



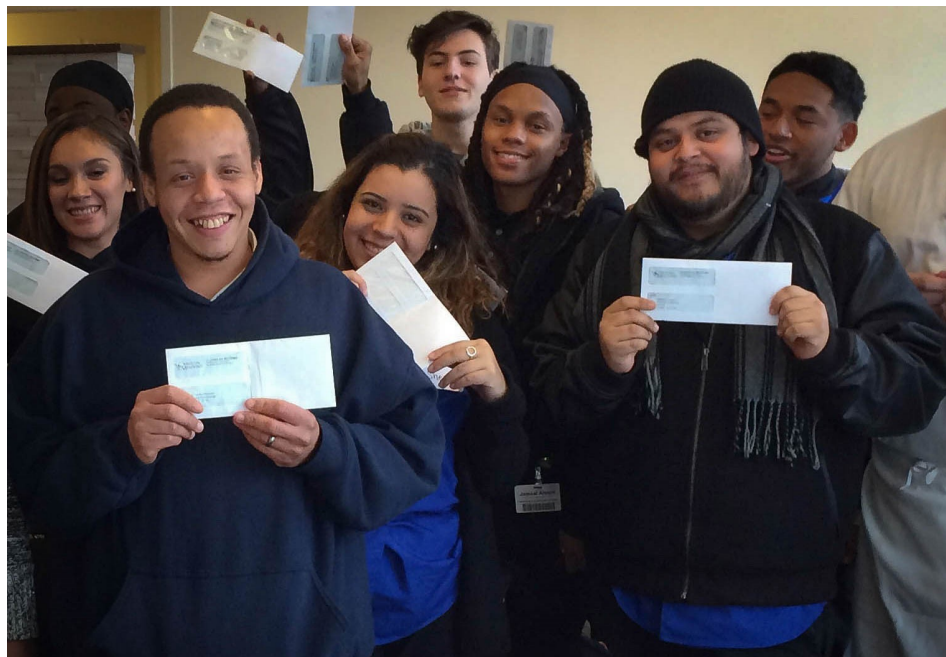
The Joy of Giving

It is hard to determine who was most appreciative in early December, our employees or our residents who donated so generously to the annual Employee Appreciation Fund. For sure, the spirit of giving was in the air. On December 16 there also was plenty of excitement as this was the one day of the year for residents to materially thank our staff for all they do for us.

When the Residents Association Executive Committee entered the Auditorium to introduce the residents who would distribute checks to employees, a deafening applause arose. Betsy Ahern, RA President, then announced that this year's fund exceeded its goal by more than \$50,000. The tremendous roar continued as she explained the record donations were largely due to employees "being hardworking, patient and kind."

Contribution statistics are impressive. Though the goal was \$320,000, \$371,768 was actually collected. Amounts distributed, based on years of service and hours worked, were a pleasant surprise. For 293 fulltime employees they averaged \$1008, with a high of \$1361; part time employee checks averaged \$359 with a high of \$1,012. Upper management does not participate.

To the credit of the recipients, most did not rush to rip open their envelopes, instead discreetly wait-



Kitchen crew display their checks.

ing for a private moment to peek. That moment may have come following a festive celebration with fun, games, music, and, of course, a holiday buffet.

When asked how they used their appreciation checks, our staff responded as expected. Most unselfishly paid bills and bought Christmas gifts. A number sank the money into long overdue but necessary car repairs or stashed it to pay for home repairs necessitated by Hurricane Matthew. Many put at least half in the bank to increase their emergency fund. At least one will use part of the money for a family vacation over spring break. One woman was very happy to be able to help her daughter buy her books for next semester.

This writer was searching for an employee who didn't save a

penny, who didn't buy Christmas gifts, who didn't give it to the church but who simply opted for a bit of self-indulgence. It turned out to be a shoe-shopping spree. Now, there is a woman who knows how to have fun.

No matter how each decided to use the gift, just thinking about an answer brought smiles to every face.

- Mary Jo Doherty

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President's Message

As this is the first *Meadowlark* of 2017, I would like to thank each resident once again for your overwhelming support of the 2016 Employee Appreciation Fund. On December 16 checks were distributed to 426 employees (293 full-time; 133 part-time). The highest award was \$1361.40. The average check written for a full-time employee was \$1008 and \$360 for a part-time employee.

A big thank-you to our staff! Once again they were prepared and here for us when the first week-end in January arrived with wintery weather and single digit temperatures. Around 100 employees stayed on campus to work on snow/ice removal, provide food service and keep the FW and Pines running smoothly.

Many of us remember the Sock Hops of the 50s. The Special Events Committee is planning a Sock Hop Dinner in the Market Place on February 9. This should be a fun-filled evening as memories of saddle shoes, bobby socks and dances in the gym return.

Toward the end of the month

all Committee and Activity Chairs will be receiving a notice from Paul Carew (Treasurer) to submit their budget requests for the upcoming year. As you know the RA operates on a fiscal year beginning June, 2017.

Also this month all residents will be getting a Survey of Interest Form from Sam Ligon (VP). This is your opportunity to indicate on which RA Standing Committees you would like to serve.

Last fall a Wine/Beer Selection group was created by Dining Services to involve residents in the selection of the wines of the month and some special beers. At that point we thought we would select a new group in February. Since there have been two changes in the initial group selection and there is a learning curve involved in the job, we have decided to have the current group serve a year.

February is synonymous with Valentine's Day; our thoughts turn to red roses, chocolates and special people in our lives, especially our Carolina Meadows friends!

- Betsy Ahern

THE MEADOWLARK

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—

President: Betsy Ahern

Editor: Chris Schmidt

Assistant Editor: Mary Jo Doherty

Layout: Judith Pulley

Production: Bob Rich

Proofreaders for this issue:
Jody Hite, Eunice Kraybill, Rosalie

Marcus, Mary Smith

Photographer: John Haynes

Distribution: Roy and Bev Milton

March Issue Deadline

Copy for the March *Meadowlark* must be submitted by **Wednesday, February 15**, to Chris Schmidt at <schmisty2u@gmail.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format. Please call Chris at (919) 904-7488 if you have any questions or problems.

