera on Demand *Don Giovanni* (from October 2016)

1 pm Auditorium

Wednesday, August 22

Simon Keenlyside smolders dangerously in the title role of Mozart's version of the legend of Don Juan, creating a vivid portrait of a man who is a law unto himself, and all the more dangerous for his eternally seductive allure. Adam Plachetka is his occasionally unruly servant Leporello. It's when Giovanni tangles with Donna Anna (Hibla Gerzmava) that things start to unravel, aided by the reappear-

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ance of Donna Elvira (Malin Byström), who is determined not to let her seducer go. With Paul Appleby as Don Ottavio, Donna Anna's eternally steadfast fiancé. Principal Conductor Fabio Luisi leads the Met Orchestra and Chorus.

Violin Recital Featuring Students of Jessica Sun
10 am Auditorium
Saturday, June 2

Piano Recital Featuring Students of Connie Yee
3 pm Auditorium
Sunday, June 3 and Saturday, June 9

Spring Recital Featuring Students from Da Capo Al Coda
4 pm Auditorium
Sunday, June 17

Carolina Meadows Book Group **Fall 2018 Books for Summer Reading**

9/19 *Eleanor Oliphant is Completely Fine* by Gail Honeyman
 10/17 *Sharp* by Michelle Dean
 11/21 *To Siri With Love* by Judith Newman
 These books will be on the shelves by May 28.

- Ann Powers

Did You Know...?

You can read the *Meadowlark* in bold print and with photos in living color. Go to *MeadowLife* and click on the "The Meadowlark" link in the right-hand sidebar. Look for the lovely garden photos.

When the Sun Set Over Java

It is my pleasure to introduce you to a recent Early Advantage resident, Jacobus E. ("Jack") DeVries.

Jack's parents were Dutch. His father was a government economist assigned in 1924 to the island of Java, in what was then the Netherlands East Indies (now part of Indonesia). Jack and his three siblings were children when the Japanese invaded these islands in 1942. Jack's parents and the children were placed in separate detention camps, where the living conditions were miserable and the food inadequate.

Jack is an amazing survivor of terrible childhood hardships, which he relates in his memoir, *Sunset Over Java*, which is available in our Carolina Meadows Library.

After the Japanese surrendered in 1945, Jack and thousands of other Dutch nationals were released. He soon discovered that his mother, who was in a separate detention camp, had died. He was eventually reunited with his father, sister and two brothers.

When Jack's father was assigned by the Netherlands government to be on the staff of the World Bank in Washington, D.C., he and his siblings moved with their father to the United States. Jack graduated from high school in the DC area and enlisted in the U.S. Army for two years. Returning to civilian life, he was admitted to Harvard University at age 23 as an undergraduate.

Now, after a difficult, but ultimately inspiring life, we welcome Jack as our neighbor at Carolina Meadows. To find out more of his story, please pick up his memoir in the Library.

- Bill Brettmann

New Books Added to the Library Collection

Fiction

The Family Gathering by Robyn Carr
The Fallen by David Baldacci
The Ruined House by Ruby Namdar
The Female Persuasion by Meg Wolitzer
Last One Home by Debbie Macomber
Eternal Life by Dara Horn
Circe by Madeline Miller
An American Marriage by Tayari Jones
If I Die Tonight by Alison Gaylin
Barbed Wire Heart by Tess Sharpe

Large Print

Sweet Vengeance by Fern Michaels
Red Alert by James Patterson
The Bishop's Pawn by Steve Barry
Accidental Heroes by Danielle Steel

Mystery

Twenty-One Days by Anne Perry
Twisted Prey by John Sandford
I've Got My Eyes on You by Mary Higgins Clark
The Knowledge by Martha Grimes
The Cutting Edge by Jeffrey Deaver
Down the River into the Sea by Walter Mosley

The Disappeared by C. J. Box

Biography/Biography Collection

My Exaggerated Life by Pat Conroy
Eunice by Eileen McNamara

Library Notes

"A plea to all Library patrons: When you take out a book or DVD be sure to fill out the circulation card - first initial, last name, and unit number written legibly."

