



A Chance Encounter on Saint Patrick's Day



This photo, like all others, should be viewed in color. On your computer, go to the web site [meadowlife.org] and click on *The Meadowlark* in the right-hand side bar on your screen.

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President's Message

It is hard to believe that the first year of my presidency is drawing to a close. It has been a wonderful and rewarding year. I thank all of you who worked so hard to make the year a success.

Some changes were made this year. The Library and Gift Shop received a separate classification since they really did not meet the criteria or description of a RA Standing Committee. A Staff Picture Directory was added to MeadowLife. When Carolina Meadows announced the Early Advantage Program, the Executive, Public Relations and Welcoming Committees joined together to develop procedures to welcome these new residents into the community.

There were many high points this year. One occurred last December when the Employee Appreciation goal was exceeded by \$50,000. There was the creative talent of the Canvas Wall Art group that converted residents' photos to beautiful canvas pictures that transform some walls in the Club Center. As part of the UNC-TV fund drive, three residents painted an

"All Things Carolina" mural to decorate a wall in the Club Center. This mural was then transformed into a puzzle for the Gift Shop to sell. We are truly blessed to have such talented and industrious residents. These are just a few of the things that made the year very special.

At the May RA meeting the officers will be elected for the coming year. The Nominating Committee will present its slate. Prior to voting, nominations from the floor will be accepted; you must have the prior permission of the resident you are nominating.

As Carolina Meadows has grown, so has the RA. The work for several of the Standing Committees, the Gift Shop and the Library has increased in complexity. A Health Center Task Force was created. The Precinct Officers had a busy year. And then there was the work of all the RA Activities that kept us relaxed and having fun. I thank each of you who contributed in making this a great year.

- Betsy Ahern

THE MEADOWLARK
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President: Betsy Ahern
Editor: Chris Schmidt
Assistant Editor: Mary Jo Doherty
Layout: Judith Pulley
Production: Bob Rich
Proofreaders for this issue:
Christine Flora, Jody Hite, Martha Hutt, Roy Milton
Photographer: John Haynes
Distribution: Roy and Bev Milton

June, July, August Issue Deadline

Copy for the June, July, August *Meadowlark* must be submitted by **Monday, May 15**, to Pat Mandell <phbmandell@me.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 or problems.

Carolina Meadows Honored

At the April Residents' Association meeting Lowell Hoffman, on behalf of the Sons of the American Revolution, presented a plaque honoring Carolina Meadows for its "patriotism" as evidenced by flying the flag every day.



Carolina Meadows Census As of July 31, 2016

Number of Residents	Occupancy Level
Independent Living:	
600	93%
Assisted Living	
78	92%
The Pines*:	
56	71%*
Total:	
734	90%

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

NEWS (continued)

What You Should Know about SARA Pendants

To summon help in an emergency, push and **HOLD** (for a few seconds) the button on your pendant. SARA (the Situational Awareness and Response Assistant) sends a wireless signal to “repeaters” situated around the campus. Using the direction and strength of the signal received at these repeaters, the system determines three locations on campus near the location where you pressed the pendant button. These specified locations are called “points of interest” (POIs). An alert message is sent to the Club Center Front Desk and to the Security person on duty. This message shows the name and residence of the person assigned to the pendant and the three POI locations.

NOTE that it does **NOT** show your exact location, but rather a general area defined by the three POIs. If it is within the hours that the Front Desk is staffed, the staffer will call your residence. Security will look for you near the three locations shown in the alert message.

Security responds quickly, but the size of the area they need to search varies, depending on where you are located, so it may take a few minutes for them to arrive.

NOTE if you move from the site where you pressed the button, the system will **NOT** indicate your new location, so stay put until help arrives.

To be sure help will come quickly if you have an emergency, carry your SARA pendant! If you

When Do I Get My Money Back?

This is the question Carolina Meadows residents or their families ask once a resident has vacated his/her home. There is no simple answer because the variables are nearly limitless.

First, the unit must be completely empty, and CM needs to know it. When a resident is no longer able to see to that task or has passed on, the job goes to the survivors. Monthly fees are incurred until the unit is vacated. Probably good to remind your children about that.

Second, once the unit goes under contract, which could take a while for many reasons, the incoming resident has about 110 days before the closing when his monthly payments begin. The 110 days is a squishy number due to renovation delays, family emergencies, weather, etc. But, in the best of worlds, the unit should be ready for occupancy in about 110 days.

With the mission accomplished, the equity check should be refunded the month following the closing. The entire process is likely to take about five months. A minor glitch can easily extend the time frame.

- Mary Jo Doherty

are reluctant to carry it because you have triggered it accidentally in the past, Plant Operations can place a plastic jacket on it to reduce the chance of that occurring again.

- Brian Boehlecke

Residents in the News

Robert (Bob) Lackey was awarded “The Order of the Long Leaf Pine” by Governor Cooper. This award is presented to persons who have an exemplary record of service to the State and their communities. Bob joins several other Carolina Meadows residents who have received this prestigious award.