In Memoriam

Mona Jacobson	F-340	11-23-2016
Allen (Buz) Swartz	P-247	11-26-2016
Erwin Smarr	P-213	11-29-2016
Robert Kozelka	F-334	12-01-2016
Laurence Lohman	P-248	12-04-2016
Edith Blaylock	P-203	12-13-2016
George Cocolas	P-104	12-19-2016
Kaye Johnson	V-227	12-20-2016
Alex Branden	4-107	12-24-2016
Louise Baird	F-239	12-29-2016
Betty Parker	F-219	01-12-2017
Justine Rozier	P-115	01-12-2017

Carolina Meadows Census

As of December 31, 2016

Number of Residents	Occupancy Level
Independent Living:	
600	95%
Assisted Living	
80	91%
The Pines*:	
54	70%*
Total:	
734	91%

*Includes temporary admission of IL and AL residents.

NEWS (continued)

The Carolina Meadows App

Shortly after 9 am on December 17, resident Ed O'Keefe sent an email on *MeadowTalk* alerting residents to icy conditions and five wrecked cars blocking Farrington Mill Road. Grateful residents stayed home. In early January, Ben Cornthwaite's robo calls provided useful, up-to-date information for residents before and during the snow and icy conditions. Both episodes demonstrate the value of rapid communication. But both have their limitations: the former required that residents have email and check it regularly; the latter required that each resident be contacted individually, delaying the notice for many.

Now Carolina Meadows is ad-

ressing these limitations with the introduction of a new communications vehicle: "the Carolina Meadows App," a computer program that will enable staff to send instant messages to mobile devices, such as smartphones and tablets. There will be no need to check email – the program will sound an alert. There will be no delay - all participating residents can be contacted at the same time. The service will be available, at no cost, to all who have downloaded the program. Such instant communication in the event of an emergency or disaster, such as a fire or tornado, can be invaluable and can even save lives.

Unfortunately, while a signifi-

cant number of residents use mobile devices, many do not. Clearly, some cannot avail themselves of this valuable service and must rely on friends, neighbors or caregivers. Others are simply reluctant to engage the digital world. Perhaps they need encouragement and some confidence-building. Why not form a group of volunteers - users, not experts - to provide basic training and assistance? Consistent with its mission "to enrich and improve the lives of seniors" Carolina Meadows should promote the use of digital devices so that more residents can enjoy the peace of mind that the Carolina Meadows App affords.

- Chris Schmidt

Navigating the Medical System: Sarah Bright

Obtaining adequate medical services can be a daunting task, but Carolina Meadows residents can call on the Care Coordination Team for assistance. As a member of the team, Independent Living Nurse Care Coordinator Sarah Bright is a knowledgeable advocate who can facilitate many aspects of your care at no cost to you. Sarah can assist with transitions from hospital back home or, if needed, to a rehabilitation facility or nursing home. She consults with doctors, therapists, social workers and discharge planners responsible for your care while in hospital. She also works with the health care providers assuming your care after discharge to be sure your post-hospital needs are adequately assessed and appropriate preparations made. She can facilitate obtaining needed medical equipment, therapy and in-

-home services to promote your recovery. She can also provide education to you and your family to help you understand your condition, the therapy prescribed and what you can do to promote recovery and to achieve and maintain the best possible lifestyle.

Sarah brings a wealth of training and experience to her job. After obtaining her nursing degree she provided direct patient care and then obtained her Master's Degrees in Business Administration and Medical Health Administration. She managed large medical practices covering medical, surgical and pediatric specialties at Wake Med and Duke before deciding that assisting senior citizens was her calling and coming to Carolina Meadows in 2015. She finds her job very rewarding and, as a trained ballerina, wants to help



you "waltz" through the medical system. However, she can accomplish this only if she knows of your needs. She asks that you contact her as soon as you think you may need assistance so she can begin an assessment, follow your course and make advance preparations for each step in your care. Give her a call at (919) 370-7182 or email her at <sbright@carolinameadows.net>. You'll be glad you did.

- Brian Boehlecke

UNC-TV Fund Drive

On February 21 Carolina Meadows will launch the fund raising drive for UNC-TV: "Festival 2017." This is one of only four such funding efforts authorized by Carolina Meadows Residents Association each year. As in recent years, dozens of volunteers have created many exciting and enjoyable events to help to increase awareness and support of UNC-TV. At the onset "the box" (built last year for the fundraiser) will once again appear in the Club Center Lobby, along with information about how to make your donation. Related information will be available in all CM mailboxes and through briefings at all Precincts.



The theme for this year's drive is "All Things Carolina." The launch will feature a Carolina craft beer tasting dinner, a "help desk" staffed by volunteers in the lobby, and a "Designate Your Favorite UNC-TV/PBS Program" project. Artists Susan Gaca and Margaret Zircher will unveil an "All Things Carolina" mural in the Club Center lobby across from the Gift Shop. And don't miss the "All Things Carolina" exhibit in the display cabinet following shortly thereafter. Many more activities will be described in the March *Meadowlark*.

We anticipate presenting the largest check ever to UNC-TV at our "Carolina Meadows Night" on March 15. Thanks in advance for your extraordinary generosity. Our help is essential for UNC-TV to continue to offer its outstanding programming for all of us.

- The UNC-TV Steering Committee

New Residents

Carol Coile, 2-308

Last Residence: Durham/Chapel Hill, NC

Interests: Lifelong learning; reading; walking; games; movies; exercise; discussions with friends.

Frances (Frankie) Fisher, F-219

Last Residence: Evanston, IL

Interests: Exercise; walking; swimming; yoga; bridge; opera; music; knitting; reading.

TALK

World Affairs

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

Feb. 3: Judith Pulley, "The Rise of the Robots: Utopia or Dystopia? Part II"

While the first lecture on robots emphasized the many benefits to society from current and forthcoming innovations, Part II looks at the potential downside: loss of jobs and the potential for our creations to outsmart their creators.

Feb. 10: Stephen Bodner, "Free Trade and Its Critics"

Most economists, Democrat and Republican, and all presidents since FDR, have supported free trade: the principle that a nation benefits from trade without tariffs or other impediments. However, some prominent economists have disagreed, and last year they were joined by Bernie Sanders and Donald Trump. Steve Bodner will discuss and assess the debate between the free traders and their critics.

Feb. 17: Raymond Pulley, "Europe Turns Right: Something Old or Something New?"

