



The Meadowlark

Volume 30, No. 9

December 2018-January 2019

CM Gift Shop Celebrates Its Twenty-fifth Anniversary



Managers, left to right: Sue Richardson, Judy Jones, Susan Durfee, Mike Kesner, Jeanette Barker, Ann Gabor.

"I feel like I've been to the mall." That was the comment of one resident who came into the Gift Shop in a wheelchair with her daughter.

Dozens of similar conversations take place every weekday at the Carolina Meadows Gift Shop, now celebrating 25 years of providing gift items, clothing, sundries, greeting cards, and many other items to residents, staff and visitors. Additionally, it has become a social center for residents, especially the less mobile, and has supplied the Residents Association with a total to date of over \$200,000 to support concerts, lectures and other activities. Currently the Shop turns \$15,000-\$20,000 over to the RA annually.

This feat has been accomplished by hundreds of volunteers (presently 60) who put in thou-

sands of hours. The shop is run by a manager/managers (page 3) responsible for selecting and purchasing merchandise, the finances, and day-to-day operations. Currently this job has grown to the point where it is divided among three managers: Susan Durfee, Anne Gabor and Mike Kesner, respectively. As Melissa Kass (VP Marketing and Sales) notes: "The Gift Shop is a perfect example

of a resident managed endeavor that consistently improves the lives of our staff and residents."

The shop opened in 1993 run by a committee, but soon a manager was needed, and Peg Hazard stepped up, serving till 1997. Under the management of Bert Morhart and Bob Kent, the shop underwent major renovation, increasing customers and sales. In 2010, Marge Yanker instituted a Point of Sale barcode system, allowing residents to charge purchases to their CM accounts and providing marketing data. Under Peter Baer, more needed storage space was acquired.

The Gift Shop continues to provide special services to the community with, for example, replacement of batteries for purchased watches and accommodations for

special sales (10% off jewelry and scarves, December 7), Sun-

(Continued on p. 3, "Gift Shop")

Employee Appreciation Fund



Resident Alice Haynes with Wellness Associate James Ruffin

We are blessed with many caring, hardworking, and friendly employees who make Carolina Meadows a great place to live. Let's show them our appreciation with a generous donation to the Employee Appreciation Fund. Drop your donation in the mail-room box by **Friday, December 7.**

Contents

News	Page 1
Talk	Page 6
Arts	Page 9
Activities	Page 13
Calendar	Page 19

President's Message

What Makes a Great Community

We have a wonderful community at Carolina Meadows. What makes it so vibrant and enjoyable are the people – both residents and our dedicated employees. I want to focus on the employees.

To make CM a great place for our employees to work, we want them to know they are appreciated. There are many good ways to do this – encouragement, smiling, greeting, saying thank you for the many services they provide. If you are in the Pines, you experience the care employees provide every hour of every day. If you are in the Fairways, you have a terrific home and special care – all graciously offered by the employees there. If you are in independent living, you enjoy timely service plus the positive, helpful and caring attitude of our employees across the campus.

We have many employees that you never see. They are be-

hind the scenes keeping operations running smoothly. It's comforting to know that all are dedicated to quality work to enhance our lives at Carolina Meadows.

Let's **all** express our appreciation to our employees by giving generously to the Employee Appreciation Fund. We have this opportunity only once a year, and only a few days remain in this important drive. Donations must be received by **December 7**. Checks from the Fund will be distributed on December 14 at the Employee Holiday Christmas Party. **These checks make a real difference!**

By necessity, many of our employees work more than one job. Demonstrating your thanks and admiration helps many on our staff make ends meet.

Hope you all have a wonderful holiday season as we welcome 2019.

- Sam Ligon

Welcome New Residents

Duane Campbell, 6-106

Last Residence: Durham, NC

Interests: Pickleball, golf, square dancing, singing, attending sports events at UNC & Duke, puzzles, Bible studies

Eric Chetwynd, EA

Current Residence: Pittsboro, NC

Interests: Tennis, pickleball, golf, biking, kayaking, cycling, volunteering, reading, singing

Frances (Fran) Chetwynd, EA

Current Residence: Pittsboro, NC

Interests: Tennis, hiking, reading, writing, historic preservation, cooking, baking, grandchildren

Judith (Judi) Lilley, V-360

Last Residence: Chapel Hill, NC

Interests: Humanities & other lectures at UNC, beading, reading, UNC sports, ballet, theater, art and architecture, volunteering

Shelia Passannante, 5-203

Last Residence: NY City, NY

Interests: Exercise, reading, ballet, PBS

Dixie Lee (Dixie) Spiegel, V-223

Last Residence: Carrboro, NC

Interests: Literacy tutoring, reading, cooking, travel

Guy Sickmond, F-105

(No information re last residence or interests provided)

THE MEADOWLARK

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

—

President: Sam Ligon

Editor: Pat Mandell

**Assistant Editors: Joanne Cotter
and Dorothy Samitz**

Layout: Judith Pulley

Proofreaders for this issue:

Jody Hite, Eunice Kraybill, Nan

Melcher, Roy Milton

Photographer: John Haynes

Distribution: Roy and Bev Milton

February Issue Deadline

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

Carolina Meadows Census As of October 31, 2018

Number of Residents	Occupancy Level
Independent Living:	
634	99%
Assisted Living	
65	79%
The Pines*:	
54	68%*
Total on campus:	
753	92%
EA Program:	
78	
Total Residents: 831	
<i>*Includes temporary admission of IL and AL residents.</i>	

2019 Budget for Carolina Meadows

The 2019 budget for Carolina Meadows has been approved. Below are a few highlights that will be delivered through the approved plan:

Sustainable financial performance: The design for the approved budget continues to meet necessary operating expenses, debt payments and ongoing capital improvements requirements, as well as to grow adequate reserves for future campus needs.

Resident program additions: Enhancements include a Marketplace bar that will feature beer and wine as well as improvements in accessibility including a cashier. We also plan to expand the coverage of medical providers in the clinic, increase activity coverage in The Green and continue

with the Café expanded service hours.

Preventive maintenance programs: A continued comprehensive preventative maintenance program has been implemented to both maintain the beauty of the campus and enhance the functionality of major equipment and systems.

Strategic census development: We are focusing on the initiatives of supporting, developing and maintaining Early Advantage membership, as well as transitions to Assisted Living for those who would benefit from a higher level of care.

Data protection: We have partnered with a leading digital security firm to implement additional stringent security testing

and safeguards.

Master plan: The launch of Birchtree provides up to 40 new apartment homes to capitalize on the extraordinary demand of others to become a part of our community.

Livable Wage: The wages for frontline employees currently earning the Chatham County Livable Wage include an adjustment upwards to exceed the published \$11.87 per hour wage.

Mentoring programs: The establishment of programs with the goal of creating career ladder development opportunities for key departments while improving employee retention include Certified Nursing Assistant (CNA) Mentors and an apprentice program to develop future chefs.

- Ben Cornthwaite, Chief Operating Officer

(Continued from p. 1, "Gift Shop")

day hours December 2, 9, 16 and 23 and even a special Men Only Holiday Shopping Opportunity scheduled for December 12 from 3-5 PM (with wine, cheese and free gift wrapping.)

There is no doubt that the Shop has become an integral part of the life of CM. Whether you are looking for hearing aid batteries, wondering what new items are in, or just wanting to chat, the Shop welcomes you.

- Tony Armer and Mike Kesner

Gift Shop Managers, 1993-2019:

1993-97 Peg Hazard
1997-98 Barbara Walburn
1998-99 Jim Lash
1999-2010 Bert Morhart
2010-12 Marge Yanker
2012-15 Peter Baer
2015- Susan Durfee
Ann Gabor
Mike Kesner

Celebrating Our Diversity Martin Luther King, Jr. Day, Monday, January 21, 2019

Carolina Meadows will join our community, state, and nation in celebrations on **Monday, January 21**, the day set aside to honor Martin Luther King, Jr. This very special ceremony will feature Chapel Hill's own Howard Lee, the first African-American mayor of Chapel Hill, and a distinguished civic and state leader. His services to North Carolina have included the roles of Secretary of the Department of Natural Resources and Community Development, elected member of the State Senate, and Chair of the NC Board of Education. His dedication to the future of the state is embodied in the charitable foundation, the Howard N. Lee Institute, which focuses on "erasing the achievement gap and improving academic performance for minority males."

Howard Lee will read the "I have a dream" speech and comment on its significance to our lives.

The ceremony will include plenty of joyful singing by a chorus comprised of volunteer members from our Carolina Meadows staff and our Resident MeadowSingers. The chorus will be conducted by Angela Lee, a local favorite choir director and, not coincidentally, Howard Lee's daughter. Sign-up sheets for the chorus will be available for residents and staff shortly.

