



Employee Scholarship Awards

Supporting and recognizing the CM Staff is and always has been a high priority of residents. To that end, the Residents Association Executive Committee awarded academic scholarships, up to \$1,000 each, to 13 deserving CM employees. Recipients were recognized at the Residents Association meeting on September 12.

Due to increases in the RA Scholarship Budget and a substantial increase in scholarship-designated donations to the Gift and Remembrance Fund, scholarship amounts and number of recipients have been generously increased since 2018.

The 2019 recipients are:

- Diana Aryee (Fairways Med Tech)-Healthcare, Guilford Technical Community College
- Ericka Bacchus (Home Care)-Christian Education, Patriot Bible University
- Brisel Castro (Fairways Med Tech)-Licensed Practical Nursing, Durham Technical Community College
- Jordan Davis (Dining Utility)-Art, Alamance Community College
- Kaylie Griffin (Pines Unit Secretary)-Health Policy and Management, UNC Chapel Hill
- Alexis Henderson (Pines Dining Assistant)-Healthcare Management, UNC Charlotte
- Sandra Hughes (Home Care Nursing Assistant)-Healthcare



From left to right: Randall Simmons, LaShannen Walker, Kaylie Griffin, Sandra Hughes, Diana Aryee, Ericka Bacchus, Jordan Davis, Nicole Williams-Hellams. Photo by Michael Kesner.

- Management, Strayer University Greensboro
- Bamaka Ouattara (Pines CNA)-Architecture Engineering, A & T University, Greensboro
- Randall Simmons (Dining Services)-Public Administration, Strayer University, Morrisville
- Kiara Timmons (Dining Waitstaff)-Social Work and History, NC Central University
- LeShannen Walker (Dining Waitstaff)-Psychology, NC Central University
- Nicole Williams-Hellams (Nursing Supervisor)-RN/BSN, UNC Wilmington
- Rashead Yelverton (Dining Services)-Health and Physical Education, NC Central University

Recipient Kaylie Griffin expresses what RA Scholarships

mean to our employees: "...you have alleviated the financial burden of my education, which allows me to focus more on the most important aspects of school, learning."

Congratulations to all. Many thanks to generous residents who make these awards possible.

- Mary Jo Doherty

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President's Message

We all have a new name badge with our first name in LARGE letters and the year we became a resident. Let's wear our name badges more often, particularly at events such as Rabbit-Rabbit, Music in the Marketplace, RA and Precinct meetings, and other gatherings. It's so much easier to meet new people when we and they are wearing a name badge! And it also helps in remembering names of those we already know!

The United Way Fund Drive is underway, Donations support many worthy agencies in Chatham County. We are blessed to be a part of a caring community that can afford to help our neighbors in need. Please give generously.

This October we are forming an ad hoc Scholarship Committee of up to five residents to help administer the RA employee scholarships program for 2020. If you would like to volunteer for this

committee, please contact Chris Kesner.

You may have thought downsizing opportunities were over, but you will be hearing a lot about the Estate/Tag sale planned for March 2020. This will be a wonderful way to give something away or find something you always wanted in the convenience of our own Auditorium. The proceeds from the sale go to support employee scholarships, worthy campus projects, Chatham county teachers and the Chatham Cares Community Pharmacy. Everyone is a winner!

One last thought – October is a wonderful time to explore our beautiful campus. Visit the Meadow Garden behind Apartment Building 4 or The Park in the south corner of the campus. Residents have created these glorious places of contemplation and wonder for all to enjoy, and I hope you will.
- Sam Ligon

THE MEADOWLARK
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November Issue Deadline

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

Residents Town Hall Meeting

Presenters: Kevin McLeod, President and CEO
Ben Cornthwaite, COO

Topics: Introduction to Carolina Meadows Foundation,
Birchtree Update

Tuesday, October 15, 11 am
(Auditorium)
Wednesday, October 16, 11 am
(Auditorium)

Two meetings have been scheduled in order to accommodate all residents. It is not necessary to attend both meetings as the same items will be covered at each session.

The meeting will be simulcast Wednesday, October 16 at 11 am in the Gallery to **Fairways residents** and Tuesday, October 15 at 11 am in the Activities Room to **Pines residents**.

Carolina Meadows Census As of August 31, 2018

Number of Residents	Occupancy Level
Independent Living:	
621	97%
Assisted Living	
69	83%
The Pines*:	
55	70%*
Total on campus:	
745	91%
EA Program:	
94	
Total Residents: 839	
<i>*Includes temporary admission of IL and AL residents.</i>	

NEWS (continued from page 1)

Across the Street

If you've wondered what is happening at Governors Village, here is the latest information. The new building near PNC Bank will be an exercise facility scheduled to open in January 2020. The long strip of barren dirt will eventually house professional offices (think medical specialists and retail businesses). Below ground infrastructure is underway. Building will begin when enough prospective tenants sign leases for a new section. Depending on area growth and demand, project completion is likely to take several years.

BOLD Construction will build the new units. BOLD Commercial Real Estate will lease them to appropriate tenants.

- Mary Jo Doherty

New Residents

Charles Berlin, EA

Current Residence: Chapel Hill

Interests: Classical music, folk guitar, modern dance, art, architecture, gardening, orchids

Donald Cameron, 1-308

Former Residence: Highlands Ranch, CO

Interests: Books, birds, hiking

Trenna Corey, EA

Current Residence: Chapel Hill

Interests: Bridge, golf, gardening, dogs, acrylic painting, travel, movies, yoga, pilates

Sam Corey, EA

Current Residence: Chapel Hill

Interests: Family, hunting, fishing, golf, cooking, travel, food, wine, dogs, wildlife, Southern Foodways Alliance



Future exercise facility in Governors Village. Photo by Raymond Pulley.

Meadowlark Digital Edition

Beginning with this issue, the *Meadowlark* will experiment with a digital supplement, similar to the "Daily Bonus eEdition" offered by the *News&Observer* to its online subscribers.

Having the *Meadowlark* printed off-site by Staples places some constraints on our newsletter. First, it takes time to print and staple 700 copies in a pamphlet format. This means that we must set a deadline of the 12th of the month for submission of copy, giving us just six days to edit and do the layout in order to get a PDF copy to Staples by the 18th of the month. Second, the printed edition limits us to 16 pages, requiring that we

cut or omit some worthy articles and photos.

A digital edition imposes no such limitations. We can cover events occurring after the 12th of the month, too late for the printed edition but old news by the time of the next edition, and with no artificial page constraints.

We will notify everyone by email when the digital edition is complete and posted on *Meadow-Life*. It should appear at about the same time as the printed edition. No news that is important to all residents (e.g., scheduled events, resident deaths, new residents, etc.) will be covered in the digital edition – only extra news and photos.

- Mary Jo Doherty and Judith Pulley, co-editors

IN MEMORIAM

James McGuire	P-107	August 14, 2019
Carolyn Kozelka	P-227	August 21, 2019
James McCutchan	V-261	August 22, 2019
Harold Peterson	4-304	September 2, 2019
Donna Maroni	V-355	September 6, 2019

TALK

Carolina Meadows University (CMU)

CMU will continue in October with two additional presentations from Sylvia Hoffert, telling us about two more of the "Three Troublesome Women of Whom You Probably Never Heard," women who, despite the times in which they lived, had a profound impact on America.

In Session 2, **October 7**, Dr. Hoffert will talk about Anna Burwell and Elizabeth Keckly, whose contentious relationship between mistress and slave disturbed domestic tranquility in Hillsborough, NC.

On **October 14**, Session 3 will examine how Alva Vanderbilt Belmont used her immense wealth and social influence to challenge male political authority and win the vote for women.

Dr. Hoffert is professor emerita of History and Women's Studies at Texas A & M and University of North Carolina at Chapel Hill. She earned her PhD at Indiana Univer-

sity, Bloomington. She is the author of five books on women's history, plus numerous articles.