- Martha Hutt

AIM Art In the Meadows

Artist of the Month for June:
Exhibit of Collages by Susan Durfee, in the Art Room, second floor of Activities Building. Opening reception with refreshments. **Sunday, June 3, 3:30-5 pm.** All residents invited.

Class: Vegetable Carving Wednesday, June 6, 2-3:30 pm in the Art Room

Instructor: Rita Slotnick Cost: \$6.00

Participants need to bring their own small kitchen knife and cutting board if you have one. Fruits, veggies and all else provided. (Be prepared to pay instructor \$6 day of class—or less depending on cost of materials.) You will learn how to make individual animals and garnishes. Who knows, maybe roses from the skins of tomatoes, or mice made from radishes. Rita, who has taught classes at Farrington Village and Chimneystack, is known to use only a paring knife to carve charming and whimsical creatures, e.g., geese from yellow squash, a bird in flight from an apple, daisies from a turnip, a whale from a cucumber. Class size is limited, so sign up early in the activities notebook in the lobby by Sunday, June 3. For more information, contact Rita at (919) 240-7311.

- Margaret Zircher

Successful *Voices 2018* a Prelude to 2019

On April 24, some of the contributors to *Voices 2018*, the literary journal of Carolina Meadows, read their stories, essays and poems to an enthusiastic audience in the Lecture Hall. Copies of the journal, on sale following the readings, were snatched up by attendees and additional copies were later sold during the dinner hour in the foyer of the Club Center. A few remaining copies are available in the Gift Shop. The editors congratulate all who participated.

Now we are planning for *Voices 2019*, the issue of the journal that will appear next April. We hope that residents and Early Advantage folks will use the summer months to prepare fiction stories, poems, memoirs and essays for submission in the fall. The timeline for submissions is September 1 to December 31; a slot in the mailroom will be available. Guidelines may be found in *MeadowLife*. They also appear in the back of the current journal, a copy of which is in the Library.

There are other ways to participate in *Voices*: to serve as a reader (someone who anonymously critiques each submission) or proofreader. For additional information, please contact me by email <myrnamerron@aol.com> or phone (352) 250-4627 (cell).

- Myrna Merron, Editor *Voices 2019*

Films for June 2018 Shows start at 7:15 pm in the Auditorium

Besides free popcorn, we are offering another incentive: Those who wish to talk about the movie they have just seen, come down front during the credits and we'll discuss it.

YOU are choosing the movie. There is a box on the table in back into which you can put your recommendations. However, be advised that if it is not available on Netflix or in our library, does not have subtitles, or if it has been shown recently, we will not show it.

Caveat: Occasionally the scheduled movie does not arrive or there is something wrong with the DVD, so it is always wise to check *MeadowLife* or the bulletin board on Friday or Saturday.

June 2 *Terms of Endearment* (1983)



131 minutes – Rated PG
James L. Brooks directs this Academy Award-winning drama that follows widowed Aurora (Shirley MacLaine) and her daughter, Emma (Debra Winger), through the years as they support each other through relationships with various men -- and deal with heartbreaking tragedy. This warm, offbeat adaptation of Larry McMurtry's novel won five Oscars, including Best Picture, Best Actress

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Art Gallery Exchange

Reminder: the Gallery Exchange date is **Saturday, June 2**. Bring your art pieces to the Board Room between **10 am and 2 pm**. Call Bev Milton (919) 967-1254, or Susan Durfee (919) 942-6655, if you have any questions.

- Bev Milton

(Continued from p. 9, "Films")

(MacLaine), Best Director and Best Supporting Actor (Jack Nicholson).

June 9 *Lady Bird* (2017)

93 minutes – Rated R

Saoirse Ronan, Laurie Metcalf, Tracy Letts

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City.

With help from her adopted brother, Miguel, she begins putting together a plan for her great escape.

June 16 *The Prize Winner of Defiance, OH* (2005)

99 minutes – Rated PG 13

With 10 children to feed, postwar Ohio housewife Evelyn Ryan (Julianne Moore) has gotten used to being resourceful, stretching her husband's meager salary to the limit. But when clipping coupons won't cut it, she's forced to rely on her creativity. Woody Harrelson and Laura Dern co-star in this uncommon comedy-drama based on

a heartwarming memoir by Ryan's daughter, Terry, who recounts her mother's knack for winning contests.