Responding to global economic changes and immigration pressures, European political structures are changing. The year 2017 is a year of many important national and local elections. With a resurgence of right-wing political strength not seen since before World War II, the outcome of these elections could change European and world relationships.

Feb. 24: No program

- Judith Pulley

Open Forum with Board

The annual Open Forum with the Board of Directors will be held on **Thursday, February 2, at 5 pm in the Auditorium**. This year the Open Forum will include brief verbal summaries of committee accomplishments by committee chairs followed by a question and answer session. The Board will address any questions residents may have, including but not limited to: income, expenses, financial trends/issues, strategic planning, proposed development and changes in policies, programs and services.

Carolina Meadows University

CMU Will Continue Course I of its Spring 2017 Semester:

"Exploring The Rise Of Modernism." Each of three sessions involves great literary pairings, each presented by a highly respected scholar from UNC with special interest in the pair.

Building On January's Session (Cubism, Gertrude Stein, And Ernest Hemingway), Session Two, on **February 6**, will explore the literary pairing of "Eliot And Pound: The Possum And The Bear: One Making Of Modernism." George S. Lensing, UNC Professor Of English, Emeritus, will present this unusual pairing, focusing on T.S. Eliot's Masterpiece of Modernism, "The Waste Land," and Ezra Pound's influential role in editing the poem. The emphasis will be on particular literary and personal interactions between the two poets.

Session Three, on **February 13**, will be "Thomas Wolfe And Arthur Miller: Embracing Art, Embracing America." Carolina Meadows' resident Joseph M. Flora, UNC Professor of English, Emeritus, will explore these two skilled artists, Wolfe in fiction and Miller in drama, portraying family dynamics, a concern never far removed from understanding America.

Our scholars have all provided a list of recommended readings. These, and more extensive descriptions of each session, are posted on the CMU website on *Meadowlife*.

Following the customary one week hiatus, CMU will resume with Course II of the Spring Semester: "Carolina Culture." This course is offered as part of Carolina Meadows' UNC-TV "Festival 2017" with

the fundraising theme "All Things Carolina."

For Session One, on **February 27**, CMU is honored to feature NC Poet Laureate, Shelby Stephenson. He will come with his guitar, as he is known to set his writings to music. The author of over a dozen books and a distinguished and beloved educator, Stephenson was inducted into the NC Literary Hall Of Fame in 2015.

Sessions Two And Three, on March 6 and 13, will focus on other aspects of Carolina's rich culture and will be described fully in the March issue of the *Meadowlark*.

All CMU Lectures are presented in the **Lecture Hall on Mondays from 1-2:30 pm.**

- The CMU Steering Committee

Medical Update

Our next Medical Update lecture will take place on **Thursday, February 16, at 2 pm in the Lecture Hall**. The subject will be "Healthy Hearing in the Elderly." Our speaker will be Dr. Stephanie Sjoblad, Professor at the UNC Division of Speech and Hearing Sciences and Clinic Director of the UNC Hearing and Communication Center.

Dr. Sjoblad earned a Doctorate in Audiology at the University of Florida. In addition to seeing patients, she teaches graduate courses and supervises students in the Clinic. She is also participating in efforts to make hearing care more affordable and accessible and is serving on a committee at the National Academy of Science and Medicine in D.C.

- Leonard Cutler

Unity Group

Over the past few years China has built islands in the South China Sea to the consternation of Vietnam and the Philippines, which also claim the territory. Then it installed missiles that could threaten one of the busiest shipping lanes in the world. Could China's aggressive behavior simply be a possible corollary to Aristotle's observation that "nature abhors a vacuum" (*"horror vacui"*)? It could be stated as: "military planners love a vacuum and rush in to take advantage of the opportunity."

To give us a deeper understanding, Unity has invited John Sylvester to present "China: What Impels the Leadership." He will discuss what lies underneath China's behavior and what the prospects are for conflict between China and the U.S.

In his 27 years with the US Foreign Service, Mr. Sylvester served in a variety of positions including Consul at the American Consulate in Sapporo, Hokkaido, Japan; Chief of the Internal Political Affairs Unit in the U.S. Embassy in Saigon; Consul General in Okinawa, Japan; and, in Washington, as Deputy Director of the Office of Research and Analysis on East Asia. During this time, he spent a year as a fellow at the Woodrow Wilson School of Public and International Affairs at Princeton University. Upon retirement from the State Department, he became the first Director of the North Carolina Japan Center at North Carolina State University, retiring for the second time in 1995.

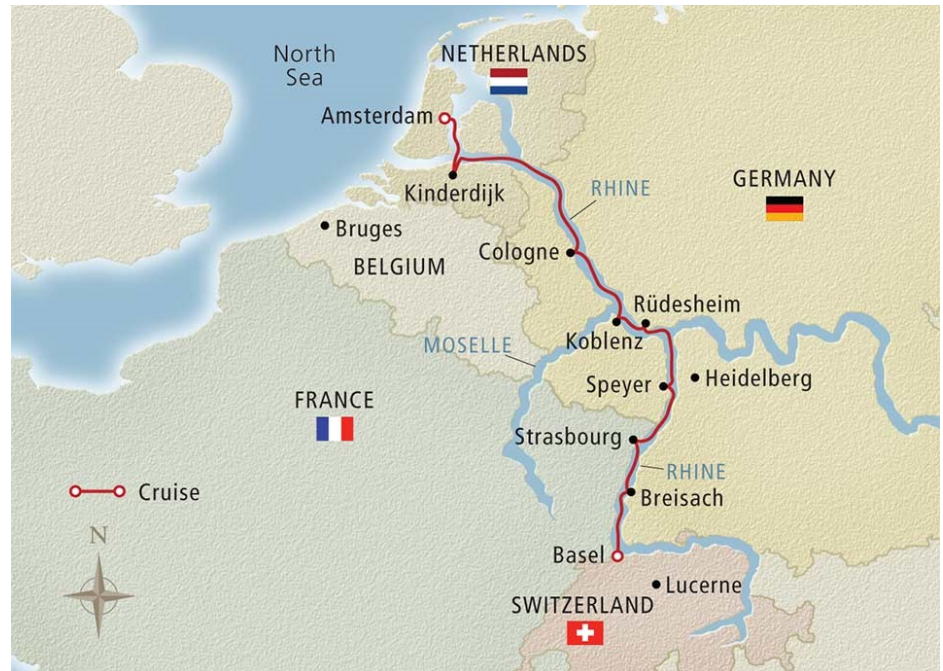
To hear Mr. Sylvester share his insights and wisdom come join us on **Thursday, February 23, at 10 am in the Lecture Hall**.