October 28, November 4 and 11. COURSE II: "Oh the Stories These Works of Art Can Tell!"

Take a second look – hear the stories: gods and goddesses, queens, kings, ladies of the court, lovers. Up close with Jacques Louis David, Paul Manship, Canova, Rodin and others.

Rhonda Wilkerson is a storyteller, an educator (PhD/UNC), and a passionate collector of African Art. She taught as a Clinical Associate Professor in UNC's School of Education for over 30 years, conducting innumerable presentations and workshops for teachers, administrators, museum educators and curators, and has presented at numerous museums across the country. She has also found the time to be a North Carolina Museum of Art docent for many years.

All CMU courses are in the **Auditorium on Mondays from 1-2:30 pm.**

- CMU Steering Committee

Two CMU Serendipitous Saturday Sessions: Universe's Threats and Promises

CMU will bring back, by popular demand, astrophysicist Brand Fortner. Last Spring, Dr. Fortner impressed us by explaining "black holes" in terms we could understand.

October 26: The Earth in Peril

What cosmic catastrophes should keep us up at night? Dr. Fortner will discuss earth-smashing asteroids, civilization-ending solar storms, nearby supernova explosions that could zap us all, cosmic rips, black hole collisions and more! Join him on a fun-filled journey to how the earth could end, and how it probably will not!

November 2: Future Earths

The last decade has seen an explosion of exoplanet discoveries. Are these stellar planetary systems like ours? Have we found other planets like our earth? What ramifications are there for the search for extraterrestrial intelligence? Join Dr Fortner as he takes us on a journey through our galaxy, looking for our cosmic neighbors and kin.

Dr. Fortner is Teaching Professor at North Carolina State University and Adjunct Professor of Physics at UNC-CH. He excels at visualizing science for the nonscientist. He previously was chief scientist of the intelligence exploitation group of the Johns Hopkins University Applied Physics Lab and held positions at NASA and at the National Center for Supercomputing Applications.

All sessions are held in the **Lecture Hall at 10 am.**

CMU Serendipitous Saturday: *Prius or Pickup?*

CMU is pleased to offer a special in-depth analysis of America's current political divide on **Saturday, October 19 at 10 am in the Lecture Hall**. Popular UNC Teaching Professor and Director of Undergraduate Studies, Jonathan Weiler, will bring his insights from his recently published book *Prius or Pickup: How the answers to four simple questions explain America's Great Divide*.

Jonathan Weiler received his PhD in political science from UNC-

CH. He has written four books, including *Authoritarianism and Polarization in American Politics* (co-authored with Marc Hetherington), which won the Philip Converse Award from the American Political Science Association in 2016, in recognition of the book's lasting impact on the field. He teaches courses on economic globalization, sports and globalization, and human rights.

- CMU Steering Committee

Making Waste Work: Globally and Locally



What is waste? Questions emerge on how to define it, how to create less of it, and how to deal with it without adding more pollution to the planet and its atmosphere. Is there a great difference between types of waste and policies and programs in the global North and South? How do the UN Sustainable Development Goals deal with waste? How is waste related to the economic, ecological and social dimensions of the emerging sustainability revolution?

These are some of the questions that will be dealt with on **October 25 from 9 am to 4 pm in the Auditorium** during the fifth annual Global Issues Forum under

the challenging name of “Making Waste Work,” borrowed from the UK charity WasteAid and its tool kit for communities in the global South such as in making ecobricks out of plastic waste <<https://wasteaid.org/toolkit>>.

In the morning we will hear two presentations. The first one, dealing with global waste challenges, gives the perspective of NC State professor Mahmoud Sharara of its Department of Biological and Agricultural Engineering. The second presentation, dealing with local waste challenges on the county and state level, gives the perspective of Chatham County Solid Waste director Shannon Culpepper. The morning session will conclude with brief observations by two members of the Residents Sustainability Working Group, Dan Tunstall and Judith Ferster. After lunch we will carpool to Raleigh’s Sunoco recycling plant, arriving at 2 pm. We plan to be back at the Meadows by 4 pm.

- Frans Verhagen

Medicare Discussion and Counseling

On **October 8 at 10 am in the Auditorium**, Jeanne Chamberlin, SHIIP Coordinator for the Orange County Department on Aging, will be presenting a talk on Medicare decision-making for seniors. She will introduce residents to the tools available to assist in making choices based on each individual’s unique situation. Seniors are allowed to make changes in their Medicare drug plans or their Medicare Advantage plans between October 15 and December 7. Such changes will go into effect on January 1 and may lead to significant

savings in drug and/or health costs.

Certified SHIIP volunteer counselors will be available to assist residents in making decisions by providing counseling on Tuesdays and Thursdays in the Pines near the Health Center. Residents wishing to take advantage of these free-of-charge counseling services will be able to do so following the presentation or by using the sign-up book in the Club Center.

The Seniors Health Insurance Information Program (SHIIP) is supported by the Center for Medicare & Medicaid Services (CMS) and in the state of North Carolina by the Department of Insurance.

- Joe Norwood

Medical Update

The next Medical Update lecture will take place on **October 17, from 2-3 pm in the Auditorium**. The subject will be “Low Back Pain.”

One of the most common reasons for physician visits in the United States is low back pain. The spine is a very complicated structure consisting of bony elements which include the familiar vertebral bodies and a group of bony protrusions. Our speaker will be Rebecca Fillipo, physical therapist at the Duke Spine Center. She received her Physical Therapy degree at Drexel University.

Her particular interest lies in treating the complex nature of back pain and spinal disorders. This includes evaluation and treatment of the patient as a whole, including psychologically informed physical therapy when appropriate. She also is a Certified Personal Trainer.

In addition to her clinical activities, she participated in a clinical research study that resulted in a peer-reviewed publication entitled “Reducing Opioid Use for Patients With Chronic Pain: An Evidence-Based Perspective.”

This will be a very informative lecture on an extremely common health problem, especially among older people.

- Leonard Cutler

Please Save the Date Celebration of Life

Our Annual Celebration of Life will be held on **Saturday, November 9, at 3 pm in the Auditorium**. Please join us as we remember those residents we have lost in the past year.

- The Remembrance Committee

World Affairs

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

October 4: Michael Beschloss, "Presidents in War, 1807 to Modern Times" (video)

In his recent book, Michael Beschloss tells about the following presidents – James Madison, James Polk, Abraham Lincoln, William McKinley, Franklin Roosevelt, Harry Truman, Lyndon Johnson, Richard Nixon and George Bush – how they made decisions, how they worried and how things turned out.

October 11: Arne Kalleberg, "The Future of Work"

Arne Kalleberg, Kenan Distinguished Professor of Sociology at UNC-CH, is a former president of the American Sociological Association and is currently the editor of *Social Forces*, an international Journal of Social Research. He will be discussing three important trends: the decline in attachment to a particular employer; the growth of independent contracting; automation of jobs and the greater importance of skills. In other words, what advice can we give to our grandchildren about preparing for the future.

October 18: Graeme Robertson, "Putin vs. the People: Myths and Realities"

Graeme Robertson is a professor of political science at UNC-CH. He has degrees from Oxford, Harvard and Columbia. He specializes in Russian studies, post Soviet politics and comparative politics. His most recent book is *Putin vs. the People: The Perilous Politics of a Divided Russia*.

- Dorothy Samitz

Why Not Mongolia!!