To complement this highlight of the month, the lobby display cabinet for January will also focus on the diversity of our community. (See article on page 12.)

The MLK Day Celebration will be held in the **Auditorium, January 21 at 3 pm.**

- From the CM Diversity and Inclusion Committee

The Importance of Social Wellness

During CMU this summer, I presented a talk on Happiness and Joy. I learned that healthy relationships were the number one key to a long and happy life. One Harvard study suggested this: "Good relationships keep us healthier and happier. Period." Psychiatrist Robert Waldinger said this in his TED talk entitled "What makes a good life? Lessons from the longest study on happiness." He goes on to say that people who are more connected to family, friends and community are happier and they live longer. People who are more isolated than they want to be are less happy, and their physical and mental health declines earlier in mid-life.

Think about these three components of social wellness: communication, healthy relationships and stress management. Communication should be about finding a balance between passive and aggressive communication, finding a middle ground while considering your needs and the needs of others. Healthy relationships are about mutual trust, understanding and respect. Stress management is about knowing how much you can handle and setting boundaries.

As a single person at CM, you may need to learn to speak up and express your needs. Couples have each other, and tend to socialize and dine with other couples. As a thoughtful member of this community, we encourage you to be mindful of your single neighbors, and perhaps ask them to join you for an activity or meal.

The holidays are upon us, and social opportunities are abundant. Take advantage of this time, but prepare yourself for what to do

when it passes. The New Year brings new opportunities for social engagement, such as improv classes, line dancing and many others. So please take good care of yourselves, and each other, by reaching out to your neighbors and friends and cultivating friendships old and new.

- Kris Snyder, Activities Director, Wellbeing & Engagement Team

Sustainability Planning at Carolina Meadows

The Well-being and Engagement Committee has declared the theme of the first quarter of 2019 to be Connectedness, with the fitting February sub-themes of cardiac health and sustainability. There is no better theme than connectedness to encompass the different areas of sustainability, the natural environment, economic strength, and healthy individuals and communities. All are means of connecting people with each other and the wider natural world. These kinds of sustainability have been longstanding goals at Carolina Meadows, now given new vigor by the revised Guiding Principles. There are already signs of preparations for February: For instance, the publication of the Guiding Principles in last summer's Meadowlark (<https://meadowlife.org/newsletters/june-july-august-2018-meadowlark>), the ceramic icons of sustainability on the wooden chest of drawers near the new Welcome Center, and the soon-to-appear section of published works on sustainability in the Library.

What should we talk about in the community to explore ways that we can be more sustainable? During discussion of the Master Plan, there was some anxiety

about our increasing size. How do we make sure that as we grow, we stay connected? Can we foster connectedness to the earth in ways that foster individual health? What should be the next steps in development of the campus Campus Sustainability Strategy and Program (CaSSP)?

To help plan activities for February, join the new Google Group of the Residents Sustainability Working Group (RSWG) by contacting Frans Verhagen at <gaia1@rcn.com> or other members of the Resident Sustainability Working Group (RSWG): Judith Ferster, Dan Tunstall, Norm Miller, and Irma Stein.

- Judith Ferster

Notice: Upcoming Pool Renovation Plans

Beginning **December 3** we will close the pool for necessary painting and deck repairs. We are anticipating a two to three week closure and are offering reimbursement for day passes to UNC Meadowmont (\$10 a day). Contact Michelle Marino at (919) 370-7114 for details. We apologize for the inconvenience.

Free transportation provided on the following:

Tuesdays

Pickup time from Carolina Meadows at **1:30 pm**

Pick up time from Meadowmont at **3 pm**

Fridays

Pick up times from Carolina Meadows at **9 and 10:30 am**

Pick up times from Meadowmont at **10:45 and 12:15 pm** (48-hour notification is needed to reserve transportation, ext.121)

- Michelle Marino

Meet Melissa Kass, VP of Sales and Marketing



Melissa has been at Carolina Meadows for five years and runs a

department that couldn't be performing much better since, at the moment, there is virtually nothing left to sell! Our waiting list is as healthy as it has been for years. In addition to filling our available units, Melissa and her team help to keep the brand of Carolina Meadows fresh in people's minds.

Educated at Kent State University, Melissa received a bachelor's degree in education. Melissa's previous professional experience was spent at a CCRC in Cleveland, Judson at University Circle, where she was Director of Marketing for eight years.

Melissa is wife to Richard and is the proud mother of three children: a girl named Emry, and boys named Adam and Joshua. Not to be forgotten is Blossom, their Shepard collie.

She is particularly happy to be at CM, where she delights in dealing with the caliber of folks that have chosen to move here.

- Paul Richardson

IN MEMORIAM

Sarah Wurzelmann	G-138
10-10-2018	
Harold Brokaw	P-231
10-22-2018	
Fran Alderman	1-105
10-26-2018	
Kris Huntington	2-303
10-30-2018	
Bill Moffitt	P-109
10-31-2018	
Ralph Heinz	V-116
11-11-2018	

CM Resident Publishes Edition of Sixteenth-Century Austrian Music Manuscript

Professor Lilian Pruett, Carolina Meadows resident and noted music historian and performer, has recently edited and published a volume of polyphonic hymns from a sixteenth century manuscript. A-R Editions, the leading North American publisher of scholarly editions of music, has released *The Hymn Cycle of Vienna 16197: Late Sixteenth-Century Polyphonic Vesper Hymn Settings from the Habsburg Homelands*, Vol. 169 in the series *Recent Researches in the Music of the Renaissance*.

Research into the historical background of the hymn settings for four to six voices in this collection took Lilian to many different libraries, archives, monasteries, and municipal collections in the Netherlands, Germany, Austria, Czechia, Poland and Slovenia. Historically, in transalpine regions, hymn cycles like this became tools

of the Counter-Reformation, as the Catholic Church put a new emphasis on musically enriched vesper services to remind potentially wavering congregants of the value and richness of their Catholic heritage. The manuscript that Lilian edited came from a collection of large-format choir books associated with the imperial chapels of the 16th-century Holy Roman Emperors, and may have been created for the court of Archduke Ferdinand II of Tirol, in Innsbruck.

Lilian's publication presents the hymns in modern score form, with translations of the Latin texts and commentaries on the manuscript and its contents. This edition, which required an enormous number of hours of detailed work putting together the scores and translations as well as establishing their historical position, also required countless



"solis ortus cardine" (no. 2). Vienna, Österreichische Nationalbibliothek, 6197, folio 8r. Used by permission.

hours of painstaking revisions and proofreading. It has truly been a work of beautiful scholarship, the result of a deep love for the investigative process.

- Margaret Lospinuso

TALK

CMU Completes Fall Semester Spring Semester Begins

On November 26, CMU began a three-week course about a remarkable program in North Carolina to support the resettlement and integration of immigrants and refugees. Session 2 (**December 3**) will explore "Refugee Resettlement: The Process of Resettling and Key Issues (Education, Health, Employment). In Session 3 (**December 10**) we will address "Welcoming and Integration: Community, Housing, and Policy." All three sessions will consider how individuals and groups can get involved.

This course on refugees is taught by Scott Phillips, a native North Carolinian who joined the US Committee for Refugees and Immigrants, North Carolina Field Office, as Director in November 2015. Before taking on this role, Dr. Phillips worked in the fields of community development, civil rights, and advocacy for over 15 years. He received his Ph.D. in Ethnic Relations from the University of Warwick (Coventry UK), a Certificate in Nonprofit Management from Duke University, and a Master's in Political Science and a B.A. in Anthropology, both from Appalachian State University.

CMU will begin our Spring Semester with a three-week course on the history of American tap dancing. The course will be another in a series of courses on music and dance in musical theater taught by CMU's Dr. Kathryn Moss. On **January 28**, the focus will be on the evolution of tap dancing in America over its first three hundred years. The **February**

4 session will address more recent times. The first two sessions will include videos of tap dance performers and biographies of seminal American tap dancers.

On **February 11** (Session 3), the North Carolina Youth Tap Ensemble (NCYTE) will entertain us with cutting edge contemporary choreography, along with traditional rhythm tap. NCYTE is considered one of the best youth tap dance ensembles in the world. It features approximately 40 dancers from throughout North Carolina, ages 8-18. Don't let the word "youth" fool you. These dancers tear up the floor with poise, passion and professionalism. NCYTE has toured throughout the US, and the world, with performances in Austria, Brazil, Canada, China, Finland, Germany, and Mexico.

All CMU Courses are presented in the **Auditorium** (unless announced otherwise) **on Mondays from 1:00 to 2:30 pm**.