- Joe Danos

Travel Adventures Rhine River Cruise and Netherlands Genealogy Tour

On July 13, 2016, Jay and Mary Ann Klompmaker flew to Amsterdam to embark on a river cruise which took them from Amsterdam to Basel on Viking's new ship *Manti*. Viking's promotional material described the cruise in these words:

"Overlook the Rhine from Germany's best preserved medieval castle. Discover the rich culinary traditions of Alsace. Explore the Black Forest your way: join a guided coach tour or walk lush country trails to a farm. Fairy-tale castles, grand cathedrals, historic cities, medieval towns and spectacular scenery – little wonder that the Rhine is one of Europe's best-loved rivers. From Amsterdam and Cologne to Basel, this 8-day journey reveals a wonderland of beauty and culture."



Jay will describe in pictures and words this most interesting travel experience at **7:30 pm, Friday, February 24, in the Auditorium**. He will also relate the rich,

personal experience they had in a follow-on trip to the Netherlands to explore his family's ancestral roots.

- Travel Adventures Group

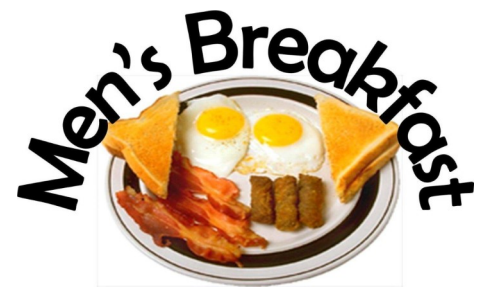
"9/11 Memorial Visions"

Lester Levine will present "9/11 Memorial Visions: Innovative Concepts from the 2003 World Trade Center Site Competition" at **2 pm Tuesday, February 7, in the Lecture Hall**. More than a billion people watched "9/11" unfold on television, the greatest shared event in world history. Reflecting this global attention, the 2003 World Trade Center Memorial Design Competition was open to anyone, drawing 5,201 entries from 60 countries, all then posted online. But, until Mr. Levine in 2011, no one had ever explored them all.

He found that most designs were traditional somber hard-scapes. But a few were radically imaginative. Some engaged memory with sound, color, move-

ment, technology or visitor participation. Others reached across the globe, cyberspace, even outer space. These visions stirred questions about their creators. Who were they? What were they thinking and feeling? How did their concept develop? And so, over four years, Mr. Levine sought them out to ask.

This illustrated lecture tells a few of the personal stories he found of more than 170 whose creative perspective translated a horrific event. His work gives deep and new thought to the relation of memorial spaces to history, geography, technology and cultural diversity, chronicled in *9/11 Memorial Visions*, available at [amazon.com/dp/1476665087]. He will be pleased to sign your copy.



Our speaker for the breakfast on **Wednesday, February 15, at 8:30 am in the Private Dining Room** is John Geis, who will tell us about his two years as an Army diver.

Please sign up by Thursday, February 9, and please wear your name-tag.

- Fred Bowman

ARTS



Music at the Meadows Concert Series

Gregg Gelb Jazz Ensemble

Friday, February 10, 7:30 pm

Music by saxophonist Gregg Gelb and his jazz musicians has been a premier February event here for several years now. Vocalist Kathy Gelb adds to the pleasure of listening to this fine group. These wonderful musicians will definitely warm up your February.

The Merling Trio

Tuesday, February 21, 7:30 pm

In residence at Western Michigan University, this violin, cello and piano trio has appeared to high praise throughout the U.S., Canada and Europe. The Merling Trio is recognized as one of today's premier ensembles and has been hailed as a brilliantly distinguished group endowed with outstanding precision and an impeccable blend of sound. A truly international trio, it brings together musicians from Polish, Japanese, and Dutch backgrounds.

- Anne Bodner

Did You Know...?

You can read the *Meadowlark* in bold print and with photos in living color. You can even read all back issues. On the internet go to [meadowlark.com] and click on the "The Meadowlark" link in the right-hand sidebar on your screen. It's worth a visit.

Musical Event 2 pm In the Auditorium A Grand Time For Singing Thursday, February 23

The group has been entertaining audiences in the Triangle since 1999. The program is unique in that it provides an opportunity to hear opera arias and ensembles, as well as Broadway show tunes and art songs, Gilbert and Sullivan, movie music and popular music. It will include such things as the "I Dreamed a Dream" by Schonberg, "Button Up Your Overcoat" from *The Best Things in Life are Free*, "All the Things You Are" by Hammerstein and Kern, "More" by Ortolani and "Benedictus" by Mozart.

Gilbert and Sullivan



In December, over 200 residents packed the Auditorium and enjoyed a lively performance by the Durham Savoyards of songs from a number of Gilbert and Sullivan operettas.

Now we have another opportunity to enjoy Gilbert and Sullivan. One of our CM residents spent a couple of summers in England and attended the International Gilbert and Sullivan Festival in the beautiful English spa town of Buxton. She brought back a DVD of her favorite operetta, "*The Gondoliers*," performed by the Gilbert and Sullivan Opera Company, a professional group, and is making it available for all CM residents to enjoy.

Plan on coming to the **Auditorium on Friday, February 3, at 7:30 pm** to see and hear this most delightful performance.