Auditorium, October 25, 7:30 pm

The irrepressible Margaret Lospinuso introduces her trip to Mongolia in these words:

"Why Mongolia? Because I read a book on Genghis Khan. I only vaguely knew about him, mostly that he led a bloodthirsty horde that threatened civilized Europe. In a modern history I stumbled across (I needed a book to read on an airplane) the picture was quite different – Genghis Kahn was depicted as the man who conquered more than twice as much territory as any military leader in history, that in the 13th century he and his descendants ruled a kingdom that stretched from the Pacific Ocean to the Mediterranean Sea, that he built his government as a meritocracy and that he practiced religious tolerance. And that he built infrastructure that

enabled a message to go across his kingdom in six days. And exempted teachers and doctors from taxes, imported a silversmith from Paris and corresponded with the Pope. All this in the 13th century? Really? I wanted to know more. Then friends called and said they were going to Mongolia, and did we want to come. Adventure beckoned! The trip was marvelous. Mongolia the country was vast, varied and interesting. Mongolian culture was hospitable, and I got to taste fermented mare's milk and sip vodka distilled from yoghurt. They say that travel is life-changing; yoghurt hasn't looked quite the same to me since. "



Portable Housing, Photo by Margaret Lospinuso

Men's Breakfast

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

The speaker for our **October 16** meeting, Dr. Jim Thomas, came to CM in 2018 after a career in electrical engineering. His talk is entitled "Ethics in handling your health information in public records." It is about the changing nature of disease surveillance. Very limited 20 years ago, capturing a minimum of information, this practice is becoming pervasive without any privacy or the means to protect civil liberties. What are our options for living in such a world? Dr. Thomas is Professor of Epidemiology at UNC-CH and for 35 years has led the development of visual and digital data methods to analyze global epidemics. He continues this work applying controls in data acquisition and use to ensure ethical use and individuals' protection.

- Michael Cotter

ARTS

Music at the Meadows In the Auditorium

Verona String Quartet **Thursday, October 3, 7:30 pm**

The Verona Quartet is one of the most sought-after string quartets of its generation, performing for audiences worldwide. It is dedicated to showcasing the art form of the string quartet and to elevating their music making to convey the poetic narrative of storytelling. Strongly committed to education, the Quartet has been the Quartet-in-Residence in the Caramoor Center for Music and the Arts and at the Indiana University Summer String Academy, among several other international residences. It has won top prizes at international competitions across four continents.

Saludos Compay, Latin Jazz **Friday, October 18, 7:30 pm**

Saludos Compay takes the audience on a musical tour of Latin America. Their repertoire spans a wide range of styles from bossa nova, bolero and son to the more upbeat salsa, rumba, cumbia, merengue and guajira, including traditional as well as contemporary Latin music with jazz accents, and some of their own original compositions. The performers are group leader Erich Lieth on vocals and keyboard, singer/guitarist Pablo Valencia, trombonist Rody Huertas and percussionist Robert Cantrell.

- Norman Miller

Chapel Hill Historical Society

The Campus at Chapel Hill: 225 Years of Architecture **presented by Professor JJ Bauer** **10 am Board Room** **Monday, October 21**

Join us for a discussion of the new edition of Professor John V. Allcott's book, *The Campus at Chapel Hill: 225 Years of Architecture*. Professor Allcott was the founder and first chair of the UNC Art Department. He and his wife June were well known in Chapel Hill. His book is a scholarly look at the architectural styles on the campus and provides insights into some of the iconic campus buildings. The new edition includes an addendum covering some of the newer campus buildings by JJ Bauer of the UNC Art Department. Professor Bauer has graciously offered to work with the Historical Society to provide a talk about the book and campus architecture.

MET Opera on Demand

1 pm, Auditorium **Wednesday, October 23** 2 hrs, 48 min

Il Barbiere di Siviglia (Nov 2014)

A youthful cast brings Rossini's immortal comedy to sparkling life, led by Christopher Maltman as Figaro, the resourceful barber and man-about-town of the title. Isabel Leonard is Rosina, the clever young woman at the center of the story, and Lawrence Brownlee sings Count Almaviva, the man who loves her and – with Figaro's help – rescues her from the house of her elderly and smitten guardian, Bartolo, played by Maurizio Muraro. Paata Burchuladze is the bumbling music master Basilio, and rising conductor and bel canto specialist Michele Mariotti leads the Met's musical forces.

Tyler Tyson, Jazz

2 pm Auditorium **Tuesday, October 22**

Tyler Tyson is a recent graduate from the UNC-Greensboro music program. He has studied both jazz and classical and specializes in a post-bop style of jazz playing. He takes a minimalist approach when it comes to crafting out a solo, which is heavily inspired by Miles Davis and how he would allow for more space for the listener to think about what was just played.

He is also a multi-instrumentalist, including saxophone, guitar, oboe, and the voice. He has just returned from an East Coast tour with his jazz fusion band TermsxConditions.

Music Study Group

The Music Study Group will explore music through presentations, performances by group members and listening to recorded music. Participants will learn about the lives and musical styles of composers, selected "important" pieces, the cultural and historical context of the music, and critical skills and habits for listening to music. Participants will be encouraged to discuss topics they would like to bring for extended discussion or pieces they would like to perform for and discuss with the group. If interested, contact Kathryn Moss <mossmerriam@gmail.com> or Lilian Pruett.

AIM

Art In the Meadows

Artists of the Month Exhibits in Art Studio

Through October 10 – Vidy Johnson, Oils & Acrylics

October 12 – November 15 - Anne Eller, Drawings in Black & White

November 15 – December 31 - "All in the Family" show

Class –October 16-Nov. 13 - Palette Knife Painting Using Acrylics (10:30 am-12:30 pm) with Karin Neuvirth, Durham artist <<https://karinneuvirth.com>>. In this five-week class you will learn the essentials of palette knife painting using heavy body acrylic paints. Topics covered include color mixing, broken color, and the use of value in your composition. You will start with basic knife techniques and color mixing as you create a vibrant underpainting. Also, please bring any works in progress that you would like to work on during class. Cost \$100. For questions contact Margaret Zircher <zircher@me.com> (919) 967-1102. Sign up in Club Center Lobby Activities Book.

All in The Family Art Show in the Studio – Thanksgiving through Christmas. Dig out those pieces of art from your children, parents, siblings and other family members to display in the second annual "All in the Family" show. Notify Margaret Zircher <zircher@me.com> (919) 967-1102 of the number and sizes of art you would like to exhibit.

Art Studio Schedule - Come paint and create when room not in use. Wednesdays, all day, reserved for artists and painters. The calendar can be found on the Art Studio calendar and on <<https://meadowlife.org/activities/art-guildgallery-exhibit>>.

Carolina Meadows Photo Project Exhibit

We hope you'll participate in the annual Carolina Meadows Photo Project Exhibit. All campus and Early Advantage residents and CM staff are invited to submit photos for the 2020 event.

Most of us have wonderful photos we've taken in the past and new ones yet to be taken. Those photos, when hung on the walls of the Club Center, will reveal something about us, enrich the community and bind us together.

Here are some general guidelines for the project; more detailed instructions will follow shortly: 1) Photos can be of any subject other than nudes, CM residents, families and friends, and pets, and must be taken by the person who submits them. 2) Forthcoming instructions will indicate when, where, and how many photos you may submit. 3) Meanwhile, why not review your old and new photos and be prepared to choose three to five of your favorite candidates for submission. 4) Professional skills and special equipment are not necessary; if you like it, submit it. 5) The opening date for submissions is **January 20, 2020** and the closing date is **February 3**.

- Donald Lauria

Art Guild

The Art Gallery exchange of residents' artwork in the Club Center is **Saturday, October 5**. We welcome anyone who wishes to exhibit their original work – no matter when it was created. Bring your art pieces to the **Board Room** between **10 am and 2 pm on October 5**. Call Bev Milton (919) 967-1254 or Susan Durfee (919) 942-6655 if you have any questions.

Book Group A Woman Is No Man

Etaf Rum is a Palestinian-American writer living in Rocky Mount, NC. She grew up in Brooklyn, NY and is the oldest of nine children born to Palestinian immigrant parents. At 19 she moved to NC, entered into an arranged marriage with her cousin and had two children within three years. Etaf also began pursuing a college education. Once this novel sold, she left her husband and is now divorced.