- CMU Steering Committee

CMU: Ray Dooley on Acting Shakespeare

On **Monday, December 17**, CMU has a special treat. Actor, Playmaker Repertory Theater company member and UNC Professor Ray Dooley will present "Acting Shakespeare." During his presentation, he will both act and discuss.

Dr. Dooley brings more than 40 years of professional acting experience that has spanned film, television and stage, with extensive work in the plays of Shakespeare, Molière, and Chekhov. He

has won numerous national awards for his acting and performed in major regional theatres in this country. In Canada he appeared at the Citadel Theatre, Edmonton, and at Vienna's English Theatre he played Father Flynn in the European premiere of *Doubt*.

At UNC-Chapel Hill, Professor Dooley teaches acting in the Professional Actor Training Program, and has taught numerous acting and dramatic literature courses for undergraduates. As a company member with PlayMakers, he has appeared in 100 productions since 1989. In 2014 he received the C. Knox Massey Award for "Unusual, Meritorious, and Superior Service to the University of North Carolina."

The program will take place in the **Auditorium at 1-2:30 pm on Monday, December 17**.

- CMU Steering Committee

Philosophy Group

The topics proposed by Daniel B. Kokotajlo and Michael Prinzing of the UNC Philosophy Department for December and January meetings at **11 am in the Lecture Hall** are as follows:

Tuesday December 4

Promising Against the Evidence

Tuesday December 18

What's So Good About Morality?

Tuesday January 8

Paternalism: When is it OK?

Tuesday January 22 How Hard Should We Try to Save the World?

Relevant readings and pertinent questions will be distributed to members a week before sessions.

Please contact Marlene Appley <marlenebappley@gmail.com> to be placed on our mailing list.

World Affairs

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

December 7: Niall Ferguson, "The Square and the Tower" (video)

Best selling author Niall Ferguson's latest book has been described as a brilliant recasting of the turning points in history, including the one we're living through, as a collision between old power hierarchies and new social networks. He shows how network theory – concepts such as clustering, degrees of separation, weak ties, contagions and phase transitions – can transform our understanding of both the past and the present. He also offers a prediction about which hierarchies will withstand this latest wave of network disruption and which will be toppled.

December 14: No program (Employee Appreciation Day)

January 11: Jay Smith, "The Myth of Big-Time College Sports"

Jay Smith, a history professor at UNC with an emphasis on early modern France, is also known to

the public for his critiques of college athletics, both at UNC and generally. In 2015, he authored *Cheated: The UNC Scandal, the Education of Athletes, and the Future of Big-Time College Sports*.

January 18: Yuval Noah Harari: "The Challenge of the 21st Century" (video)

In a presentation based upon his most recent book, *21 Lessons for the 21st Century*, best-selling author Yuval Noah Harari combines his unique blend of history, science, philosophy and anthropology to address the major issues facing us today. His thoughts spring from the basic, but highly important question, "What can we say about the meaning of life today?"

January 25: Cori Dauber: "Extremist Propaganda in the Online Space"

Cori Dauber, a professor of communications at UNC, will focus on communication strategies of terrorist groups, with particular emphasis on their use of visual imagery. Among many other achievements, she has been a visiting research professor at the Strategic Studies Institute of the US Army War College.

- Dorothy Samitz

CMU Serendipitous Saturday

Carolina Meadows University is very pleased to announce that on **January 19** a Serendipitous Saturday session will feature Duke History Professor Nancy MacLean. She will speak about her highly praised book, *Democracy in Chains: The Deep History of the Radical Right's Stealth Plan for America*.

Dr. MacLean is an award-winning scholar of the 20th-century US. Her new book was praised by *Booklist* as "perhaps the best explanation to date of the roots of the political divide that threatens to irrevocably alter American government." It was a 2017 finalist for the National Book Award in Nonfiction, won the *Los Angeles Times* Book Prize in Current Interest, the Lannan Foundation Cultural Freedom Award, and the Lillian Smith Book Award.

Professor MacLean's scholarship has received more than a dozen prizes and awards, and she has been supported by numerous distinguished fellowships. In 2010, she was elected a fellow of the Society of American Historians, which recognizes literary distinction in the writing of history and biography.

Several residents who heard Dr. MacLean's recent lecture on her book at the Chapel Hill Library reported that she is a very compelling speaker, one not to be missed.

Plans are underway to facilitate purchasing of *Democracy in Chains* by residents either well before January 19 or at the lecture. In the **Lecture Hall at 10 am on Saturday, January 19**.

- CMU Steering Committee

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.

The speaker for our **January 16** meeting will be George Lankevich, who has previously

spoken to us, as well as to the Carolina Meadows Women's Luncheon Group, on the Statue of Liberty. George was a Professor of History at the City University of New York and has spoken and published widely on New York City, and the various branches of the United States Government. His talk for our January meeting is entitled "The Supreme Court in Modern and Partisan Times."

- Mike Cotter

Medical Update

The next Medical Update Lecture will take place on Thursday, **January 17 at 2 pm in the Lecture Hall**. The topic and title will be Anticoagulants ("Blood Thinners"), New and Old.

There are a number of anticoagulants ranging from aspirin to a group of newer anticoagulants that are being heavily promoted on television. Each group inhibits a different phase of the very complicated coagulation cycle. Two of the more common indications for anticoagulation therapy are deep vein thrombosis, which can lead to pulmonary embolism, and atrial fibrillation, which can cause atrial clots and lead to a stroke.

Our speaker will be Dr. Stephan Moll, Professor in the Department of Medicine and Division of Hematology-Oncology at the University of North Carolina. He will discuss the various blood thinners, including their pros and cons, risk

factors, best management, and recent clinical-scientific developments.

Dr. Moll completed an internship/residency and a hematology-oncology fellowship at Duke University. He then completed a clinical coagulation fellowship at UNC and has been on the faculty for the last 19 years. His clinical interest is coagulation and classical hematology, with a particular focus on thrombosis and anticoagulation. His research interests include clinical trials on new anticoagulants and better use of established ones. He takes a special interest in clinical-medical education of patients, the public, and healthcare professionals. He is a co-founder of the UNC Blood Clot Education Program "Clot Connect."

Dr. Moll is uniquely qualified to discuss this complicated and sometimes controversial subject.

- Leonard Cutler

Women's Luncheon

Professor Ray Williams, a noted expert in periodontal and oral medicine, will talk about the impact of oral health issues at the **Tuesday, January 8**, gathering of the CM Women's Luncheon Group.

Professor Williams' talk, "The Critical Relationship of Oral Health to Overall Health," is based on his long and distinguished career in Periodontology at UNC-CH and the Harvard School of Dental Medicine, teaching and doing research into new approaches to treating periodontal disease and in the oral health-general health relationship. This is an unusual opportunity to get serious information on this interesting topic from a very knowledgeable researcher in our own community.

Lunch is served at **noon in the Private Dining Room**. For reservations contact Jody Hite (919) 370-7171, or <jody@carolinameadows.net> after January 1. Space is limited; early reservations are recommended. If you have dietary restrictions or need to cancel a reservation, notify Jody by January 4 to avoid a meal charge to your account.

- Margaret Lospinuso

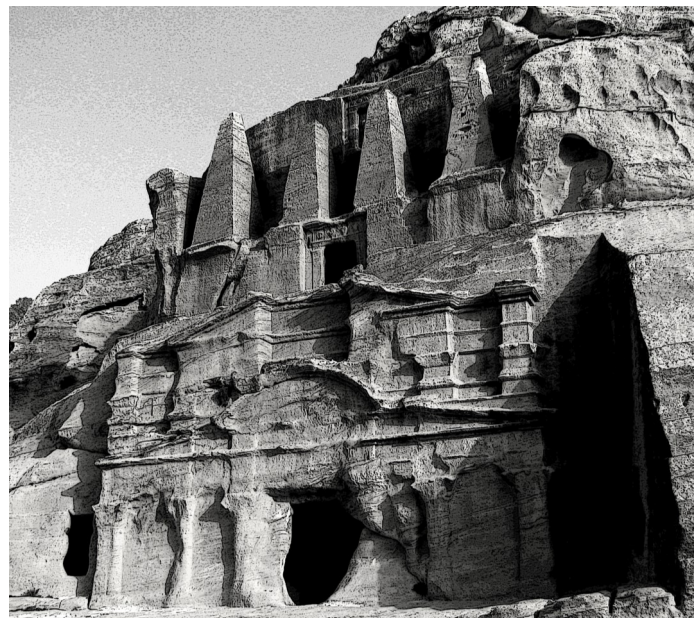
A Visit to the Hashemite Kingdom of Jordan

Although the country we now know as Jordan was established as an independent state relatively recently (1946), it has a long and diverse history, represented by groups such as Bedouins, the Nabataeans, the Romans, and the Ottomans.