June 23 *Tea With Mussolini* (1999)

117 minutes – Rated PG

Judi Dench, Joan Plowright, Cher
A group of Englishwomen living in Italy in the 1930s take in an orphan and do everything they can to protect the child and preserve their way of life, believing that fascist leader Benito Mussolini will protect them from war's gathering storm clouds.

June 30 *Goodbye, Christopher Robin* (2017)

127 minutes – Rated PG

Domhnall Gleeson, Margot Robie, Kelly Macdonald

The world of Winnie the Pooh creator A.A. Milne comes to life in this illuminating biopic that focuses on his relationship with his son (and inspiration), Christopher Robin, and how the books' phenomenal success affected the family.

SEE MEADOWLIFE or POSTERS FOR SYNOPSES

July 7 *Meet Me in St. Louis* (1944)

113 minutes – Not Rated

July 14 *Marshall* (2017)

118 minutes – Rated PG 13

July 21 *The Terminal* (2004)

128 minutes – Rated PG 13

July 28 *Julie & Julia* (2009)

123 minutes – Rated PG 13

August 4 *Words and Pictures* (2013)

111 minutes – Rated PG 13

August 11 *The Seven Year Itch* (1955)

105 minutes – Not Rated

August 18 *Like Water for Chocolate* (1992)

105 minutes – Rated R

French w/ English Subtitles

August 25 *Gifted* (2017)

101 minutes – Rated PG 13

Tuesday at the Movies – 2 pm Auditorium

Tuesday, June 12 *A Mighty Wind*

2003– Rated PG 13 – 92 minutes
Satirist in extremis Christopher Guest aims his mockumentary lens at 1960s folk musicians -- specifically, the earnest Folksmen (portrayed by erstwhile Spinal Tappers Guest, Michael McKean and Harry Shearer), the too-perky New Main Street Singers and former lovebirds Mitch & Mickey. As the three acts prepare to reunite for a tribute concert, music and emotions run high. This Grammy winner is a parody in the tradition of Best in Show and Waiting for Guffman.

Tuesday, July 10 *Ocean's 11*

1960– Not Rated – 127 minutes
Frank Sinatra leads an all-star cast as Danny Ocean, who decides to knock over a few casinos on the Las Vegas Strip with his buddies -- including Dean Martin, Sammy Davis Jr., Joey Bishop and Peter Lawford -- in one of the merriest heist movies ever. The summit meeting of Sinatra's "Rat Pack" cronies, this comic caper was filmed on location in Vegas during the daylight-hour downtime between the real-life group's ongoing gig at the Sands Hotel.

Tuesday, August 14 *Three Little Words*

1950– Not Rated – 102 minutes
Fred Astaire won a Golden Globe for his performance as sidelined magician Bert Kalmar, who meets aspiring baseball player Harry Ruby (Red Skelton). The pair start writing tunes together, embarking on a long roller-coaster partnership. MGM's musical biography about one of Tin Pan Alley's legendary songwriting teams earned an Oscar nod for Best Score. The supporting cast includes Arlene Dahl, Keenan Wynn and Debbie Reynolds in her big-screen debut.

ACTIVITIES

Watering and Fire Ants



As summer progresses, gardeners often tire of watering just at the time plants most need regular sustenance. Watering is particularly important for raised beds, which tend to dry out rapidly in mid-summer, not just because of hot weather but also because of the elevated nature of raised beds. My standard advice is to continue watering past when you think you are done, remembering that this thereby extends the time before the next needed watering.

Thus the first rule of watering is to avoid frequent light sprinkling and instead soak a raised bed when plant leaves start to droop. Second, place mulch around plants to slow the evaporation of water; mulch will also replenish the soil for next year's crop. This year, because I am short of mulch from my composting bins, I am experimenting by using shredded paper as mulch. So far this substitute seems to be working, though paper will not renew the soil as do composted leaves and greens.