This is a story of three generations of women living in a conservative Palestinian-American community in the heart of Brooklyn, drawn from the author's own experiences. The time-period, 1990-2008, is when the author was growing up.

In Brooklyn an 18-year-old Deya is being forced by her grandmother to meet potential husbands. Deya wants to go to college and does not want to get married. History is repeating itself. Her mother, Isra, also had no choice when she married Adam and left Palestine for America in 1990. Deya is seven when her parents die. The stories of the mother and daughter are told in alternating chapters with a periodic chapter from the grandmother's perspective.

Some issues this intergenerational novel addresses are family loyalty, gender expectations, domestic violence and cultural continuity. As portrayed in Deya and her aunt, women are beginning to stand up for their rights.

Please join us on **Wednesday, October 16 at 2 pm in the Lecture Hall** to discuss the cycle of trauma and oppression faced by the characters in this novel.

- Betsy Ahern, Facilitator

Films for October 2019

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 talk about 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.

October 5 *On Moonlight Bay* (1951)

1 hr, 35 min – Not Rated
Soon after moving with her dad (Leon Ames), mom (Rosemary DeCamp) and younger brother (Billy Gray of "Father Knows Best") to a small Midwestern town, certified tomboy Marjorie Winfield (Doris Day) meets the boy next door (Gordon MacRae) and decides to go "girly," all in hopes of catching his eye. Based in part on Booth Tarkington's *Penrod* stories, this classic musical features Day's popular rendition of the title track, among other songs.

October 12 *Amazing Grace* (2018)

1 hr, 29 min – G - Documentary
More than 40 years after Aretha Franklin delivered two spellbinding nights of gospel music at a Baptist church in Los Angeles, this documentary – long shelved because of technical problems –

takes viewers back to the legendary concerts.

October 19 *Mustang* (2005)

1 hr, 34 min – PG 13 – Turkish w/ English subtitles
Enraged by her granddaughters' flirtations with some male classmates, a strict Turkish grandma refuses to let her young charges out of the house to keep them from ruining their marriage chances. But the girls find ways to circumvent the restraints.

October 26 *If Beale Street Could Talk* (2018)

1 hr, 51 min – Rated R
From Academy Award Winner Barry Jenkins, adapted from James Baldwin's acclaimed novel, comes this timeless love story set in early 1970s Harlem. Newly engaged 19-year-old Tish (KiKi Layne) and her fiancé Fonny (Stephan James) have a beautiful future ahead. But their plans are derailed when Fonny is arrested for a crime he did not commit. Now the pair and their families must fight for justice in the name of love and the promise of the American dream in this lush, moving, dramatic film.

Tuesday at the Movies

2 pm Auditorium

Tuesday, October 8, *Swing Time*

1944 – Not Rated – 1 hr, 36 min

In this classic musical, Fred Astaire plays Lucky, a gambler who misses his wedding to a young socialite and must come up with \$25,000 for another chance with her. But after meeting lovely dance instructor Penny (Ginger Rogers), he forgets about his old flame. Often cited as the best of the 10 Astaire and Rogers movies, *Time Magazine* named it one of its All-Time 100 Movies. Songs include "The Way You Look Tonight."

DVDs for October

Transit, 2019, German film with subtitles. As fascism spreads, a German refugee flees to Marseille and assumes the identity of the dead writer whose transit papers he is carrying--and then he meets the wife of the writer.

Booksmart, 2019, R, "Fast-paced, funny, and fresh, *Booksmart* does the seemingly impossible by adding a smart new spin to the coming-of-age comedy."

Molly's Game, 2017. Starring Jessica Chastain, Kevin Costner, and Idris Elba, and written by Aaron Sorkin, this film, based on the true story of the "Poker Princess," was nominated for nine major awards.

Witness for the Prosecution, 1957, This classic courtroom drama, starring Charles Laughton, Elsa Lanchester, Marlene Dietrich, and Tyrone Power, received a 100% Rotten Tomatoes rating.

Instant Family, 2018, PG-13. (82%) A heartwarming, hilarious comedy about a couple (Mark Wahlberg and Rose Byrne) who "stumble headfirst into the world of foster care adoption."

Footloose, 1984, An urban teen, played by Kevin Bacon, moves to a conservative rural town which has outlawed dancing and rock and roll music.

The Heart is a Lonely Hunter, 2008, NR, Starring Alan Arkin, as a deaf mute, and Sandra Locke, as a young girl, in a touching story about the misfits in a small Southern town.

A French Village, Season One, (*Un Village Francais*, in French with English Subtitles):

This multi-season, acclaimed French television series chronicles the impact of World War II and the

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(Continued from p. 9, "DVDs")

German occupation on a small village in central France.

Fracture, 2008, R, Anthony Hopkins, Ryan Gosling star in this taut courtroom thriller about a murderer who may have committed the perfect crime.

Donated DVDs

• **Star Trek**, 2009, PG-13, Both a prequel and a reboot, this version of the series was called a "burst of pure film exhilaration."

• **Louise Brooks: Looking for Lu-lu**: A one-hour documentary, narrated by Shirley MacLaine, about the life of the sensational flapper and film star of the 1920s.

- Andrea Miller

New Books Added to Library Collection

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

Fiction

Dragonfly by Lila Meacham

The Oysterville Sewing Circle by Susan Wiggs

The Escape Room by Megan Goldin

Chances Are.... by Richard Russo

Under Currents by Nora Roberts

Searching for Sylvie Lee by Jean Kwok

The Taiga Syndrome by Christina Rivera Garza

Tidelands by Philippa Gregory

The Lager Queen of Minnesota by J. Ryan Stradal

The Golden Hour by Beatriz Williams

Large Print

The Widow's House by Carol Goodman

Barely Legal by Stuart Woods

The Maze at Windermere by

Gregory Blake Smith

The Romanov Ransom by Clive Cussler

Mystery

The Last Widow by Karin Slaughter

Outfox by Sandra Brown

The Bitterroots by C. J. Box

Biography/Biography Collection

Barnum by Robert Wilson

Native Country of the Heart by

Cherrie Moraga

The Ghosts of Eden Park by Karen Abbott

Display Cabinet

It is always surprising to find residents who have moved to Carolina Meadows with their various collections – crafts, handiwork, art, travel souvenirs, memorabilia – items collected for many years. The October display will provide an example of this in featuring the collection of Tony Armer's owls. The planning committee for displays always welcomes new members and ideas for future exhibits. Please contact Betty Lindsay at (919) 942-4479.

- Betty Lindsay

ACTIVITIES

Hawthorne & Wood

Aren't we lucky to have Hawthorne & Wood, the new fine dining restaurant, in our immediate area? It's located just down Environ Way from Elements, the only other upscale restaurant in The East 54 Complex.

Chef-owner Brandon Sharp grew up in Greensboro. He spent 20 years cooking in New Orleans, San Francisco and Northern California, where he earned seven Michelin stars as Executive Chef of Solbar in Napa Valley from 2010 to 2016.

A good way to start the fun is by ordering one of the restaurant's custom cocktails with piquant titles like Open Kimono, Miracle on Ice, or Proud Mama. There is also an array of both classic and custom cocktails and wines.

The menu offers a generous selection of dining ideas from openers to main courses. You can start with beef short rib lettuce wraps, continue on to a chilled corn soup and complete the dinner with a bacon-wrapped yellowfin tuna. Or how about a Boxcar

Creamery cheese board, moving on to North Carolina white shrimp remoulade, finishing with Morehead City flounder almandine?

Our first selection, the chilled corn soup with blue crab and wild rice, was full of creamy satisfaction. We continued on to seared redfish with coconut-lemongrass broth and Chinese broccoli leaves. A touch of the exotic rarely goes wrong and this was no exception. We chose to end this happy experience with a classic chocolate sundae with premium ice cream under a rich chocolate sauce, eaten with guilt-free abandon.