Join Sid and Joan Morris (7:30 pm, Auditorium on Friday, January 25) as they relive their trip to this fascinating region in 2008. The trip included visits to the Roman ruins at Jerash, the American Center of Oriental Research (ACOR), Wadi Rum, a desert region that includes the iconic mountain for T.E. Lawrence's Sev-

en Pillars of Wisdom, Petra, Mt. Nebo, where Moses was granted a view of the Promised Land, Bab edh-Dhra, a Bronze Age site that I'll bet none of you have heard of, and the Dead Sea. - Sid Morris

Photo at right, Petra, Jordan



ARTS

Music at the Meadows In the Auditorium

UNC Chamber Singers

Tuesday, December 4, 7:30 pm

Led by Professor of Music and Director of Choral Activities Susan Klebanow, the UNC Chamber Singers are an ensemble of 25 voices whose repertoire spans vocal chamber music of all periods and styles. They specialize in Renaissance, Baroque, and 20th and 21st century music. They will conclude a varied program with seasonal carols.

Annegret Fauser, Musicologist

Thursday, January 3, 7:30 pm

Annegret Fauser is a cultural musicologist whose work emphasizes how music intersects with its social and political contexts. Her research focuses on music of the 19th and 20th centuries, particularly that of France and the United States. Distinguished Professor of Music at UNC Chapel Hill, she has published widely to great acclaim. The subject of her lecture will be Bizet's *Carmen*. The presentation

will prepare us to more deeply understand and appreciate the North Carolina Opera's upcoming production. **Sun, Stipe, and Rice Trio**

Tuesday, January 22, 7:30 p.m.

Jessica Sun, violin; Lindsay Stipe, cello; and James Rice, piano began their collaboration in 2017. Their chemistry is undeniable. All three are local musicians. Jessica Sun was born in Chapel Hill, and currently teaches at the Chapel Hill Chamber Academy, which she founded and directs. Lindsay Stipe earned a bachelor's degree at UNC-Chapel Hill and a master's degree with the U Mass Graduate String Quartet. Based in Durham, she teaches and performs locally with several NC groups and has recorded with several NC bands. James Rice teaches at the Triangle Music School in Durham. He received a bachelor's degree from the University of Tennessee and a Masters in Collaborative Piano from the NC School of the Arts.

- Norm Miller

The Village Band

7:30 pm Auditorium

Monday, December 10

The Village Band of Chapel Hill/Carrboro is a non-profit community concert band committed to providing its members an opportunity for life-long musical expression and providing cultural enrichment in our community. There are currently about 60 members from their teens to their 90s. The Director is Dr. John Fuller of NC State University's Department of Music. Its repertoire ranges from classic community band music, reductions of orchestral and opera pieces, and show tunes.

Piano and Voice Recital: Students of Elena Marinina

3 pm, Auditorium

Saturday, December 8

Piano Recital: Students of Connie Yee

3 pm, Auditorium

**Saturday and Sunday, January
19 and 20**

MeadowSingers Holiday Concert

The annual holiday concert by the MeadowSingers will be on **Wednesday, December 12 at 4 pm in the Auditorium**. It will include a winter medley of three familiar holiday songs, a carol with words both familiar and unfamiliar by Longfellow, two Hanukkah songs, a duet for a cold day of amorous men pursuing lovely ladies, and a question: "Will the answer to 'Baby, Please Come Home,' be 'I'll Be Home by Christmas'?" Please come and find out at the concert.

- Rex Tucker

Met Opera on Demand *La Bohème* (February 2018)

1 pm, Auditorium

Wednesday, December 26

2 hours, 20 minutes

Puccini's timeless love story, which includes some of his most beloved music, has moved generations of opera lovers since its 1896 world premiere. The most recent performance, presented during the 2017-18 season, includes a cast of celebrated young artists: soprano Sonya Yoncheva as Mimì; tenor Michael Fabiano as Rudolfo; soprano Susanna Phillips and baritone Lucas Meachem as Musetta and Marcello.

Met Opera on Demand *Luisa Miller* (from April 2018)

1 pm, Auditorium

Wednesday, January 23

2 hours, 37 minutes

Premiered immediately before the enduring masterpieces *Rigoletto*, *Il Trovatore*, and *La Traviata*, *Luisa Miller* incorporates the youthful vitality that had made Verdi an international sensation while also looking forward to the dramaturgical discipline and sophistication of those later works. Soprano Sonya Yoncheva is Luisa Miller; the legendary Plácido Domingo is her father, Miller.

Films for December 2018 and January 2019

Shows start at 7:15 pm in the Auditorium

Besides free popcorn, we are offering another incentive: If you wish to talk about the movie you 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. 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.

December 1 *Funny Girl* (1968)

2 hours, 45 minutes – Rated PG
Director William Wyler's classic musical tells the story of legendary Ziegfeld Follies comedienne Fanny Brice (Barbra Streisand, in an Oscar-winning role), an unconventional beauty who grew up in the Jewish slums of New York dreaming of stardom. When Brice finally becomes the toast of Broadway, the resentful reaction of her husband (Omar Sharif) threatens to destroy their marriage.

December 8 *The Monuments Men* (2014)

1 hour, 58 minutes – Rated PG 13
George Clooney, Matt Damon, Bill Murray

In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them.

December 15 *Strangers on a Train* (1951)

1 hour, 41 minutes – Rated PG
Farley Granger, Ruth Roman, Robert Walker

When Bruno meets tennis star Guy aboard a train, he confesses he wants his rich father dead, prompting Guy to reveal that he wants to divorce his shrewish wife – so Bruno suggests that they "trade" murders in this Alfred Hitchcock classic.

December 22 *The Man Who Invented Christmas* (2015)

1 hour, 44 minutes – Rated PG
Dan Stevens, Christopher Plummer, Jonathan Pryce
With his most recent books having little success, Victorian novelist Charles Dickens finds himself obliged to self-publish his masterful fable *A Christmas Carol* – which he hopes will revive his sagging career.

December 29 *Frantz* (2017)

1 hour, 54 minutes – Rated PG 13 – FRENCH w/ ENGLISH SUBTITLES
In the wake of World War I, young Anna tends her fallen fiancé's grave each day. During one of her visits, she sees a stranger placing a bouquet on the grave and soon comes to learn that the two men were once friends – but all is not what it seems.

January 5 *RBG* (2018)

1 hour, 37 minutes – Rated PG
Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg, this documentary charts her journey to becoming a justice on America's highest court.

January 12 *Seven Brides for Seven Brothers* (1954)

1 hour, 44 minutes – Rated PG
Set on a ranch in the Oregon Territory, this rousing musical tells the story of Adam (Howard Keel) and his six unruly brothers. Adam marries Milly (Jane Powell), who's appalled by the motley crew and takes it upon herself to tame them.

Longing to become husbands like their brother, the boys go into town and kidnap six lovely women for themselves.

January 19 *On the Way to School* (2015)

1 hour, 17 minutes – Not Rated
This inspiring documentary follows four persevering school children from different corners of the world as they go to great lengths – literally – to obtain an education, overcoming disabilities and danger in the process.

January 26 *Good Will Hunting* (1997)

2 hours, 6 minutes – Rated R
Robin Williams, Matt Damon, Ben Affleck
When professors at MIT discover that an aimless young janitor working at the university is also a mathematical genius, a therapist helps the young man confront the demons that are holding him back.

Tuesday at the Movies

2 pm Auditorium

Tuesday, December 11

I'll Be Seeing You

1945 – Not Rated – 1 hour, 25 minutes

It's Christmas time, and convict Mary Marshall (Ginger Rogers) is on furlough from the state prison she calls home. She meets Zachary Morgan (Joseph Cotton) on the train. Little does she know that Zachary is harboring secrets too. Shirley Temple co-stars.

Tuesday, January 8

Shall We Dance?

1937 – Not Rated – 1 hour, 49 minutes

Fred Astaire and Ginger Rogers kick up their heels on an ocean liner in this musical. George and Ira Gershwin provide the musical score that includes "They Can't Take That Away from Me."

New Library DVDs

***Crazy Rich Asians*, PG-13**

With a terrific Asian cast, *Crazy Rich Asians* is a classic rom-com, enhanced by fabulous scenes of Singapore and the lifestyle of the super-rich who live there.

***BlackKKlansman*, R**

Spike Lee directed this incredible true story of an American hero. In the early 1970s, Ron Stallworth (John David Washington) became the first African-American detective in the Colorado Springs Police Department. He bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan.