Last summer, and again over the winter, we had fire ants invade garden plots, and just recently we thought we had another infestation. However, Justin identified the invaders as cinnamon ants, a species which is larger than fire ants and not as aggressive. Fire ant bites are very painful, and they

usually attack in swarms. Native to Brazil, fire ants vary in size from 1/16 to 1/4 inch, and are either reddish brown or black, depending on the species. Fire ants build mounds which can be anywhere from several inches to more than a foot high. When their mounds are disrupted, they emerge from their nest to sting the intruder.

Fire ants are common on campus, especially in the 500 villas. Learn to identify these ants and be sure to report their location.

- Alan Tom



"Summertime... and the living is easy"

- what could be easier than picking up some good reading and those essential items at your Gift Shop (open 10am-2pm weekdays)

For summer reading - 2018 VOICES

AND new stock to include:

Fun hostess gifts

New small soaps and hand lotion

Men's golf shirts

Sun hats and sun block

Summer jewelry and tops

Folding canes, both plain and with designs

Wooden collapsible walking sticks

Pocket size lighted magnifying glass

Handy eyeglass cleaner gadget

Jewelry Design And Repair

1- 4 pm

Art Studio

Monday, June 4, and Tuesday, June 19

Monday, July 2, and Tuesday, July 17

Monday, August 6, and Tuesday, August 21

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.

"Hope springs eternal" came to mind as we journeyed to the Oakleaf restaurant in its new location in Carrboro to see whether the new environment would bring improvement. Alas, it remains the same restaurant that we experienced in its previous home in Pittsboro, both unexciting and uneven.

The new Oakleaf interior, fresh and cheerful, feels good to the skin with its soft blue walls, wooden floors, easy on the feet, and cushioned banquettes, comfortable to the seat. But the praise ends there. It's not that the "new" Oakleaf is bad; it's just not very good.

For our simple lunch tasting we chose the "crispy Pamlico Sound oysters" served with tabasco aioli and market greens and, by way of contrast, the fried chicken sandwich with barbecue onion and a crispy potato dill aioli.

The oysters were flavorful

Wanted: You and Your Favorite TED TALK For CMU Summer Session

CMU will be sponsoring a "Summer Session" in July and August during our regular Monday 1 pm slot. Each session will feature two related TED (15 minute) Video Broadcasts with a knowledgeable volunteer host to work with Session Coordinator, Alan Tom.

Volunteers Wanted: We know there are loads of you regular TED watchers who would enjoy sharing your favorite TED TALK with us and leading a discussion about it.

Please contact Alan Tom, e-mail: <alantom@mindspring.com> or call Alan at (919) 933-8972.

- Hugh Tilson

Restaurant Review:

and appropriately tender, but served nearly cold. The fried chicken sandwich suffered the same problem, along with minimal seasoning. Of course, we should have sent them back to the kitchen, but for lack of time (and pique) we ate them as served. Since only three other tables were occupied at the same time, it gives one pause to imagine the service with a full house.

On a follow-up visit to ensure that we were not overly critical, the same issues remained. Our brunch choice of sausage, soft boiled egg and bites of fried potato brought us small bits of meat with questionable flavor in a greasy dish that quickly went from warm to cold. We had to ask for bread, not included and slow in coming, to sop up the egg in what was the least successful brunch in a long career of those tastings.

When we think of what our own kitchen can do with these simple ingredients, reasonably priced and professionally served, we declare our gratitude: "There's no place like home."

- Dorothy Mahan

Mahjong

Because of the great popularity of Mahjong at Carolina Meadows, it has been decided to offer it every week. **Tuesday, from 1-3 pm** in the game room. Players at all levels are encouraged to spend a summer afternoon together. See you in the land of "cracks, bams, and dots."

- Judy Tilson

Community Outreach



You can fight world hunger on June 5! Carolina Meadows has supported hunger relief efforts through our annual CORA Food Pantry fundraising drive, and this year we are building on our local hunger relief efforts and holding an outreach project focused on fighting world hunger.

On **Tuesday, June 5**, from **3-5 pm** in the Carolina Meadows Auditorium we are holding a meal packaging event to benefit Rise Against Hunger (formerly Stop Hunger Now). Our goal is to recruit at least 50 volunteers for 2 hours and package 10,000 shelf-stable meals to be sent around the world! You can help us meet that goal. This is an exciting opportunity for residents and staff to work together on a volunteer project to fight hunger worldwide.