- Dorothy Mahan

Nurses Luncheon III

October 24 will mark the third get together of Carolina Meadows' retired nurses. Come join us in the **Private Dining Room at noon**. For fun, bring along a memento or two from your training days – a cap, a pin, a picture, or uniform.

For reservations, please call Phyllis Kantra at (919) 942-4642 or Mary Joy Keane at (919) 929-9352 by October 17.

Autumn Festival in the Park

Sunday, October 20, 2019, 3–5 pm

Join us for our October gathering of friends and neighbors in the Carolina Meadows Park, now in its rich fullness of autumn foliage. A gentle woodland path leads from the vegetable garden's parking area through pine wood and past a still pond to the open expanse of the Park. In the entrance area near the dramatic 'Skyward' sculpture you can meet and mingle with friends as you enjoy light refreshments. From there take a stroll along a gentle gravel pathway to admire the tall swaying ornamental grasses, bright blooms of perennials and the colorful fall foliage of trees and shrubs.

Along the way stop by at the handsome pergola to rest on a

comfortable seat or relax on the swing in the welcoming shade of the surrounding Natchez crape myrtle trees. At the end of the gravel path the lovely Bob Weston Arbor welcomes you. From there a mown path leads through the meadow to the far end of the Park. Enjoy the long vista as you look back from the hidden bench toward the Park plantings and the woods beyond.

Wind chimes in remembrance of Markus Webb

Gather by the **Woodland pond at 4:30 pm** as we commemorate and dedicate wind chimes in memory of Markus Webb.

- Taimi Anderson

Bocce in the Afternoon

With the heat of the summer subsiding, bocce players are looking forward to switching from a morning to afternoon schedule.

Beginning **Monday, October 14**, the dedicated cadre of players will gather at the bocce courts on **Monday, Wednesday and Friday at 1:30** to enjoy this ancient, fun game. All residents are invited to join in. Anyone can play – great athletic skill is not needed, nor is experience. Current participants are happy to provide instruction. If you are able to pick up a small ball and roll it down the court, you can have a good time.

For additional information, contact Tom Kelley – phone (919) 240-4132 or email <newsynight@aol.com>.

Board Listening Post

Here is a special opportunity for residents who have a suggestion, concern or question to bring to the attention of the CM Board of Directors. We'd like to hear what you have to say. Come and meet with us privately – just you and two resident directors (John Gabor, Pickett Guthrie, Bill Lehrburger, Pat Mandell) at a time – in ten-minute sessions. You talk and we listen. If your issue is not appropriate to bring to the full board, we will either forward it to the proper party or point you in the right direction.

Wednesday, October 23

10:30 am - noon

Board Room

There will be only five time slots available, so act soon. **To participate and set up your session, contact Bill Lehrburger at (919) 903-9061.**

History, Habits, and Habitat of the Eastern Bluebird

On **Tuesday, October 15 at 10 am** in the **Lecture Hall**, Birders @ CM and The Park are pleased to sponsor a lecture by Ken Kernodle, President of the NC Bluebird Society. Ken's appreciation and love for the outdoors, including bluebirds and other wildlife, developed at an early age on his family's farm in Guilford County, NC. In 2011, following his retirement, Ken decided to devote additional time to support the resurgence of and public education about bluebirds.

Come learn about the bluebird journey from being plentiful to being threatened and their amazing comeback. Gain an understanding of where they live, what they eat, and their nesting cycle along with their primary predators. Hear

about the most important things we can do to ensure their success as well as learn critical components to look for in constructing or purchasing a bluebird nesting box and its placement and mounting. And see a bird's eye view of what happens inside the nest box!

Birders @ CM is a group of residents working on providing bird related outings, speakers, and citizen science activities. The Park is a resident-conceived, supported, and maintained multi-purpose natural area near the Community Gardens. There will be an Autumn Festival in **The Park on Sunday, October 20 from 3- 5 pm.**

We hope you can join us at both events!

- Margaret Scott

Looking to recycle gently used personal/household items?

Carolina Meadows will hold a community-wide **Estate/Tag Sale on March 17 and 18, 2020**. Now is the time to begin thinking about and identifying items you would like to contribute to this special event. Items must be clean and in good condition. **Acceptable items:** antiques, jewelry, sterling silver, art, rugs, lamps, golf equipment, small appliances, pottery, luggage, furniture, clean linens, hats/caps, bedding, records/tapes, musical instruments, tools, bric-a-brac, two-drawer file cabinets, kitchen items, pianos and key-boards. **Items not acceptable:** clothing, shoes, books, mattresses, and large appliances. Collection of donations will begin after the first of the year.

The purpose of the sale is to present reasonably priced, good quality items donated by Carolina Meadows EA and campus residents for sale to employees, residents, family and friends. The net proceeds will be distributed as follows: 1/3 for employee scholarships, 1/3 to be split evenly between the Chatham Cares Community Pharmacy and the Chatham Public Schools Foundation, and 1/3 for funding campus items as determined by the Gifts and Remembrance Committee. The sale will not be open to the public and there will be no sales prior to March 17, 2020. Items will be donated to Carolina Meadows and a form letter will be provided upon request to residents for items donated to use as a possible tax donation.

For additional information, contact Carol Coile by email <coileca@yahoo.com> or phone (919) 889-4221.

Community Outreach Corner

Events:

October 12 - North Carolina's Poet Laureate Jaki Shelton Green will speak at Chatham Literacy's Fall for Literacy Luncheon at the Western Chatham Senior Center in Siler City from **11 am to 2 pm** on

"Celebrating the Power of Our Stories." Tickets are \$60 and can be purchased at <chathamliteracy.org> or (919) 214-1269. Raffle tickets for a mountain cabin getaway in Lake Lure, NC cost \$50 and are available at the same address.

November 14 - Chatham Agriculture and Conference Center, **8 am-3:30 pm, Chatham Senior Education Conference:** The keynote speaker is Dr. David Casarett, Duke Professor of Medicine and Director of Palliative Care at Duke. Topic: "Medical Marijuana and CBD Oil."

\$25 includes lunch and all-day conference. Register and learn more at <www.chathamcoa.org>.

Volunteer Opportunities:

Habitat for Humanity needs volunteers at both of the ReStores in Chatham County and at community outreach events. Contact Rachel Horowitz at (919) 542-0794, ext. 228 or <rachelh@chathamhabitat.org> or visit <http://chathamhabitat.org>.

Learning Trail needs volunteer tutors. Learning Trail is located on Mt. Carmel Church Road across from Carolina Meadows. Tutors are needed for a preschool program (9-12) and an after-school program (3-5:30 pm). You do not need to be a certified teacher – a teacher on staff will train you. Work is one-on-one and/or in small groups. Contact <www.thelearningtrail.org> for more info or email President Susan Morris at <suzanne@thelearningtrail.org>.

Chatham Cares Community Pharmacy in Siler City always welcomes donations. This volunteer run pharmacy serves the needs of residents of Chatham County who live below the poverty level. You can donate ANYTHING YOU WOULD FIND IN A WALGREEN'S, e.g., wheelchairs, walkers, braces, coolers, incontinence supplies, unopened vitamins and meds (but no Opioids), dental supplies, etc. Nurse Faith in the Carolina Meadows Clinic accepts donations. (When some residents are in Walgreens replacing vitamins, they decide to throw in an extra bottle for the Pharmacy! Try it!) Contact Lynn Ogden (919) 968-6910 for further information.

CORA Food Pantry in Pittsboro depends on 9,800 volunteer hours each year! Volunteers can help stock shelves, help families shop, and/or help organize food drives. Volunteer training is on the second and fourth Wednesdays of each month from 2-3 pm. Go to the following website to sign up for volunteering (<https://www.corafoodpantry.org/>). A staff member will contact you and help you arrange training. Contact Lydia Berrong (919) 240-7577 for further information.