***Mamma Mia: Here We Go Again*, PG-13**

This film goes back and forth in time with the original *Mamma Mia* story and what happened to Donna's baby, who is now all grown up. The star-studded cast, including Christine Baranski, Pierce Brosnan, Cher, Colin Firth, and Andy Garcia, joyously sing and dance and create an enjoyable and touching movie.

***Leave No Trace*, PG**

Will (Ben Foster) and his teenage daughter, Tom (Thomasin Harcourt McKenzie), have lived off the grid for years in the forests of Portland, Oregon. When their idyllic life is shattered, both are put into social services. After clashing with their new surroundings, Will and Tom set off on a harrowing journey back to their wild homeland.

***A Man Called Ove*, PG-13**

Based on Fredrik Backman's international best-selling novel, this film features Ove as the quintessential angry old man next door. A retiree with strict principles and a short fuse, Ove has given up on life, but his life suddenly changes when a boisterous young family moves in next door. This heart-

warming tale reminds us that life is sweeter when it's shared. Rolf Lassgård, playing the curmudgeon Ove, won the Best Actor award at the 2016 Seattle International Film Festival.

***Puzzle*, R**

After years of concerning herself exclusively with the needs and wants of her husband and sons, Agnes has found something that she wants to do: puzzling. Stepping out of her domestic bubble to pursue her new hobby, Agnes meets Robert, a wealthy, reclusive inventor who recruits her as his partner for an upcoming world jigsaw tournament. Each day she spends out in the world takes Agnes further along on the road to a new understanding of herself.

***Moving Midway*, NR**

This critically-acclaimed documentary about the physical relocation of an antebellum NC plantation (named Midway), in order to save it from encroaching development, is actually about the evolving South. As the family prepares to move the house to save it from demolition, they have a reunion of all those who have lived there, including descendants of the slaves who are their relatives. *The New York Times* critic said the film was: "Extraordinarily rich (and) takes up the agonies and ironies of Southern history...."

- Andrea Miller

Holiday Movies/Shows

10 am, Auditorium

White Christmas

Tuesday, December 18

A Charlie Brown Christmas and
How the Grinch Stole Christmas

Wednesday, December 19

Miracle on 34th Street

Friday, December 21

VOICES Lost?

We are concerned that you have lost your VOICE. We hope it is just temporary and that you will find it by **December 31**.

Yes, the time for submissions to *VOICES 2019*, our literary journal, is drawing near. After the last stroke of midnight on the last day of the year, we will no longer consider your story, memoir, essay, or poem for the forthcoming spring issue. So clear your throat, dust off the keyboard, and begin creating.

Remember to submit two copies of your writing, double-spaced. Your name should not appear on your manuscript. Instead, attach a separate cover sheet with your name, address, phone number, and email address. The VOICES slot in the mailroom is ready and waiting.

Our criteria are simple: we are seeking manuscripts that are well written and contain subject matter that will be of interest to Carolina Meadows residents. All six editors and two anonymous readers carefully review each submission and arrive at a consensus. Our goal is to include the best our residents – including early admission and waiting/ready list folks – have to offer.

So, raise your voice. We are ready to listen. - Myrna Merron

Art Gallery Exchange

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

AIM Art In the Meadows

January Artist of the Month – Alan Eckhaus paintings and sculpture. Reception on **Sunday, January 6, 2-4 pm in the Art Studio**. Everyone invited.

“It’s All in the Family Show” continues in the **Art Studio through December**.

Demonstration: How to Make Jewelry Out of Paper. **Wednesday, January 16, 2-4 pm in the Art Studio**. Learn how to create beautiful jewelry from various kinds of paper. Materials to make a necklace from pages of National Geographic will be available. All skill levels. No fee. For more information, contact Bev Milton, instructor, (919) 967-1254, or <miltrobe@gmail.com>

Art Class – Unleashing Your Creativity. **Three Wednesdays: January 23, January 30 and February 6, 2-4 pm in the Art Studio**. Tap into the natural spontaneity and energy you enjoyed as a child, using imagination and focused awareness to discover new subjects for your artwork. Explore ways to see differently. Any medium, any skill level.

Fee \$3, payable to instructor first day of class, and bring your own art materials. Sign up in the activities book.

For more information, contact Margaret Zircher, instructor, (919) 967-1102 or <zircher@me.com>.

Art Studio Schedule can be found on the Art Room bulletin board calendar and on [<https://meadowlife.org/activities/art-guildgallery-exhibit>]. Come paint or create when room not in use for classes.

- Margaret Zircher

Display Cabinet

In December, the display cabinet will feature some of the wonderful collection of nutcrackers which Bitty and Bill Holton have accumulated, as they said, “in a lifetime.” The display will feature a part of their collection of 200 or more!

The Diversity and Inclusion Committee will be honoring Martin Luther King, Jr. during the month of January. The Club Center cabinet will display photographs and other memorabilia lent by residents and staff. If you have an item to share, please contact Michelle Pooler, Senior Activities Specialist, at (919) 370-7197 or Ana C. Lategan, Social Worker, at (919) 370-7178 **by December 13** to make arrangements. Thank you in advance!

Book Group: *The Storied Life of A.J. Fikry* by Gabrielle Zevin

Books! What to read and why? A. J.’s bookstore is named Island Books; its motto: “No man is an Island.” The people in Fikry’s life radically change its direction from a perpetual state of loneliness to a world of deep meaning. That’s what every page of A.J.’s story is about.

“A mysterious gift, small in size and heavy in weight, left in his store ensures that his own life will never be lonely. That gift changes his life forever.”

Come to the Book Group meeting **on January 16 at 2 pm in the Lecture Hall** to engage with Ann Powers, facilitator, and other book lovers to discuss Fikry’s captivating story.

What is the gift anyway?

New Books Added to the 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

Where the Crawdads Sing by Delia Owens

Under My Skin by Lisa Unger

Waiting for Eden by Elliot Ackerman

The Sunday Philosophy Club by Alexander McCall Smith

The Reckoning by John Grisham

Bridge of Clay by Markus Zusak

Unsheltered by Barbara Kingsolver

The Witch Elm by Tana French

A Spark of Light by Jodi Piccolt

The Past Is Never by Tiffany Quay Tyson

Ask Me No Questions by Shelley Noble

Winter in Paradise by Elin Hilderbrand

Promised Land by Martin Fletcher

The Waiter by Matias Faldbakken

A Well Behaved Woman by Therese Anne Fowler

A Terrible Country by Keith Gessen

Large Print

Glass Houses by Louise Penny

The Breakdown by B. A. Paris

The Dangerous Ladies Affair by Marcia Muller and Bill Pronzini

Chicago by David Mamet

The Cutthroat by Clive Cussler

Mystery

Desperate Measures by Stuart Woods

Dark Sacred Night by Michael Connelly

(Continued on p. 13, “Books”)

(Continued from p. 12, "Books")

Holy Ghost by John Sandford

The Hollow of Fear by Sherry

Thomas

The Infinite Blacktop by Sara Gran

Bright Young Dead by Jessica Fel-

lowes

Biography/Biography Collection

Presidents of War by Michael Beschloss

Victorians Undone by Kathryn Hughes

The Spy and the Traitor by Ben Macintyre

Rising Out of Hatred by Eli Saslow

Non-Fiction

The Most Dangerous Branch by David A. Kaplan

Special Events

Monthly Dance Party

Noon – 1 pm Auditorium

Thursday, December 20

Thursday, January 17

Sharing Stories from Our Lives

3 pm Game Room

Tuesday, December 4

Topic: "Something I learned the hard way"

Tuesday, January 8

3 pm Game Room

Topic: "A happy discovery"

Join us for some interesting stories. Story telling circles are a great opportunity to get to know people and to make connections. Contact Vivienne Jacobson, the group's facilitator, at (919) 968-9664, if you have any questions.

No registration required.

Genealogy Group

The Genealogy Group will meet in the **Board Room at 2 pm on Tuesday, December 4.** Topic: "Writing a family history that will be read." Residents and visitors are welcome. **Tuesday, January 1, 2019: No meeting.**

- Ruth Muller

ACTIVITIES

Restaurant Review: Herons in Cary

It's a bit of a journey, but worth the drive for a special occasion at Herons in the Umstead Hotel. The ambiance breathes civility right upon arrival when a smiling employee helps you out of your car and removes it to a private parking area. Immediately inside the restaurant a large floral arrangement sets the tone for casual elegance.

Our party was celebrating a birthday and it has become part of our history to dine at Herons, where big events like this are treated with the pomp and care they deserve. We are seated in upholstered armchairs at a large cloth-covered table in view of the sculptured outdoor gardens.