- Laura Kahn

New Library Books

Fiction

Conclave by Robert Harris
Heroes of the Frontier by Dave Eggers
Lady Cop Makes Trouble by Amy Stewart
Nutshell by Ian McEwan
The Gloaming by Melanie Finn
The Nix by Nathan Hill
The Obsidian Chamber by Preston & Child
The Girl from Venice by Martin Cruz Smith
The Gustav Sonata by Rose Remain
The Kept Woman by Karin Slaugher
The River by Ron Rash
The Trespasser by Tanya French
The Whistler by John Grisham
The Wonder by Emma Donoghue
To the Bright Edge of the World by Eowyn Ivey
Two by Two by Nicholas Sparks
Wedding Bell Blues by Ruth Moose

Mysteries

Debt to Pay, A Jesse Stone Novel by Robert B. Parker
The Wrong Side of Goodbye by Michael Connelly

Biography

Moscow Nights (The Van Cliborn Story) by Nigel Cliff
The Six-The Lives of the Mitford Sisters by Laura Thompson

Non-Fiction

The Tunnels - Escape Under the Berlin Wall and the Historic Films the JFK White House Tried to Kill by Greg Mitchell

Large Print

A Few of the Girls by Maeve Binchy
Cometh the Hour by Jeffery Archer
Foreign Affairs by Stuart Woods
Kind of Cruel by Sophie Hannah
The Verdict by Nick Stone
The Whistler by John Grisham

Sacred Terror

In recent years, claiming to be acting for religious reasons, terrorists have wreaked havoc on a range of targets throughout the world. Although we must tread carefully so as not seem to be anti-Muslim, we have a right – perhaps a duty – to try to understand what's going on. Several books in the Carolina Meadows Library can help us probe the powerful forces at work in the Islamic world.

What impressed me about Daniel Benjamin and Steven Simon's *The Age of Sacred Terrorism* (2002) is that the book, though published the year after the 9/11 attack, was conceived and written *before* that horrific event. The authors, former senior officials with the National Security Council, saw the looming storm clouds and document the long-simmering process of radicalization that was steadily mobilizing.

One key dynamic in the complex Islamic world is the split between Sunni and Shia. *The Shia Revival* (2006) by Vali Nasr, explains the difference between

these two factions. Their hostility towards one another originated very early, when conflict over leadership fractured the movement initiated by the prophet Mohammed. Although the Shia comprise only 10 to 15% of the world's 1.3 billion Muslims, they control Iran, which has emerged as a powerful player in the Middle East.

Also helpful is Michael Scheuer's *Marching Toward Hell: America and Islam After Iraq* (2008). Scheuer argues that the American form of government is not easily exportable, especially to the Islamic world, where religion is an essential component of the social order.

Best of all is Marc Lynch's *The New Arab Wars* (2016). Lynch argues that the collapse of the protests of 2011 does not mean the end of the movement toward greater freedom. Modern technology has generated a sweeping transformation of consciousness and expectations in the region. No longer will autocratic regimes be meekly accepted. Major conflict lies ahead. *As-salaam 'alaykum....*

- Bill Powers

Holiday Book Sale Results

Some folks at Carolina Meadows may have noticed a sign outside the Library last December announcing that the November and December Holiday Book Sales raised \$1,667.00 for our Library. That's pretty astonishing considering that most of the books were priced at a paltry \$1 or \$2 each.

But, of course, such successful book sales don't happen on their own. They require a lot of effort on the part of the dedicated volunteers on the Book Sale Committee. Thanks to all who made it possible and to Carolina Meadows residents who generously supported the sales.

After both Holiday Book Sales, the Library purchased 13 new books in November and 14 more in December, each costing an average of \$20.31. Theoretically, it could purchase 55 more new books with the remaining funds. But we also know that the library pays big bucks for subscriptions to the New York Times and Wall Street Journal. DVDs, software updates and miscellaneous expenses eat up funds as well. So, to keep our Library going and able to bring us new releases, the Book Sale Committee will have to keep the sales coming. Look for another sale in May - this one will be Godzilla sized.

- Ruth Leopold

Joyce Reading Group

A James Joyce reading group will meet on the four Wednesdays of February and the first two of March in the Game Room at 10 am. Bring a paperback copy of "Dubliners." If you plan to attend, call me at (984) 999-4680 or email billandleebrettmann@gmail.com.

- Bill Brettmann

Art Gallery

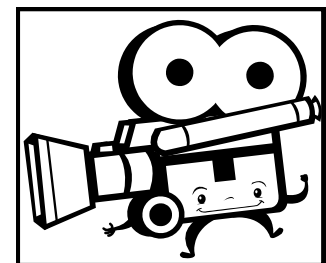
Attention Artists! **Saturday, February 4**, is the Gallery exchange date. Bring your items to the **Board Room between noon and 4 pm**. If you have any questions, call me (919) 967-1254 or Susan Durfee (919) 942-6655.

- Bev Milton

Display Cabinet

February will feature the collection of Mike and Christine Kesner: an exhibit of "South African Culture Reflected in Recent Art."

- Betty Lindsay



Tuesday at the Movies

**2 pm in the Lecture Hall
February 14**

***Postcards from the Edge* (1990)**

Meryl Streep, Shirley MacLaine, Dennis Quaid

Carrie Fisher's scathing confessional novel - adapted from her best-seller about a woman who becomes addicted to drugs while pursuing a Hollywood acting career - makes a bitingly funny transition to the silver screen.

Saturday Night Movies

7:15 pm in the Auditorium

February 4 **Capote (2005)** (not shown in January due to snow/ice storm)
Philip Seymour Hoffman, The toast of New York City society after penning "Breakfast at Tiffany's," flamboyant writer Truman Capote finds himself in a dance with the devil while researching the Clutter family murders for his masterwork, *In Cold Blood*.

February 11
Florence Foster Jenkins (2016)
Meryl Streep, Hugh Grant
Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible.

February 18
The Awful Truth (1937)
This captivating screwball comedy stars Cary Grant and Irene Dunne as Jerry and Lucy Warriner, a married couple who mistakenly suspect each other of infidelity and file for divorce - but then go to ridiculous lengths to make each other jealous.

February 25
Sully (2016)
Tom Hanks, Aaron Eckhart, Laura Linney
Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement.

New DVDs

The Man Who Knew Infinity (2015)
Dev Patel and Jeremy Irons
An absorbing biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who made his way to Trinity College at Cambridge in 1913 and rose in prominence under the tutelage of renowned math professor G.H.Hardy.

Quiz Show (1994)
Ralph Fiennes, John Turturro and Rob Morrow
A young lawyer, Richard Goodwin, investigates a potentially fixed

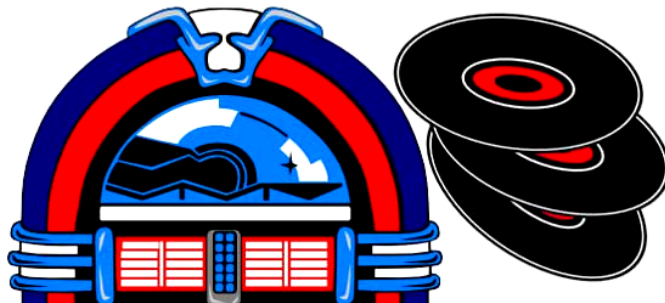
game show. Charles Van Doren, a big time winner is under investigation by Goodwin.