- Judy Jones

Items to Aid Habitat for Humanity

The next pick-up of unneeded household furniture, tableware, decorations, bedding, towels, etc. will be from **10 am-noon on Thursday, October 17**. The Habitat truck will be waiting in the parking lot across from the tennis courts. For items too big to handle, call the Pittsboro Habitat office at (919) 542-0788 for pick-up.

- Bob Merriam

Celebration for Our Second Class of CNA Mentors

We are happy to announce The Pines will be holding its second Certified Nursing Assistant (CNA) Mentor Program. The goals of the program are to provide an avenue for advancement for our certified nursing assistants, improve retention, and enhance resident care. The application process to become a mentor is selective and rigorous. Once selected, candidates complete an extensive training over three days and a written examination. We currently have six mentors in The Pines who have been extremely successful in increasing retention of our newly hired CNAs. We would like to invite all Carolina Meadows residents to the 2019 CNA Mentor Graduation Ceremony on **October 11, 2019 in the Club Center Auditorium, 2-3 pm**. Please join us in celebrating this milestone with our staff.

- Terry Hart

Genealogy Group, Tuesday, October 1, 2 pm, Board Room

The history of our country is forever reflected in the history of our ancestors. The topic for the October meeting will be "My Loyalist Ancestors and Their Canadian Heritage," presented by Reece Jones, the co-coordinator of the Fearrington Village Genealogy Group. In addition, Reece is a volunteer genealogist on site at the Pittsboro Library for those who are tracing their ancestors and need help. After the presentation, questions and discussion from the group are welcome. The meeting is open to all Carolina Meadows residents and guests.

- Ruth Muller

Long Term-Care Insurance

You've had a policy for how long?

You pay how much????

WHEN can you use it and

HOW do you use it?

Brad Fox and Caroline Cameron are experts in the field of Long-Term Care Insurance. They will be coming to CM to talk about the basics of Long-Term Care costs and LTC insurance coverage. They will discuss the right time to file an LTC claim, clarify LTC policies in general and outline what is involved in receiving LTC insurance benefits.

Come and learn all about these complicated policies so that you will be prepared to use it when the time comes. **Thursday, October 10, at 10:30 am in the Auditorium**. For questions, contact Robin McCoy, Social Worker, at (919) 370-7177.

Super Hero Halloween Party

What is your super power? Is it your intelligence? Your kindness? Your leadership qualities? On **Thursday, October 31 from 2-3:30 pm in the Auditorium**, join us as we play with this theme. Materials will be available to fashion your own amazing cape and mask, or get busy ahead of time to create a full character. Naming your character may be the most fun part – Brainiac! Love Bug! Captain Vision! Theme-based food and games will be provided, as well as costume contests, and the annual pumpkin-carving winners will be announced. Let's celebrate the best parts of ourselves while dressing up and having some laughs this Halloween. Invite the little ones!

Fall Hazardous Waste Collection

October 7-11



Apartment dwellers should deposit items in red bins in the trash/recycling rooms. Villa dwellers should take items to a truck that will be near the Bocce Court. Call Plant Ops if you need help with transporting any items: (919) 370-7301.

Hazardous Waste Items Accepted: Paint, paint-type products; long fluorescent bulbs, compact fluorescent lamps (CFLs); sealants; automobile oil cans, antifreeze and other car chemical containers; pesticides, weed killers, and other garden chemicals; dry cleaning fluids, household cleaners; sterno fuel cans; nail polish and nail polish removers; propane gas canisters; partly-full spray cans (empty ones go into trash).

Used cooking oil is no longer waste: It can go into the large greasy black container behind the kitchen's loading dock to make biodiesel.

Spring collection will begin on April 6.

- Recycling and Conservation Committee

October Activities



Funky Lunch Bus!

Wednesday, October 16

Deadline: **Monday, October 14**

Cost: approx. - \$8.00 per person

Load: **11am**

Scotland Neck Bird Park

Thursday, October 17 Deadline: **Friday, October 11**

Cost: approx. - \$50.00 per person (includes boxed lunch) Load: **8:45 am**

NC State Fair

Thursday, October 24 Deadline: **Monday, October 21**

Cost: \$18.00 per person (tickets are FREE for seniors) Load: **8:45 am**

Lunch on your own at the fair

NC Museum of Art

Frida Kahlo, Diego Rivera, and Mexican Modernism from the Jacques and Natasha Gelman Collection

Tuesday, October 29 Deadline: **Wednesday, October 23**

Cost: approx. \$18 per person (members); \$33.00 per person (non-members) Load: **11am** Lunch Dutch-treat at Amedeo's

African Drum Circle Class with Diali Cissokho

2-3 pm, Board Room

Fridays, October 11 & 25 \$15 per class

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

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

2 pm Game Room Friday, October 18

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

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

- Karen Monaco & Kris Snyder, Wellbeing & Engagement Committee

Jewelry Design and Repair

1-4 pm, Art Studio

Monday, October 7

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.

Our Amazing Journeys – A Workshop for Residents

We gain so much when we learn we are not alone in our experiences. Our amazing journey in life can mean changes in relationships and coping with losses, as well as setting new goals.

Come share your perspectives on these topics and more, in a small group setting, led by CM residents Jeanne Boehlecke and Karen Monaco, both experienced group leaders. We will base our confidential discussions on the book, *In Later Years*, by Bruce Marshall. The book will be purchased for you by Carolina Meadows and \$13 will be charged to your account.

Dates are four **Tuesdays, October 15, 22, 29, and November 5, at 10-11:30 am in the Conference Room above the Cafe.**

Maximum 8 residents, so sign up early in the Activities Book!

Remember our United Way Fund Drive



Wellness Corner

31-Day Walking Challenge, Oct 1

-31: The goal is to walk a minimum of ten minutes each day. Walking logs will be available on the *MeadowLife* Fitness and Health page and at the Fitness Center. Turn in your log to the Wellness Department by November 4 to earn a Carolina Meadows shirt.

Our 18th Annual Wellness Fair,

"Wellness is the Spice of Life," will be held **Wednesday, October 2, 9:30 am-12 noon in the Auditorium**. There will be a variety of local vendors who will supply healthy food samples, information about their services, smoothies, raffles, free hearing screenings, chair massages and more! Hope to see you there!

Sharing Stories from Our Lives,

led by Vivienne Jacobson, takes place **the first Tuesday of each month at 3 pm in the Lecture Hall**. This month's topic is "Early Years/Friendships."

Nia Moving to Heal 10-week Dance series: Wednesdays, October 9-December 11, 11:15-

noon in the Exercise Studio. Cost is \$30 for series. Register in Wellness Book.

Emeralds of Oz: Life Lessons from Over the Rainbow, published by

HarperCollins in May 2019, is a jewel box of insights drawn from Dorothy's heroic journey from helpless in Kansas to powerful in Oz, then back to Kansas, transformed by what she found along the way. Learn more at <emeraldsofoz.com>. Peter Guzzardi will be our featured **Meet**

the Author on Wednesday, October 16 at 3 pm in the Auditorium. Books will be on sale for \$20; cash, check or credit will be accepted. Sponsored by the Wellbeing and Engagement Committee.

Afternoon Gathering and Tea, Tuesday, October 15 from 3-4 pm in the Auditorium.



Annual Pumpkin Decorating/Carving Display will be in the Lobby **October 29- 31**. Enjoy!



Welcome in cooler weather as the Gift Shop welcomes you with selections for all:

For Men:

- sling bags for cell phone, keys, wallet, notebook, etc.
- boxes of 3 handkerchiefs and socks, even extra large

For Women:

- a new stock of Mary Benito's handmade jewelry.
- clothing in Fall colors

Rest assured - our jewelry and clothing selections are **UNIQUE** (the person across from you in Dining will **NOT** be wearing the same blouse or necklace)

For All:

- holiday themed bistro towels
- reversible 2-layer umbrellas, sturdy, practical and fun (also \$5 clear plastic umbrellas great for kids of all ages).
- tins of Swedish Ginger Snaps, wrapped as a "gift to go"

Plus, everyday essentials: sundries to include easy threading needles, handicapped card holder for autos, and things you didn't know you need. And, Christmas baubles will go out soon.