After a birthday toast and group photos (yes, we're corny!), most of us settled into a lunch of scallops surrounded with impeccably seasoned eggplant and summer squash with pearl onions in a bath of basil-pesto broth. One of our

friends chose the Carolina chicken over a bed of polenta surrounded with okra and country ham bathed in a light sherry cream sauce. The entrees were light enough and rich enough to reward our smiling consent.

The happy results of our lunch came as no surprise in the capable hands of Herons' Chef Steven Green, a 2016 and 2017 James Beard semi-finalist Southeast, whose food, all locally sourced, left nothing wanting. To put a finale to the sumptuous entrees we shared a generous dessert named "Flower Terrarium" that turned out to be a sugar sphere of violet foam surrounding citrus flavored ice cream.

The end of the meal is never the end of the pleasures at Herons. You can tour the nearby hallways featuring art works or wander outside in the gardens before you meet your car to return home with another year of happy memories captured at Herons. (\$16-\$27)

- Dorothy Mahan

December/January Activities

Sign up in the sign-up book:

Chamber Orchestra of the Triangle
Sunday, January 13

Deadline: **Monday, January 7**

Cost: \$44 per person Load: **2 pm**

Funky Lunch Bus!

Wednesday, December 19

Deadline: **Monday, December 17**

Wednesday, January 16

Deadline: **Monday, January 14**

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

Shopping to follow

Jewelry Design and Repair

1- 4 pm Art Studio

Monday, December 3, and Tuesday, December 18

Monday, January 7, and Tuesday, January 22

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.

Upcoming Activities

Holiday Sing Along

On **Thursday, December 20 at 2 pm**, please join us in the **Club Center Lobby** for our annual holiday singalong, with our faithful and talented pianist, Annette Kahn. We will sing traditional Christmas and Hanukkah songs around the piano, which this year will be in the Club Center Lobby! Lyric books will be available, and we will have cookies and hot chocolate to warm us up.

MeadowMinds

This 8-week brain fitness class is interactive and fun! It is for those who have a pretty good mind and want to keep it that way. We do activities that exercise different parts of your brain such as language, problem solving, logic, attention and visual spatial skills. There are five areas of total brain health. This class addresses Mental Stimulation, and we will discuss the others, which are Nutrition, Physical Activity, Spirituality and Socialization. Class meets on **Tuesdays from 11 am-noon in the Activities Building Conference Room, January 8 through February 26**. Your facilitator is resident Harriet Vines, Ph.D. Space is limited to eight participants. Please sign up in the Activities Sign-Up Book.

Line Dancing

Let's dance! Have you missed line dancing? Well, wait no longer. Experienced line dance instructor Bruce Gillooly will be joining us on **Monday evenings at 7 pm in the Exercise Studio beginning Monday, January 7**. If you came to the Halloween Party, you saw Bruce on the dance floor leading several popular group dances. He is very good at demonstrating each step and then adding in the music

when he feels the group is ready. Drop in fee of \$5 payable to the instructor. No sign up necessary, just drop in.

Improv Classes

Ever wanted to try improv? Here's your chance! This fun six-week class will begin on **Thursday, January 10, run through February 14, and convene in the Auditorium from 3-4 pm**. Your instructor is Nathan Logan, who has a Master of Fine Arts in Theatre from Naropa University in Boulder, Colorado and has taught improv, acting, movement and yoga. The cost of this six-week class is \$40. Please sign up in the Activities Sign-Up Book.

Community Gardening

Now is the time to complete the cleaning out of dead plant material, grass, and weeds from your raised bed area. This action will minimize problems with undesired plants next summer. Also, some may want to mulch the bed for the winter. Many gardeners consider hardwood mulch best for winter.

Starter plants of spinach, arugula, lettuce, kale and pansies are still possible. Protecting winter plants can be done with a canopy or by using cutout plastic bottles. Various flowering bulbs can also still be planted; deer and squirrels like tulip bulbs but shy away from narcissus and daffodils.

A potential new gardener can obtain a 2019 raised bed application from the notebook (Golf, Sports, and Community Gardeners) on the shelf opposite the Auditorium, or you can email Alan Tom <alantom@mindspring.com> to obtain a copy of this application. A resident can submit an application for raised garden space any time during the year.

Community Outreach Committee Corner

Rise Against Hunger!

Last June, many of you participated in an outreach project for Rise Against Hunger. Together we packaged over 16,000 meals, which were sent to Malawi. It was so well received by residents and staff that CM has committed to continue hosting these events twice a year on campus.

We are holding the next one on **Wednesday, December 5, between 2 and 5 pm in the Auditorium!**

We love to host this energetic service event because it involves both residents and staff working alongside each other in a volunteer project on campus. It is truly a community-wide event, and there are opportunities to volunteer for any resident who is interested. This time our goal is to package **20,000 meals**.

Logistics:

- Flyers will be going up on precinct boards in the next week.
- Sign-up sheets are NOW available in the Sign-up Book.
- We have two time slots: **2-3:15** and **3:30-4:45**. We ask folks to sign up for just one time slot to help with orientation and training of volunteers.
- There are both standing and seated opportunities.
- Carolina Meadows sponsors this event and it doesn't cost residents or staff anything except time/energy.
- It is a fun event with music playing and a gong ringing every 500 meals.

This event is sponsored by Carolina Meadows Community

(Continued on p. 15, "COC")

(Continued from p. 14, "COC")

Relations, the Community Outreach Committee, and the Wellness and Engagement Committee. Judy Jones is the Chair of the Community Outreach Committee and is a contact for this, as well as Amy Gorely and Michelle Marino. We are excited to continue this joint resident and staff engagement effort and hope you will join us.

Warm Clothing Drive Reminder

Time to make room in your crowded closet? We're here to help with our annual Warm Clothing Drive to benefit Chatham County Council on Aging. Donations may be made from **November 15 to January 15**. Please bring your gently used coats, jackets, sweaters, vests, hats, scarves, and gloves to the marked container in the **Residents' Business Office**. Call Marie Lauria (919) 942-4612 with any questions.

Ronald McDonald House

The Ronald McDonald House has many opportunities for CM residents to help, both by volunteering and by donating goods. The main need is for volunteers who can work in the "Family Room." These volunteers help create a supportive space, do light tidying up of the space, stock snack items, make fresh coffee, etc. They expect three hours per week for continuity. Shifts are 9 am-12 pm, 12 pm-3 pm, 3 pm-6 pm, or 6 pm-9 pm.

They also have a great need for donated goods, such as non-perishable pantry items, bath and body items, household items, etc. Please contact Mary Joy Keane or Judy Jones for more information.

2018 CHRISTMAS BIRD COUNT (CBC) at CM

Why do we count birds at Christmas?

Prior to the 20th century, many hunters participated in the holiday tradition of "Side Hunts." They would choose "Sides" and the "Side" that killed the most birds won. Conservation was in its beginning stages in that era. Many observers and scientists were becoming concerned about declining bird populations. In December 1900, ornithologist Frank M. Chapman, an early officer in the then nascent Audubon Society, proposed a new holiday tradition—a "Christmas Bird Census" that would count birds during the holidays rather than hunt them. Since then, the counts have been held every winter across the US and Canada, as well as many other countries in the Western Hemisphere. This year will be the 119th Christmas Bird Count.

Where: Each individual count is performed in a "count circle" with a diameter of 15 miles. Carolina Meadows is included in the Chapel Hill Bird Count Circle located at this link: <http://chbc.carolinanature.com/countcircle.html>. Our area is #32.

What: At least ten volunteers count in each circle. They break up into small parties and follow assigned areas, which change little from year to year, counting every bird they see or hear. In most count circles, some people also watch feeders, recording the maximum number of each species tallied at one time. (see below) Weather details, number of counters, the hours and miles spent counting are recorded.

When: Counts can be held in one 24-hour period from December 14 to January 5 inclusive. The Chapel Hill CBC Count will be held on Sunday, December 23.

How: Observers count on foot, by car, by boat, watching feeders and owling. All data is reported to compilers who consolidate the data to enter into the CBC database.

Steve Graves leads the Christmas Bird Counts at Carolina Meadows. He began birding with his father Maurice Graves before Carolina Meadows was built. He continued to survey the birds while his parents were residents here. He continues to maintain the survey data for this area and submits the reports to the Chapel Hill Bird Club to be compiled with the data for this NC "count circle." Steve and his helper Dave Murdock work Area #32 from dawn to dusk.

Join the CBC Bird Walk: Steve will meet us at **8 am** in the **Club Center Lobby on Sunday, December 23**. Steve will lead the CBC bird walk, identify the birds, collect the data, and share his vast knowledge about the birds of Carolina Meadows. The walk will be about two hours. Participate as long as you like. No experience required. Bring binoculars, if you have them. Golf carts are welcome.