Florence Foster Jenkins (2016)
See column one.

The Magnificent Seven (2016)
Denzel Washington, Chris Pratt and Ethan Hawke
In this remake of the rousing 1960 Western, a motley group of gun-slingers comes together to protect the residents of a mining town who are being terrorized and victimized by a ruthless gold tycoon and his gang of thugs.

ACTIVITIES

Let's Go To The Hop!



Inspired by the sock hops of the Fabulous 50s, the Special Events Committee and Carolina Meadows Dining Staff invite you to take the chill off winter at a Marketplace Sock Hop. Never been to a sock hop? No problem! Just come on out and go with the flow. Plan to join the party in the **Marketplace on Thursday evening, February 9, from 5 to 7:30.**

Dining Services promises a tasty buffet, set up in the Pub, to help carry out the 1950s theme for the evening. Family-style seating will be available in the Marketplace. You will also find a beer and wine cash bar at the Salad Bar area. Sign-up sheet for reservations will be distributed.

Our very own DJ, Rockin' Ray Pulley, will play some of your favorites from the 1950s. Let him know in advance if you have special requests. He'll keep the tunes coming for diners and dancers alike. Yes, there will be a dance floor in a corner area of the Marketplace, so plan ahead. If you can't dance, come and enjoy the food, fellowship and music from a bygone era. Wondering what to wear? Poodle skirts anyone? Take your inspiration from the 50s and surprise us!

- Beverly Patterson

Book Group
Crossing to Safety
by Wallace Stegner



Stegner's twenty-eighth and last novel portrays the extraordinary depth of friendship forged by two couples as the husbands begin their careers during the Great Depression and the wives lend their efforts to support those careers. The couples first met at a faculty party in Madison, Wisconsin. The Langs are products of Eastern culture and money. The Morgans were shaped in the Far West, and Larry Morgan carries the cultural uncertainties often found in ambitious Westerners. Neither Sid nor Charity Lang will let differences intrude. They immediately claim Larry and Sally as friends they want to keep.

The novel has readers thinking of the rare gem of abiding friendship. How do friendships survive the quirks and frailties? Since the novel focuses on two couples, it is also studying married love, drama as mysterious as the love in friendships. Readers often see their own lives in the light of the drama Stegner shares. He tells the story with a poetic touch Robert Frost would approve.

You are invited to be part of the conversation of this classic novel when the Book Group meets **Wednesday, February 15, at 2 pm in the Board Room.** All are welcome.

- Joe Flora

**Restaurant Review: Alberello at Briar Chapel,
 Chapel Hill (984) 234-3017**

You'll think you've been to Alberello before because it's like so many places you've been to before. You'll recognize the fast food vibe, the colorless interior with big windows, hard surfaces, and the ubiquitous noise. It sits alongside other strip mall spots on Highway 15-501 at Briar Chapel. The address may hint at what's to come as Chapel Hill and Pittsboro grow towards each other with more new development along the way.

Half the space, devoted to wine and a few take-out foods, is where you place your order from an overhead menu and pay in advance. In the opposite half you settle into skinny plastic chairs opposite small wood tables. That's only troublesome when the back door entrances are used on a cold, windy day or when the place is in full-bloom noise. The feeling is of a pinched enclosure.

Alberello features an Italian menu, mainly of sandwiches and soups, along with roast chicken, roast pork and pasta. The daily soups vary in pleasure from an ac-

ceptable tomato basil to an excellent parsnip soup with flavorful fennel accents, or a creamy mushroom that bested the lentil cabbage soup of the day. The roast pork, served with a handful of Bibb lettuce and foccacia bread, disappointed with its dry exterior and flavorless interior.

"Florentine" sandwiches are the most popular choice with 15 variations featuring typically Italian meats including porchetta, prosciutto, finnochiona, soppressata or speck. The meats are blended with at least three vegetables including arugula, sweet and hot peppers, artichoke, eggplant, fennel or roasted tomato along with either provolone or mozzarella cheese. All the sandwiches are served on house-made foccaccia bread.

Alberello is the inspiration of Brendan Cox, Chef/Owner of Oakleaf in Pittsboro. The diners are predictably enthusiastic, but my companions rated it with "Eh, it's okay," a serious distance from "I'll be back."

-Dorothy Mahan

Christmas Bird Count

The day was dark and gloomy with overcast skies, but it was not too cold, and it didn't rain. It was eerily quiet throughout the day without the usual chirping and birds feeding along the way.

We saw 39 species, with 693 birds. Notable sightings included a Sharp-shinned Hawk, which flew right in front of the group near ground level and perched in a crape myrtle for easy viewing. Moments before this there was a rare sighting for the campus of a Red-

headed Woodpecker in an oak tree. We also had a nice view of a Hairy Woodpecker, which is uncommon.

Many thanks to the five Carolina Meadows residents who participated in this year's count on the Carolina Meadows campus. David Murdock covered the wooded areas around the borders and added several species not seen on campus, including Flicker, Pileated Woodpecker, Hermit Thrush and Swamp Sparrow.

- Judith Ferster and Steve Graves

Gift Shop Holiday Sales Exceed Expectations

Our patrons and many volunteers really outdid themselves over the last several months. Holiday sales greatly exceeded those in the recent past (22% higher than last year). Of course, all that income will help support the many Residents' Association sponsored programs we enjoy at Carolina Meadows. Thank you all for your continuing support of the Gift Shop and our community.

But, the Gift Shop team does not relax – we are now focused on the Sock Hop and Valentine's Day and continuing to meet your everyday needs (stamps anyone?). We

have socks to cover those dancing feet as well as Valentine cards, new soaps and lotions and numerous other items to acknowledge your sweetheart. In addition, we have recently added or updated our stock of magnifying glasses, napkin chains, 32" grabber-reachers, pet blinker lights, erasable puzzle pens, and umbrellas from minis up to golf size.

If the many items we do stock do not meet your needs, please stop by and submit a request – our buyers are constantly looking for new items and eager to respond to personal requests.