Sports and Games Day September 2, 2019

And the winners are....! Photo by Sam Ligon

Caroline Meadows SPORTS & GAMES DAY					
		1st	2nd	3rd	# OF PLAYERS
BASKETBALL	W	Garry Berg	Karen Wintman	Paul Richardson	36
	M	Dave Monahan	Alan Tom	Joe Monwood	
BEAN BAG		Jim Ward	Frans Verhaagen	Judy Jones	50
BOCCE		Margaret Wintman	Margaret Smith	Bob Rich	35
CROQUET		Bruce Seppel	James King	Erin Decker	23
DARTS		Jim Ward	Subhash Bhatia	Bob Rich	45
GOLF - PITCH	W	Paul Richardson	Karen Monahan	Sally Conroy	37
	M	George Evans	Joe Monwood	Paul Richardson	
GOLF - PUTT	W	Barbara Handin	Marichan Smith	Erin Monwood	50
	M	James King	George Evans	Sam Ligon	
HORSESHOES		Wayne Jones	Alan Tom	Marvin Wintman	37
LADDER BALL		Sam Ligon	Alan Tom	Dave Campbell	37
TABLE TENNIS		Margaret Jones	George Evans	Marvin Wintman	28
TENNIS	W	Mary Ann Kuden	Margaret Wintman	Paul Richardson	24
	M	Ed Kulisen	Gene Stunck	Frans Verhaagen	
PRECINCT WINNERS		1st 11	2nd 12	3rd 10	402

Precinct 11 Wins Again!

It must have been the colorful precinct tee-shirts championed by Myrna Merron. We can expect to see other precincts following her lead next year.



Myrna Merron. Photo by Sam Ligon



Tennis Anyone? Dave Hubby, Jonathan Kotch, John Gabor, Gene Stunck. Photo by Sally Hubby.

DIGITAL SUPPLEMENT

Meadow Moments Our Brave Pioneers

In case you did not attend the last RA Meeting or scooted out before John Hayne's excellent Meadow Moments presentation, here is a recap of John's dive into the founding and early history of our community.

Before he retired in the early 70s, Dr. Dale Kline determined he would not retire in any of the retirement facilities where he had worked. He ruled out expensive sunbelt resorts that encouraged dependency but offered no long-term care and no return on equity. Since there were no retirement facilities meeting his standards, he and his wife Ann coined the "Equity Retirement Housing" concept or ECH.



Dale Kline

Dale wrote a book about it and formed the ECH corporation. He was president; Edward Hess, vice-president; and Ann, Secretary-Treasurer. William Snouffer, a potential resident, was named Director of Construction Services.

The first question concerned location. They chose the NC Triangle area for its natural state-wide beauty and its four distinct seasons. Ann discovered 162 acres of abandoned farmland and woods just south of Chapel Hill. In 1983 ECH purchased the land with a considerable mortgage for \$808,500. A small amount of additional surrounding land has been acquired in recent years. Total value of the land was listed at



Ann Kline

\$2,096,762 on the December 31, 2018 audited financials.

Unfortunately, Dr. Kline died in late 1983, leaving his partners to take over. They formed a team with Plaza Associates that supplied construction financing. Construction began on Villas 130-140 in 1985. The first resident, Gilbert Sanford, moved into Villa 137. Following a tumultuous relationship with Plaza, future residents bravely stepped in, took control and guaranteed all outstanding loans. Check out these intrepid pioneers the next time you go to the Auditorium. Their names are listed on a plaque.

Apartment Building One and the Club Center, then named for the Klines, were next to be built. Carolina Meadows was on its way. Ann Kline moved into the Pioneer Precinct in 2007 and resides there to this day.

In 2020 Carolina Meadows will celebrate its 35th anniversary. In the meantime, follow John Haynes' first-rate Meadows Moments.

- Mary Jo Doherty



Future Site of Carolina Meadows

From the Archives

You Think You Have Problems!?

A booklet entitled *Carolina Meadows: Early History, 1983-1988* includes a reflection by Elizabeth Donovan, one of the first residents. It is titled "The Bulldozer." Here are excerpts:

In February 1986, I moved in on a snowy day. There was no driveway and the sidewalk was not complete, so a temporary sidewalk was made from plywood and odd scraps of carpeting to enable the moving men to get the furniture in over the mud....I had hornets in the bedroom who must have nested when the heating pipes were on the ground outside and who

came out when the heat was turned on. One day I picked up from the drain board what I thought was a rusty piece of steel wool left by a workman and a frog jumped out of my hand. In the middle of the night a mouse ran over my bare feet in the bathroom. The water was six inches deep in my garage during heavy rains.

June came, and at last a driveway was poured, a sight to gladden the heart. However, I was told that it would have to be redone because it did not drain properly.

Early one morning, I woke to an inordinate amount of noise and found a bulldozer

in the driveway, ripping it out. I shrieked loudly enough to get the workmen to stop long enough to allow me to get my car out of the garage which I did in my bathrobe. I had barely gotten back into the house when there was a tremendous crash which shook the building. The bulldozer had hit the front wall, knocked off the bricks, broken the light fixtures, torn off the downspout, and knocked the garage door off its track.

Think of Elizabeth Donovan the next time you have a problem.

- Bill Powers

Autumn Festival in the Park, October 20

On Sunday, October 20, residents will gather in The Park to celebrate autumn and, at 4:30, to commemorate and dedicate wind chimes in memory of Markus Webb. Below are photos of the chimes and the commemorative plaque.



Friday the Thirteenth proved to be a lucky day for those Carolina Meadows residents who attended the Seafood Festival. Our ship came in loaded with a bounty of seafood – raw oysters, snow crab legs, calamari and shrimp salad, salmon, mahi mahi, Low Country boil, Louisiana crawfish boil, lobster mac and cheese. If that wasn't enough, there was peach cobbler, lemon meringue pie and divine chocolate chess pie for a sweet finish. The photos below tell the story. - Judith Pulley

Seafood Festival



Low Country Boil



Above, Snow Crab Legs; Below "The Works." Photos by Anne Bodner



In Case You Missed It....

In this section we propose to offer summaries of some of the lectures presented over the past month.

Hitler's Plans for the United States

UNC-CH Kenan Professor Emeritus Gerhard Weinberg outlined Adolph Hitler's plans for the United States to an attentive audience at the World Affairs program on Friday, September 20.



There were two themes in Hitler's writings and speeches dating back to the early 1920s: 1) his plan to launch wars for endless conquest and 2) his plan for the worldwide extermination of Jews. In a book written in 1928, but not published until 1961, he maintained that his major task would be the preparation of war against the United States.

One might wonder why Hitler thought this feasible, given the role of the US in World War I and the distance between Germany and the US. However, he attributed Germany's defeat in that war to the "stab in the back" rather than US military prowess. Moreover, given his racial theories, he consid-

ered the US to be a weak and divided country because, he said, "The American public is made up of Jews and Negroes."

He had planned to begin his wars with the conquest of Czechoslovakia in order to provide farmland to feed the German population; he regarded his failure to do so as one of his worst mistakes. Phase 2 was the conquest of France and England in order to clear Germany's rear flank for Phase 3, the conquest of the Soviet Union. This, he assumed, would provide the oil needed for Phase 4, the conquest of the United States. As he progressed, each phase was to be accompanied by the extermination of Jews.

Hitler welcomed Japan's entry into the war because that meant he could "borrow" the Japanese navy to fight the US navy, thereby reducing the need to develop Germany's Blue Navy and to concentrate on the long-range "Amerikabomber." A plan to divide the eastern and western hemispheres, although never formally presented to Hitler, was worked out by Japanese and German representatives in General Hideki Tojo's office. It called for Japan to

govern Asia, plus Alaska, some western Canadian provinces, the state of Washington, and parts of Latin America. The Germans would rule over 75% of the Western Hemisphere, including all but one US state and most of Latin America. Germany, of course, would control Europe, the Soviet Union and most of the Middle East. For those of you who have read or streamed *The Man in the High Castle*, this may sound familiar.