Please contact Margaret Scott (919)-929-1281 or mt_scott@mindspring.com to sign up for the Christmas Bird Count Walk so that we know to expect you or we can notify you of any changes. For more information, visit Birders @ CM in the Hobbies section of the Activities Tab on *MeadowLife*.

Bonus! Residents can also count birds at feeders on **December 23**. Contact Margaret Scott to register and receive the instructions. Completed forms due to Margaret Scott by **end of day on December 24**. - Margaret Scott and Margaret Wainwright

Connect and Engage Task Force Focus Groups

Even at Carolina Meadows, with all our activities and programs, we find that some of our residents would like to find new friends more easily and connect more deeply with others here. Some may be feeling isolated or lonely. The CM Resident Health and Wellness Advisory Committee established a task force to explore these questions: how are we approaching isolation and loneliness now; how well are we doing; and how might we do better?

We call the working group the "Connect and Engage Task Force." The Task Force has heard dozens of "good ideas" about how we can improve. A very thought-provoking program at this year's NorCCRA meeting provided several additional good suggestions about how CCRCs might do a better job of tackling these lingering problems.

Now it's time to be sure that our residents' best thoughts have been captured, prioritized and tested.

We will hold four focus groups for those of you who are interested in discussing these issues. They will be held in the **Board Room in January on Wednesdays, January 9, 16, 23, and 30 from 10:30 to 11:30 am.**

Groups will be limited to no more than 12 participants to allow in-depth conversation and evaluation of suggestions for improving efforts to address these issues at Carolina Meadows, especially on how we as fellow residents can help.

Sign-up sheets are posted in the Activities Sign-Up Book by the large bulletin board in the Lobby. Please sign up, come and partici-

pate so we can hear your good ideas.

If you cannot attend or prefer to submit your thoughts to the task force directly, please send them to <htilson1@gmail.com> or catch up with any of our task force members. Your thoughts and suggestions are always welcome.

Members of the Connect and Engage Task Force:

Jeanne Boehlecke

Karen Monaco

Naomi Eckhaus

Susan Minnix

Marie Lauria

Kris Snyder

Jonathan Davidson

Sam Ligon

Hugh Tilson (Chair)

- *Health and Wellness Committee*

Golf Report

The Carolina Meadows Championships were played October 24 and 25.

Congratulations to Jackie Heywood who repeated as Ladies' Champion. James King ended in a tie with Gus Conley, but won on the second hole of a scorecard playoff to repeat as Men's Champion. John Latimer won the overall Low Net Championship, with previous winner Chuck Giardino finishing second. The two-ball tournament was rained out.

Thanks to the Golf Committee members who ran the 28 Saturdays and Championship Tournament: Paul Richardson, Pris Wyrick, Fred Bowman, George Evans, Joe Norwood, Jim Ward, and Jackie Heywood.

Saturday and Monday golf will have sign-up sheets posted until the weather becomes a factor. This

year we started the season in February. However, we did not play in March, as it was cold and wet.

- *Gus Conley*

MeadowLife: The Weather and the Movies

"Can I get a round of golf in before it rains?" In the lower right corner of the *MeadowLife* Home Page is a box of "Useful Links." Click on "Weather" and it will take you to the Weather Underground web page. Here, just below the location (in our case, Chapel Hill) you will find options such as "Today," "Hourly," and "10-Day." If you click on "Hourly," you will see temperature, probability of rain and amount of rain on an hourly basis. You also can check the hourly forecast for the next day.

"I feel like a movie. What's playing at our local theaters?"

Also in the "Useful Links" box on the *MeadowLife* Home Page is "Movies." Clicking on that link will take you to links for our local theaters: Chelsea, Lumina, Silverspot, and Southpoint 17.

Would you like our *MeadowLife* Home Page to appear immediately when you open your computer browser? You can make that happen by setting the preferences in your browser (Chrome, Internet Explorer, Safari, etc.) to open on the *MeadowLife* Home Page!

- *Dona Fountoukidis*

Celebrate the Holidays in The Green

Join together at **The Green** on **Tuesday, December 18** for drinks, dessert, and music from pianist Scott Schillin. We welcome residents and staff to join us in song and holiday fun from **6:30-7:30 pm.**

Wellness Corner

Gingerbread House Decorating Event: **Tuesday, December 11, 11 am-1pm in the Club Center Lobby.** Join us in the joy of decorating gingerbread houses with a variety of sweets and toppings. Just bring your creativity!

Annual Reindeer Romp: **Tuesday, December 18 at 3 pm.** Meet in the **Club Center Lobby.** Community walks with a holiday twist! Join us for either a one-half-mile or one-mile walk around campus! Hot chocolate, cider and cookies to follow walk.

Writing for Resiliency workshop: Sarah Blake, social worker, will facilitate a half-hour workshop on **Thursday, January 10 at 11:30 am in the Board Room.**

Writing can be a powerful tool that encourages us to practice reflection, honesty, and self-compassion. Especially when we struggle with speaking about our emotions with others, putting pen to paper can help us elucidate our feelings in a safe, judgement-free environment. All are encouraged to attend. Nothing you write at this event will be shared, and no writing experience is necessary.

Spa Day event: **Friday, January 25, 1 - 3 pm in the Auditorium.** Enjoy a few moments creating a personal treat – or two (while supplies last). Sip on a cup of infused tea, enjoy aromatherapy and/or take a rest with an eye pillow. Chair massages available on a first-come basis. Hope to see you there!

NIA Dance: Like to dance? Enjoy fun music? Come shimmy, kick, laugh, and dance to fun music that ranges from Broadway tunes to jazz, blues, and more! Nia's sensory-based movement practice engages and inte-

grates body, mind, emotions, and spirit with soul-stirring music and 52 moves inspired by martial arts, dance, and healing arts. Appropriate for all fitness levels. Next series will be on **Wednesdays, January 9-February 27, 11:30 am-12:15 pm in the Exercise Studio.**

Cost: \$30 for series.

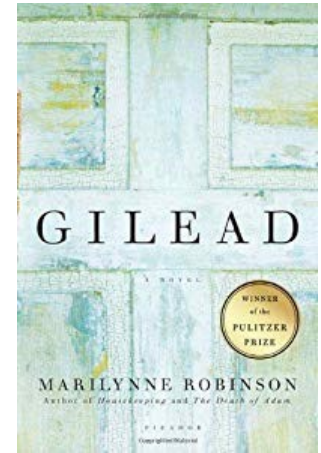
Contact Michelle Marino at (919) 370-7114 to register for the following programs.

A Matter of Balance Eight-Week Series: **Tuesdays January 8 to February 26, 10-11:30 am in the Auditorium.** Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults. No cost, but space is limited.

Meaning in Aging: A four-meeting workshop based on work by UU Minister and CCRC Chaplain Bruce Marshall's book, *In Later Years*. **Wednesdays, January 9, 16, 23 and 30, 10-11:30 am in the Game Room.** Facilitated by Jeanne Boehlecke and Karen Monaco.

This discussion-based workshop is an opportunity to reflect on the challenges and blessings of aging. Marshall interviewed older seniors about their joys, regrets, accomplishments and things left unfinished, all in the context of diminishing physical and mental abilities. The cost for this workshop is \$25 charged to your CM account and includes Marshall's book.

Sharing One's Life



You're an elderly man, the father of a young child. Sensing that you don't have much longer to live and wanting your eight-year-old son to know his father, you write a memoir. Day after day, you sit at your desk and moving back and forth over more than seven decades, record your thoughts, communicate your values, and wonder about the mistakes you have made.

This is the plot of Marilynne Robinson's novel, *Gilead*. The rich and nuanced narrative was awarded the 2005 Pulitzer Prize for Fiction.

John Ames, a Congregational minister in the small town of Gilead, Iowa, relates how the wife of his youth died while giving birth to their first child, who also died. Decades later, Ames married a much younger woman and they had a son. Now, his heart failing, Ames strives to recapture key events and thoughts from his life. His son, currently too young to understand, will one day be able to read these pages and come to know his father.

My own son recommended this book to me. Perhaps there's a message there. *Gilead* is available in the Residents Library.

- Bill Powers

Do You Want to Join MeadowTalk?

MeadowTalk is an email-based discussion board where people can:

- Share outside service recommendations (dentist, rug cleaner, taxi, etc.)
- Share basic info on events inside or outside of CM
- Share info on new restaurants, road conditions
- Offer unused tickets to fellow residents
- Request the loan of a needed item
- Request or offer a ride to an outside event
- Get notifications of cancellations and rescheduling of events

If you would like to be added to the *MeadowTalk* group, please contact: Judy Jones.