This event is sponsored by the Community Outreach Committee, the Wellness and Engagement Committee and Community Relations. We plan this to be the first of many joint resident and staff outreach efforts. For more information, contact Judy Jones at (919) 929-1209. Thank you!

- Amy Gorely

D-Day Presentation

**Friday, June 1
10:30 am, Auditorium**

June, July, August Activities

Sign up in the sign-up book:

NC Museum of Art – *You Are Here: Light, Color, and Sound Experiences*

Lunch at Amedeo's Italian Restaurant

Wednesday, June 6

Deadline: **Friday, June 1**

Cost: \$18 members/ \$30 non-members Load: **10:45 am**

Durham Bulls vs. Charlotte Knights

Monday, June 25

Deadline: **Wednesday, June 6**

Cost: \$29 per person

Load: **6 pm**

Funky Lunch Bus!

Wednesday, June 20

Deadline: **Monday, June 17**

TBA

Wednesday, July 18

Deadline: **Monday, July 16**

TBA

Wednesday, August 15

Deadline: **Monday, August 13**

TBA

Cost: \$8.00 per person + lunch on your own Load: **11 am**

The Ava Gardner Museum

Thursday, July 12

Deadline: **Friday, July 6**

Cost: \$29 per person + lunch on your own Load: **10 am**

Durham Bulls vs. Toledo Mudhens

Tuesday, July 24

Deadline: **Thursday, July 5**

Cost: \$29 per person

Load: **6 pm**

The Barn Dinner Theater – *Steel Magnolias*

Tuesday, October 16 Deadline:

Wednesday, August 22

Cost: \$69 per person (includes lunch, show, & transportation)

Load: **11:45 am**

Ice Cream Socials

Join us for live music, cones, and sundaes – scooped special for you by Jody and Kris!!

2 –3:30 pm

Auditorium

Thursday, June 28

Thursday, July 19

Thursday, August 30

Join the Carolina Meadows REA

The Resident Emergency Auxiliary (REA) was formed last year to help Carolina Meadows function in case a serious emergency prevented many staff members from reporting to work. REA volunteers would fill in where needed, within their capabilities. In addition, the REA could help out in other emergencies such as evacuation on a precinct basis. They could also help educate residents about what to do in emergencies. Sixty-five independent residents volunteered last year. Fortunately, no emergencies requiring their help happened.

It is now time to refresh the REA list:

If you are a new resident and/or want more information on the REA, contact Allan Eckhaus, <eckhaus@aol.com> or (919) 932-4847.

If you are a resident who volunteered last year and want to continue, you don't have to do anything.

If you no longer want to be a member of the REA, send an opt-out request to <eckhaus@aol.com>.

We're not Boy Scouts, but BE PREPARED is our marching song.

- Allan Eckhaus

Wellbeing and Engagement

As shared last month, the new Wellbeing and Engagement Team was brought together to facilitate collaboration, cooperation and communication across campus. The committee has chosen monthly themes and will offer featured programming for both staff and residents to enjoy.

June's theme is PURPOSE.

Take a moment to think about what brings personal fulfillment and joy in your life. PURPOSE builds nicely on the theme of "Engage at Every Age" which was the theme for Older Adult Month in May (because you are never too old or too young to take part in activities that enrich your well-being!).

Last month, the Activities Expo highlighted more than 40 examples of how residents are involved in committees and activities that bring joy, meaning and enrichment to their lives. Maybe it's volunteering on campus to assist your neighbors, meditating for inner peace, watching birds in nature or enjoying lectures that feed your intellect and curiosity. June is a great month to slow down and (re)connect with your purpose and what feeds you.

We invite you to participate in one of our special offerings listed below:

A Workshop on Renewing Your Purpose

What is our life purpose? For some, it is the same as before joining this community. For others, ending a career or the loss of a spouse or caregiving role can mean a major change in purpose.

(Continued on p. 14, "Wellbeing")

(Continued from p. 13, "Wellbeing")

We want to offer you the opportunity to explore this issue, take time for some reflection, and share and learn from each other. We will be offering a two part, small group workshop led by Jeanne Boehlecke and Karen Monaco. Both are CM residents who have had extensive experience working professionally with small groups exploring life issues.