But Hitler's plans did not come to fruition. Listening to Professor Weinberg, it becomes clear that Germany was defeated not just by force of arms, but also by virtue of its delusional leader's belief in German racial superiority. Weinberg pointed out the many instances when Hitler's staff refused to believe accounts of the technical achievements of the western allies, such as breaking the German code, manufacturing an intercontinental bomber, or developing the atomic bomb – all because the German scientists and technicians had failed at these tasks. If superior Germans couldn't do this, *Der Führer* reasoned, neither could the degenerate races.

- Judith Pulley



An Afternoon at the Fair

They came from all corners of the Meadows – residents, staff, children and grandchildren – to enjoy the annual MeadowFair. Fairgoers were treated to an array of refreshments, from sausage with peppers and onions, corn dogs, cotton candy, funnel cakes, peanuts, popcorn and soft pretzels. To the delight of residents, various brave staff members offered themselves up for the dunking booth. And children of all ages flocked around the animals at the petting zoo.

- Judith Pulley



Ben Cornthwaite awaits his turn in the drink. He didn't have to wait long! Photo by Raymond Pulley



A long line of fairgoers waited for Thom Cranna to serve them delicious sot pretzels. Photo by Raymond Pulley



Marge Miles attempted to win the friendship of the camel by feeding her a carrot. She is accompanied by CM Home Care aide Sue Miller. Photo by Raymond Pulley.



Xanadu, the alpaca, accompanied by her handler, is admired by CM Home Care aide Sue Miller and Carolyn and Allan Koenig. Photo by Raymond Pulley.

Children's photos, below, by John Haynes.



October 2019 Meadowlark

DAY	DATE	TIME	EVENT	LOC	PAGE
Tues	1		31-Day Walking Challenge		15
		2:00 PM	Genealogy Group	BR	13
		3:00 PM	Sharing Stories from Our Lives	LH	15
Wed	2	9:30 AM	Wellness Fair, "Wellness is the Spice of Life"	AUD	15
Thurs	3	1:30 PM	Residents Council Meeting	BR	NA
		7:30 PM	Music @ Meadows: Verona String Quartet	AUD	7
Fri	4	10:30 AM	World Affairs: "Presidents in War" (video)	AUD	6
Sat	5	10:00 AM	Art Gallery Exchange (through 2 pm)	BR	8
		7:15 PM	Saturday Movies: <i>On Moonlight Bay</i>	AUD	9
Mon	7	All Day	Fall Hazardous Waste Collection (through Oct. 11)		13
		1:00 PM	CMU: "Three Troublesome Women"	AUD	4
		1:00 PM	Jewelry Design and Repair	AS	14
Tues	8	10:00 AM	Medicare Discussion and Counseling	AUD	5
		2:00 PM	Tuesday Movie: <i>Swing Time</i>	AUD	9
Wed	9	11:15 AM	*Nia Moving to Heal (every Wed. through Dec. 11)	ES	15
Thurs	10	10:30 AM	Long-Term Care Insurance	AUD	13
		1:30 PM	Residents Association Meeting	AUD	NA
Fri	11	10:30 AM	World Affairs: "The Future of Work"	AUD	6
		2:00 PM	CNA Mentors Celebration	AUD	13
		2:00 PM	African Drum Circle	BR	14
Sat	12	11:00 AM	Jaki Shelton Green (Western Chatham Senior Center)		12
		7:15 PM	Saturday Movies: <i>Amazing Grace</i>	AUD	9
Mon	14	1:00 PM	CMU: "Three Troublesome Women"	AUD	4
		1:30 PM	Bocce in the Afternoon (every M,W,F)	B. Court	11
Tues	15	10:00 AM	Birders: "History, Habits, Habitat of Eastern Bluebird"	LH	11
		10:00 AM	*Our Amazing Journeys	CRAC	14
		11:00 AM	Town Hall Meeting	AUD	2
		3:00 PM	Afternoon Gathering & Tea	AUD	15
Wed	16	8:30 AM	*Men's Breakfast: "Ethics in Handling Health Info."	PDR	6
		10:30 AM	*Palette Knife Painting (through November 13)	AS	8
		11:00 AM	*Funky Lunch Bus: Elements	CCL	14
		11:00 AM	Town Hall Meeting	AUD	2
		2:00 PM	Book Group: <i>A Woman Is No Man</i>	LH	8
		3:00 PM	Meet the Author: <i>Emeralds of Oz</i>	AUD	15
Thurs	17	8:45 AM	*Scotland Neck Bird Park	CCL	14
		10:00 AM	Pick-up for Items to Aid Habitat for Humanity	Park. Lot	12
		2:00 PM	Medical Update: "Low Back Pain"	AUD	5
Fri	18	10:30 AM	World Affairs: "Putin vs. the People"	AUD	6
		2:00 PM	Speed Friending	GR	14
		7:30 PM	Music @ Meadows: Saludos Compay	AUD	7
Sat	19	10:00 AM	Serendipitous Saturday: "Prius or Pickup?"	LH	4

October 2019 Meadowlark

		7:15 PM	Saturday Movies: <i>Mustang</i>	AUD	9
Sun	20	3:00 PM	Autumn Festival in the Park	Park	11
Mon	21	10:00 AM	<i>The Campus at Chapel Hill: 225 Years of Architecture</i>	BR	7
Tues	22	10:00 AM	*Our Amazing Journeys	CRAC	14
		2:00 PM	Tyler Tyson, Jazz	AUD	7
Wed	23	10:30 AM	*Board Listening Post	BR	11
		1:00 PM	MET on Demand: <i>Il Barbiere di Siviglia</i>	AUD	7
Thurs	24	8:45 AM	*NC State Fair	CCL	14
		12:00 PM	*Nurses Luncheon III	PDR	10
Fri	25	9:00 AM	Global Issues Forum: "Making Waste Work"	AUD	5
		2:00 PM	African Drum Circle	BR	14
		7:30 PM	Travel Adventures: "Why Not Mongolia!!"	AUD	6
Sat	26	10:00 AM	Serendipitous Saturday: "The Earth in Peril"	LH	4
		7:15 PM	Saturday Movies: <i>If Beale Street Could Talk</i>	AUD	9
Mon	28	1:00 PM	CMU: "Oh the Stories These Works of Art Can Tell"	AUD	4
Tues	29	10:00 AM	*Our Amazing Journeys	CRAC	14
		11:00 AM	*NC Museum of Art: Kahlo, Rivera, Mex. Modernism	CCL	14
			Annual Pumpkin Decorating/Carving Display	CCL	15
Thurs	31	2:00 PM	Super Hero Halloween Party	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 Roomm CCL: Club Center Lobby
 CRAC: Conf. Rm., Activity Ctr. CYD: Courtyard
 FC: Fitness Center FG: Fairways Gallery

FALL HAZARDOUS WASTE COLLECTION DATES CHANGED

October 7-11

Apartment dwellers should deposit items in red bins in the trash/recycling rooms. Villa dwellers should take items to a truck that will be near the bocce court. Call Physical Plant if you need help with transporting any items: (919) 370-7301

Hazardous Waste Items Accepted (no alkaline batteries):

Paint, paint-type products; long fluorescent bulbs, compact fluorescent lamps (CFLs); sealants; automobile oil cans, antifreeze and other car chemical containers; pesticides, weed killers, and other garden chemicals; dry cleaning fluids, household cleaners; sterno fuel cans; nail polish and nail polish removers; propane gas canisters; partly-full spray cans (empty ones go into trash).

Used cooking oil is no longer waste: It can go into the large greasy black container behind the kitchen's loading dock to make biodiesel.