- Mike Kesner

Community Gardens



At present nearly all of the raised beds in the Community Gardens are assigned. Many people are sharing gardens. However, additional requests for garden space will be filled as available. It is never too late to get on the waiting list. For additional information about the Community Garden Plots and 2017 Garden Plot request forms, log onto *MeadowLife*, click on Activities and then on Hobbies. Anyone interested in gardening may join the GardenTalk listserv, a Yahoo group. Email <alantom@mindspring.com> with

your request and he will email you an invitation to join.

If weather permits, one can plant early spring vegetables and many flowering plants in February. Some protection from harsh weather may be needed. Check to see what innovative gardeners are doing to enable them to get an early start. Peas, kale, arugula, beets, carrots, broccoli, and potatoes are among plants that can tolerate light frost. Spinach and lettuce can thrive under some protection and grow deep roots for long lasting yields. Be sure to add plenty of compost for best results. It is best to wait until the soil is warm before planting tender plants.

Even when all plots are assigned, some current gardeners are willing to share their assigned spaces. We try to provide a bit of gardening space for all who want to have that opportunity.

- Margy King and Alan Tom

Genealogy

I have been playing with genealogy for years, on and off, mostly off. But each time I went back to it, I stayed a little longer. Finally I made the commitment, joined Ancestry, and bought Family Tree Maker. The trouble started when I ran into a problem with the program and sent out a query on *MeadowTalk* to see if anyone here at CM could help. After all, with the brains and talent that live here, I figured that my chances were good.

Well, I did get an offer of help. I also got about 30 people who were interested in a group. There had been a Genealogy group a while ago – before my time – which disappeared. So, given the queries I got back, I offered to launch a new group and arranged for a room and time. And, in spite of ice and snow, 20 intrepid people appeared in the Lecture Hall to consider resurrecting the Genealogy group. Some were experienced and some were just getting started; some needed help getting organized; some had special interests; others may have found that what might be available through the group was not what they were looking for. Most were interested in moving forward to make this a viable activity here at CM.

The meeting ended with no firm plan and no leader but a sense that we all would like to meet again, perhaps with a speaker. An email list of interested persons has been generated and may become a separate Google group. Watch for further developments.

- Naomi Eckhaus

Meadows Assistance Program Medical Appointment? Call Our Friendly Escorts



Clockwise from left: Fran Alderman, Escort chair; Jesse Miller, Transportation driver; Bert Morhart, MAP volunteer; Bert Geiger, Pines resident.

Fran Alderman and her group of monthly coordinators are on the phone a lot, but they're not ordering take-out. It's another form of "take out" that keeps them busy.

As members of the Medical Escort group for the Meadows Assistance Program (MAP), they answer calls requesting volunteers to accompany our residents to a medical or dental appointment. The group gets some 15 to 25 calls a month from Independent Living, the Fairways and the Pines, with the majority coming from the last two venues.

The calls they receive originate from the nurses' stations based on appointments scheduled

by the patient's doctor. The nurse for the Pines or Fairways obtains a pick-up time for the resident-escort from the Transportation Office, fills out a form requesting an escort, and then places the form in the monthly coordinator's box. Coordinators make calls from a list of 50 volunteers in Independent Living to accompany the residents to their destination. Fran says, "They're all so willing to help, we seldom have a problem finding a volunteer to serve as escort."

Once at their destination, the escort assists the patients, some with walker or wheelchair, to the doctor's office where, out of respect for patient privacy, the es-

Tips for a Balanced Life

February Myth: "As long as I stay at home, I can avoid falling."

Reality: Winter weather encourages the desire to hibernate until springtime. Although staying inside will keep us warm and reduce chances for slipping on icy surfaces outdoors, it does not lessen the likelihood of falling. The truth is most falls occur in the home.

Tip: The National Council on Aging offers a few simple suggestions to reduce falls in the home. First, remove tripping hazards such as clutter and throw rugs. Then, consider adding grab bars in the bathroom and better lighting throughout the home. CM security staff suggest not wearing only socks when walking on non-carpeted floors as it is a common source of falls.

-The Resident Fall Prevention Task Force

cort usually sits in the waiting room while the patient is in the room with the doctor.

Finally, Fran compiles a report on the escort requests and any side issues for the monthly meeting of the Meadows Assistance Steering Committee. It all takes time, but Fran takes the long view: "I feel I'm just paying forward for the time when someone else may be doing this for me." That caps the spirit of the Meadows Assistance Program whose mantra is "friends helping friends."

New volunteers are wanted and welcomed to join the Medical Escort Group. Give Fran a call at (919) 967-0765. She'll call you back to answer any questions.

- Dorothy Mahan

As February is National Heart Health Month, we have a few programs being promoted by our resident Health and Wellness Committee, including:

National Wear Red Day® is Friday, February 3, 2017. Why Go Red? Heart disease and stroke cause one in three deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we have the power to change that because 80 percent of cardiac and stroke events may be prevented with education and action.

Walk In Wednesdays.

Throughout the month of February we are turning the Auditorium into an indoor walking track from 10 am- noon. The goal will be to walk a ½ mile each week. There will



also be guests from the CM Administration available to walk and talk with! The first 100 participants will receive a Heart Disease Awareness pin. For more details please check Wellness bulletin boards.

The Third Annual Women's Heart Symposium will be held at

the Friday Center on **Saturday, February 25, from 8 am-4 pm**, hosted by Paula Miller, M.D. who will be giving an overview on heart disease in women. Topics at the symposium include heart failure in women, device therapy in women, cardiovascular disease, exercise and nutrition. To register for the symposium contact me at (919) 370-7114. Sign up in the Activities Book for transportation. Cost is \$11.25 per person. We must have ten interested participants.

Please welcome Maya King and Sean Buitendorp, UNC Chapel Hill Exercise and Sport Science majors, who will be completing their internship at our site during the Spring semester.

- Michelle Marino

Community Outreach

Thank you to all who donated warm clothing for the **Chatham Council on Aging**. Your donations helped to warm the bodies and souls of many in need in our county!