Part 1 will be held **Wednesday, June 6, from 4-5:30 pm, in the Board Room.**

Part 2 will be held a week later, on **Wednesday, June 13, 4-5:30 pm, in the Art Studio**

Sign up in the Activities Book by June 4, space is limited.

Contact either Jeanne <jeanneboeh@gmail.com> or Karen <Karen.monaco@gmail.com> if you have questions.

Wellness Corner

Volunteers Wanted. We are in great need of pool watchers over the summer months. Please reach out to Diane Groves at (919) 533-1010 if you are willing to help or if you have any questions. Over 75 residents attend pool watch sessions each month. The sessions are one-hour commitments.

Tennis Anyone? Our tennis courts have recently been repaved and our chairman, CL Kendall is very enthusiastic about trying to get our tennis program back up and running. If you are interested in playing please take a moment to complete a tennis survey available in the Exercise Room throughout the month of June or give CL a call at (919)699-0369.

Feldenkrais Method Awareness Through Movement®
Stretching without Stretching
How to Become Less Stiff the Easy

Way, **June 4-July 23, Mondays, 10:45 – 11:45 am**, located in the Exercise Studio. Cost is \$40 for series. Space is limited. Register in the Wellness Book. Whether you are an athlete, a confirmed couch potato or someone somewhere in-between, if you have ever noticed feeling tight, or stiff, or compressed, then this class series is for you. Using a variety of easy movement sequences, we will engage the process your brain uses to regulate your muscle length. Discover how specific active movements are much more effective than passive stretching in lengthening your muscles – and much more fun to do!! You'll become longer and

stronger. You must be able to get down to, up from, and lie on the floor comfortably.

Beginner Meditation Series
Meditation is a simple practice available to all, which can reduce stress, increase calmness and clarity and promote happiness. Learning how to meditate is straightforward, and the benefits can come quickly. During these sessions, we will offer basic tips to get you started and allow you to experience brief periods of meditation. Take a deep breath, and get ready to relax. **Thursdays, 1:30-2pm** in the Exercise Studio. No cost but please pre-register in the Wellness book.

Golf Update

Golf activity has resumed on both Saturday for all players and Tuesday for the ladies. New players are welcome for both activities. To sign up as a new player for the ladies, contact Pris Wyrick. For Saturdays, contact Gus Conley or George Evans.

The committee has decided to add a new activity, Men's Monday

Golf. This will begin in May and continue through the summer if there is enough interest. A sign up sheet will be in the golf book. Players must sign up by 3 pm on Sunday and pairings will be on the website Sunday evening. Scorecards will be distributed at the appropriate tees on Monday morning. We anticipate starting on holes 1, 2, and 6 at 9 am.