Email: <jjonesae@gmail.com>

Phone: (919) 444-5602

Reminder from Recycling and Conservation Committee



There are some easy ways to keep our recycling stream clean at Carolina Meadows. There are labels on all the containers in the Club Center. In the mailroom and the Residents Business Center, please don't put recyclables like mixed paper and clean recyclable cups into trash receptacles. Aim carefully.

Dreaming of a White Christmas? What are the Chances?



The Park, January 8, 2017 at 9 am.

If you're thinking a walk in The Park in the snow is a perfect way to pass Christmas Day, you may want to think again.

The National Climatic Data Center studied the potential of one inch of snow on the ground on December 25. It concluded that the probability in Raleigh worked out to about two percent, or twice in 100 years.

The State Climate Office of North Carolina also looked into the chances of snow at Christmas, but took a less restrictive approach that allowed for any measurable snow that occurred anytime in the December 24-26 range. Adding those two extra days, and not requiring more than an inch of snow to fall, pushes the probability up to about 5.6 percent for RDU, a little more than once every 20 years.

Years when trace amounts of snow fell on Christmas were 1897, 1899, 1915, 1947, 1953, 1970,

1993, 1998 and 1999. So, snow? Not likely, but who knows, given our wacky weather?

- Judith Pulley



January 8, 2017 behind the villa of John and Alice Haynes

DECEMBER 2018-JANUARY 2019

DECEMBER					
DAY	DATE	TIME	EVENT	LOC	PAGE
Sat.	1	7:15 PM	Saturday Films: <i>Funny Girl</i>	AUD	10
Mon.	3	1:00 PM	CMU: "The Process of Resettling and Key Issues"	AUD	6
		1:00 PM	Jewelry Design and Repair (and on Tuesday, Dec. 18)	AS	13
Tues.	4	11:00 AM	Philosophy Group: "Promising against the Evidence"	LH	6
		2:00 PM	Genealogy Group	BR	13
		3:00 PM	Sharing Stories from Our Lives	GR	13
		7:30 PM	Music@Meadows: UNC Chamber Singers	AUD	9
Wed.	5	2-5 PM	*Rise Against Hunger	AUD	14
Fri.	7	10:30 AM	World Affairs: "The Square and the Tower" (video)	AUD	7
Sat.	8	3:00 PM	Piano/Voice Recital: Students of Elena Marinina	AUD	9
		7:15 PM	Saturday Films: <i>The Monuments Men</i>	AUD	10
Mon.	10	1:00 PM	CMU: "Welcoming and Integration"	AUD	6
		7:30 PM	The Village Band	AUD	9
Tues.	11	11:00 AM	Gingerbread House Decorating	CCL	17
		2:00 PM	Tuesday Movies: <i>I'll Be Seeing You</i>	AUD	10
Wed.	12	4:00 PM	MeadowSingers Holiday Concert	AUD	9
Sat.	15	7:15 PM	Saturday Films: <i>Strangers on a Train</i>	AUD	10
Mon.	17	1:00 PM	CMU: Ray Dooley on "Acting Shakespeare"	AUD	6
Tues.	18	10:00 AM	<i>White Christmas</i>	AUD	11
		11:00 AM	Philosophy Group: "What's So Good about Morality?"	LH	6
		3:00 PM	Annual Reindeer Romp	CCL	17
		6:30 PM	Celebrate the Holidays in the Green	G	16
Wed.	19	10:00 AM	<i>Charlie Brown Christmas</i> and <i>How Grinch Stole Christmas</i>	AUD	11
		11:00 AM	*Funky Lunch Bus	CCL	13
Thurs.	20	12:00 PM	Monthly Dance Party	AUD	13
		2:00 PM	Holiday Sing Along	CCL	14
Fri.	21	10:00 AM	<i>Miracle on 34th Street</i>	AUD	11
Sat.	22	7:15 PM	Saturday Films: <i>The Man Who Invented Christmas</i>	AUD	10
Sun.	23	8:00 AM	*Christmas Bird Count	CCL	15
Wed.	26	1:00 PM	Met Opera on Demand: <i>La Bohème</i>	AUD	9
Sat.	29	7:15 PM	Saturday Films: <i>Frantz</i>	AUD	10
JANUARY					
Thurs.	3	1:30 PM	Council Meeting	BR	NA
		7:30 PM	Music@Meadows: Annegret Fauser, "Bizet's <i>Carmen</i> "	AUD	9
Sat.	5	7:15 PM	Saturday Film: <i>RBG</i>	AUD	10
Sun.	6	2:00 PM	Artist of the Month Reception: Alan Eckhaus	AS	12
Mon.	7	1:00 PM	Jewelry Design and Repair (also on Tuesday, Jan. 22)	AS	13
		7:00 PM	Line Dancing (every Monday evening)	ES	14
Tues.	8	10:00 AM	A Matter of Balance (every Tuesday)	AUD	17

DECEMBER 2018-JANUARY 2019

		11:00 AM	Philosophy Group: "Paternalism: When is it OK?"	LH	6
		11:00 AM	*MeadowMinds (every Tuesday)	CRAC	14
		12:00 PM	*Women's Luncheon Group: "Oral Health/Overall Health"	PDR	8
		2:00 PM	Tuesday Movie: <i>Shall We Dance?</i>	AUD	10
		3:00 PM	Sharing Stories from Our Lives	GR	13
Wed.	9	10:00 AM	Meaning in Aging (every Wednesday)	GR	17
		10:30 AM	*Connect & Engage Task Force Focus Groups	BR	16
		11:30 AM	*NIA Dance (every Wednesday)	ES	17
Thurs.	10	11:30 AM	Writing for Resiliency workshop	BR	17
		1:30 PM	Residents Association Meeting	AUD	NA
		3:00 PM	*Improv Class (every Thursday through February 14)	AUD	14
Fri.	11	10:30 AM	World Affairs: "The Myth of Big-Time College Sports"	AUD	7
Sat.	12	7:15 PM	Saturday Film: <i>Seven Brides for Seven Brothers</i>	AUD	10
Sun.	13	2:00 PM	*Chamber Orchestra of the Triangle	CCL	13
Mon.	14	11:00 AM	*Funky Lunch Bus	CCL	13
Wed.	16	8:30 AM	*Men's Breakfast: George Lankevich, "Supreme Court"	PDR	7
		10:30 AM	*Connect & Engage T.F. Focus Groups (also Jan. 23 & 30)	BR	16
		11:00 AM	*Funky Lunch Bus	CCL	13
		2:00 PM	Book Group: <i>The Storied Life of A.J. Fikry</i>	LH	12
		2:00 PM	Demonstration: How to Make Jewelry Out of Paper	AS	12
Thurs.	17	12:00 PM	Monthly Dance Party	AUD	13
		2:00 PM	Medical Update: "Blood Thinners"	LH	8
Fri.	18	10:30 AM	World Affairs: "Challenge of the 21st Century" (video)	AUD	7
Sat.	19	10:00 AM	Serendipitous Sat: Nancy MacLean, <i>Democracy in Chains</i>	LH	7
		3:00 PM	Piano Recital: Students of Connie Yee	AUD	9
		7:15 PM	Saturday Film: <i>On the Way to School</i>	AUD	10
Sun.	20	3:00 PM	Piano Recital: Students of Connie Yee	AUD	9
Mon.	21	3:00 PM	Martin Luther King, Jr. Day Celebration	AUD	3
Tues.	22	11:00 AM	Philosophy Group: "...Should We Try to Save the World?"	LH	6
		7:30 PM	Music@Meadows: Sun, Stipe, and Rice Trio	AUD	9
Wed.	23	1:00 PM	Met Opera on Demand: <i>Luisa Miller</i>	AUD	9
		2:00 PM	*"Unleashing Your Creativity," also Jan. 30 & Feb. 6	AS	12
Fri.	25	10:30 AM	World Affairs: Cori Dauber: "Extremist Propaganda"	AUD	7
		1:00 PM	Spa Day Event	AUD	17
		7:30 PM	Travel Adventures: "Hashemite Kingdom of Jordan"	AUD	8
Sat.	26	7:15 PM	Saturday Film: <i>Good Will Hunting</i>	AUD	10
Mon.	28	1:00 PM	CMU: "The Evolution of Tap Dancing"	AUD	6

AS: Art Studio

AUD: Auditorium

BR: Board Room

CCL: Club Center Lobby

CCRR: Club Center Rec. Room

CRAC: Conf. Rm., Activity Ctr.

CYD: Courtyard

DR: Dining Room

ES: Exercise Studio

FC: Fitness Center

FG: Fairways Gallery

FLR: Fairways Living Room

G: Green

GR: Game Room