Habitat for Humanity is looking for volunteers to work in their ReStore locations in Durham and in Pittsboro. Volunteers can assist customers in the store, process and price donations and even test some of the electronics that have been donated. In Durham, volunteers can come in from 9 am until 6 pm on Monday-Saturday and 10 am until 4 pm on Sundays. To help in the Durham store, call Amanda Casella (919) 403-8668. In Pittsboro, volunteers can come in Monday through Friday 9 am until 6 pm and Saturdays from 8 am until 4 pm. The Pittsboro store is closed on Sundays. To help in the Pittsboro store, call (919) 542-

0794. It is requested that volunteers spend a minimum of two hours each volunteer shift. In addition, craftspeople at Carolina Meadows will be creating household items for sale in the Habitat for Humanity stores. Their creations - wooden, ceramic and cloth - will be on display in the lobby of the Club Center in early March before transport to Pittsboro. For further information call Bob Merriam (919) 942-3363 about Habitat ReStore needs. Why not get a group together to make items to donate?

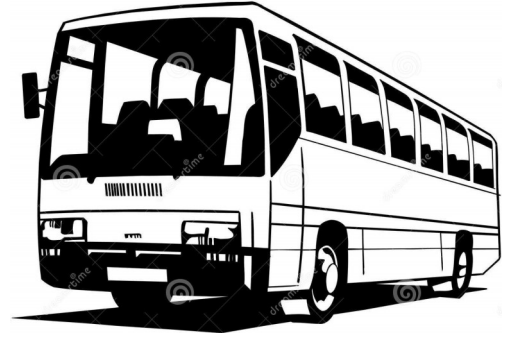
Carolina Meadows Book Drive, from February 10 to February 15. We need your new and gently used children's books - books for all ages, especially board books and picture books for the youngest readers, bilingual books and books in Spanish. Look for the book collection table in the Lobby.



The books we collect will be donated to **Book Harvest**, a Durham-based nonprofit that works to ensure that all children grow up in book-rich homes. Since it kicked off in 2011, Book Harvest has provided more than 525,000 donated books to children from low-income families throughout the Triangle. Don't have books but want to donate? Visit Book Harvest's wish list. To learn more about Book Harvest, please visit [bookharvestnc.org] or email <daniele@bookharvestnc.org>.

- Pat Mandell

Bus Trips Sign up in the sign-up book



NC Museum Of Art – Art in Bloom

Friday, March 31

Deadline: Friday, February 3

Cost: \$31 per person for members; \$36 for non-members

Load: 12:30 pm

Chamber Orchestra Of The Triangle

Sunday, February 19

Deadline: Wednesday, February 15

Cost: \$39 per person

Load: 2 pm

Funky Lunch Bus!

Brigg's Restaurant

Wednesday, February 15

Deadline: Monday, February 13

Cost: \$8.00 per person + lunch on your own

Load: 11 am

Editor's Note

The astute reader will observe that the material in this February *Meadowlark* does not fill all the pages. Has the staff been over-worked? Or is it just plain lazy?

Actually, other possible explanations come to mind: the editor has been over-zealous in excising text; the layout doyenne has honed her skill in filling available space; some regular contributors, daunted by the January storm, have gone into hibernation (or elsewhere); others, aware that February includes Valentine's Day, have become besotted with love and romance.

Or, perhaps, "the fault... is not in our stars," but in the calendar: with only 28 days, February limits the activities and events chronicled in the *Meadowlark*. If so, we can expect a more robust issue in March.

- Chris Schmidt

FEBRUARY 2017 CALENDAR

DAY	DATE	TIME	EVENT	LOC	PAGE
Thurs	2	5:00 PM	Open Forum with Board of Directors	AUD	4
Fri	3	10:30 AM	World Affairs: "The Rise of the Robots...."	AUD	4
		7:30 PM	Gilbert and Sullivan	AUD	7
Sat	4	noon- 4 pm	Art Gallery Exchange	BR	8
		2:00 PM	Piano Recital: Alice Tien students	AUD	NA
		7:15 PM	Movie: <i>Capote</i>	AUD	9
Mon	6	1:00 PM	CMU: "Eliot and Pound...."	LH	5
Tues	7	2:00 PM	Lester Levine: "9/11 Memorial Visions"	LH	6
Thurs	9	5:00 PM	Sock Hop	MP	9
Fri	10	10:30 AM	World Affairs: "Free Trade and its Critics"	AUD	4
		7:30 PM	Music at the Meadows: Gregg Gelb Jazz Ensemble	AUD	7
Sat	11	7:15 PM	Movie: <i>Florence Foster Jenkins</i>	AUD	9
Mon	13	1:00 PM	CMU: "Thomas Wolfe and Arthur Miller...."	LH	5
Tues	14	2:00 PM	Movie: <i>Postcards From The Edge</i>	LH	8
Wed	15	8:30 AM	*Men's Breakfast: John Geis	PDR	6
		11:00 AM	*Bus Trip: Funky Lunch Bust	CCL	14
		2:00 PM	Book Group: <i>Crossing to Safety</i>	BR	10
Thurs	16	2:00 PM	Medical Update: "Healthy Hearing...."	LH	5
Fri	17	10:30 AM	World Affairs: "Europe Turns Right"	AUD	4
Sat	18	7:15 PM	Movie: <i>The Awful Truth</i>	AUD	9
Sun	19	2:00 PM	*Bus Trip: Chamber Orchestra of the Triangle	CCL	14
Tues	21	7:30 PM	Music at the Meadows: The Merling Trio	AUD	7
Thurs	23	10:00 AM	Unity Group: "China: What Impels the Leadership"	LH	5
Thurs	23	2:00 PM	A Grand Time For Singing	AUD	7
Fri	24	7:30 PM	Travel Adventure: Rhine River	AUD	6
Sat	25	8:00 AM	Womens' Heart Symposium	FRI CTR	13
		7:15 PM	Movie: <i>Sully</i>	AUD	9
Mon	27	1:00 PM	CMU: Shelby Stephenson	LH	5
*Requires sign-up					

AS: Art Studio

CCRR: Club Center Rec. Room

ES: Exercise Studio

LH: Lecture Hall

AUD: Auditorium

CRAC: Conf. Rm., Activity Ctr.

FC: Fitness Center

PDR: Private Dining Room

BR: Board Room

CYD: Courtyard

FG: Fairways Gallery

PS: Pines Study

CCL: Club Center Lobby

DR: Dining Room

FLR: Fairways Living Room

MP: Marketplace

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