- Gus Conley



June, July, August 2018

DAY	DATE	TIME	EVENT	LOC	PAGE
June, 2018					
Fri	1	10:30 AM	John Haynes, D-Day Presentation	AUD	12
Sat	2	10:00 AM	Art Gallery Exchange (10 am-2 pm)	BR	9
		10:00 AM	Violin Recital: Students of Jessica Sun	AUD	8
		7:15 PM	Film: <i>Terms of Endearment</i>	AUD	9
Sun	3	3:00 PM	Piano Recital: Students of Connie Yee	AUD	8
Mon	4	10:45 AM	*Feldenkrais Method Awareness (every Mon. thru 7/23)	ES	14
		1:00 PM	Jewelry Design and Repair	AS	11
		7:30 PM	United Church of Chapel Hill Bronze Voices Bell Choir	AUD	7
Tues	5	1:00 PM	Mahjong (every Tuesday)	GR	12
		3:00 PM	CORA: Meal packaging event	AUD	12
Wed	6	10:45 AM	*NC Museum of Art: <i>You Are Here</i>	CCL	13
		2:00 PM	*Art Class: Vegetable Carving	AS	9
		3:30 PM	Exhibit of Collages by Susan Durfee	AS	9
		4:00 PM	*Workshop: Renewing Your Purpose (Part I)	BR	14
Thurs	7	1:30 PM	Council Meeting	BR	NA
		1:30 PM	*Beginner Meditation Series (every Thursday)	ES	14
Sat	9	3:00 PM	Piano Recital: Students of Connie Yee	AUD	8
		7:15 PM	Film: <i>Lady Bird</i>	AUD	10
Tues	12	2:00 PM	Movie: <i>A Mighty Wind</i>	AUD	10
Wed	13	2:00 PM	A Grand Time for Singing	AUD	7
		4:00 PM	*Workshop: Renewing Your Purpose (Part 2)	AS	14
Thurs	14	1:30 PM	RA Meeting	AUD	NA
Sat	16	7:15 PM	Film: <i>The Prize Winner of Defiance, OH</i>	AUD	10
Sun	17	4:00 PM	Spring Recital: Students from Da Capo Al Coda	AUD	8
Tues	19	11:00 AM	Town Hall Meeting	AUD	3
		1:00 PM	Jewelry Design and Repair	AS	11
Wed	20	8:30 AM	*Men's Breakfast: "Re Vietman - Anderson vs. Burns"	PDR	6
		11:00 AM	*Funky Lunch Bus	CCL	13
		11:00 AM	Town Hall Meeting	AUD	3
Fri	22	7:30 PM	Travel Adventures	AUD	6
Sat	23	7:15 PM	Film: <i>Tea with Mussolini</i>	AUD	10
Mon	25	2:00 PM	Ethan Uslan: Ragtime, Jazz and Stride piano	AUD	7
		6:00 PM	*Durham Bulls vs. Charlotte Knights	CCL	13
Wed	27	1:00 PM	Met Opera on Demand: <i>La Fanciulla del West</i>	AUD	7
Thurs	28	2:00 PM	Ice Cream Social	AUD	13
Sat	30	7:15 PM	Film: <i>Goodbye, Christopher Robin</i>	AUD	10
July, 2018					
Mon	2	1:00 PM	Jewelry Design and Repair	AS	11
Sat	7	7:15 PM	Film: <i>Meet Me in St. Louis</i>	AUD	10

June, July, August 2018

Tues	10	2:00 PM	Movie: <i>Ocean's 11</i>	AUD	10
Thurs	12	10:00 AM	*Ava Gardner Museum	CCL	13
Sat	14	7:15 PM	Film: <i>Marshall</i>	AUD	10
Tues	17	1:00 PM	Jewelry Design and Repair	AS	11
Wed	18	11:00 AM	*Funky Lunch Bus	CCL	13
Thurs	19	2:00 PM	Ice Cream Social	AUD	13
Sat	21	7:15 PM	Film: <i>The Terminal</i>	AUD	10
Tues	24	6:00 PM	*Durham Bulls vs. Toledo Mudhens	CCL	13
Wed	25	1:00 PM	Met Opera on Demand: <i>Die Fledermaus</i>	AUD	7
Sat	28	7:15 PM	Film: <i>Julie & Julia</i>	AUD	10
August, 2018					
Sat	4	7:15 PM	Film: <i>Words and Pictures</i>	AUD	10
Mon	6	1:00 PM	Jewelry Design and Repair	AS	11
Sat	11	7:15 PM	Film: <i>The Seven Year Itch</i>	AUD	10
Tues	14	2:00 PM	Movie: <i>Three Little Words</i>	AUD	10
Wed	15	11:00 AM	*Funky Lunch Bus	CCL	13
Sat	18	7:15 PM	Film: <i>Like Water for Chocolate</i>	AUD	10
Tues	21	1:00 PM	Jewelry Design and Repair	AS	11
Wed	22	1:00 PM	Met Opera on Demand: <i>Don Giovanni</i>	AUD	7
			*Signup Deadline: Barn Dinner Theater <i>Steel Magnolias</i>	CCL	13
Sat	25	7:15 PM	Film: <i>Gifted</i>	AUD	10
Thurs	30	2:00 PM	Ice Cream Social	AUD	13

*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

PS: Pines Study

CCL: Club Center Lobby

CYD: Courtyard

FG: Fairways Gallery

GR: Game Room