IN MEMORIAM

Rebecca (Becky) Walker	
F-234	03-21-2017
Benjamin Glatt	
P-223	03-25-2017
Robert Parr	
F-209	03-27-2017
Goldie Towne	
2-203	04-08-2017
Betty Danziger	
V-201	04-11-2017

Postage Stamp Travails

I buy stamps from the Post Office for resale in the Gift Shop. It is a labor of agony without any compensating hugs.

Let me put this story into focus. If you wanted to buy 3 or 20 or 40 or a roll of 100 Forever stamps at the Post Office, most counter agents would have a supply of stamps that would come close to meeting your needs. If, on the other hand, you waltz in, like me, to buy 2,000 or 4,000 stamps, you will usually be met by a look of panic or disbelief, starting a shuffle that results in the delay for scores of people who are standing in line behind you. This particular form of pandemonium is identical from Chapel Hill to Carrboro to Durham. Two years ago, I bought in smaller quantities, like 50 books of flags, 20 books of flowers, 20 books of birds and 10 books of animals so you would always have a choice. A book is a sheet of 20 stamps, which we sell for around \$10.00 in the Gift

Shop. Today, I buy books for \$9.80 each, and we sell the stamps to you for \$10.25. And that's fine; it saves you the trip to the Post Office.

This method of purchasing was not easy, because postal agents had to count out these multiple books of stamps, and the chance of making an error was usually quite high. So it took extra time to count the books again, and maybe a third time, just to be sure I was being charged the correct amount. The chaos gets a bit more intense in November and December.

Could there be a way to make this process more efficient? I discovered that Post Offices receive their stamps in the form of "bricks," (100 books of 20 stamps, wrapped in shrink wrap). So now I waltz into the Post Office, feeling flush with professional pride and order, in a sonorous voice, a brick of Flags and a brick of Flowers. That's 4,000 stamps, and it elimi-

nates the counting. But, a new panic ensues, as the bricks are locked up in the safe somewhere, and the agent has to call the manager who has the combination to the safe. That takes five minutes and always results in a new conversation about the available designs. That conversation takes another five minutes and is usually overheard by the long line that keeps getting longer and longer behind me. I am beginning to tear my hair out.

Some months ago I got the bright idea to order the stamps on-line. After all, the Post Office says we can, and implies it's easy to do. Well, to be honest, the web site isn't all that user-friendly, but I did manage to place an order for 2,000 stamps. It took the post office two weeks to get the stamps to me, and they charged me \$7.95 postage, taking a chunk out of our nominal profit. Go figure!

- Peter Baer

"Smooth Move"

"Smooth Move" has the ring of a cool dance step, but in reality it is a creation of the Carolina Meadows Marketing Department. Just a few years ago the market for the small apartments had nearly evaporated. That's when the Marketing staff hatched some new strategies. Besides undergoing an upscale redo, some small units were converted into guest rooms; others became temporary homes for residents who were way down the ready list for their first preference but needed and wanted to come to CM quickly.

This is how "Smooth Move" works. A ready list person pur-

chases and moves into a small apartment and begins paying the CM monthly fee. At the same time, she maintains her place on the ready list. When her unit of choice becomes available, she can transfer to the larger home, applying some refurbishing costs and entrance fees to those for the new unit.

According to Phil DeSantis, Senior Marketing Associate, the "Smooth Move" program has at least two major benefits: someone who needs and wants to move can become a resident sooner, and the outgoing resident's home turns over almost immediately so she

has her refund sooner. Phil is quick to admit that the program doesn't work for everyone because "it doesn't give the incoming resident any priority on the ready list." If the desired unit is eight years away, it could be a problem.

So far the staff has handled a few "Smooth Move" contracts, and everyone seems to be extremely happy with the program. A new resident has temporary housing. Smaller units are occupied to the max. Carolina Meadows has a steady income. Outgoing residents receive their equity refunds faster. Win. Win. Win.

- Mary Jo Doherty

New Residents

Vera Cavin-Phillips, 2-204

Last Residence: MI

Interests: Bible Study; reading; family activities.

Lawrence (Larry) Gilbert, 1-203

Last Residence: Fearington, NC

Interests: Current events; travel; reading.

Dorothy (Dottie) Gration, 2-301

Last Residence: Fearington, NC

Interests: Water aerobics; reading; theatre; movies; classical & jazz music.

Karen Monaco (Evans), V-315

Last Residence: Fearington, NC

Interests: Golf; ping pong; tennis; pickleball; bridge; group facilitation; symphony; ballet; opera; theatre; meditation; spiritual quest.

Gloria Nicholson, V-109

Last Residence: Chapel Hill, NC

Interests: Photography; Southern fiction; duplicate bridge; hand bells.

Barbara Rowland, F-115

Last Residence: North Carolina

Interests: Gardening; reading; going to the movies; crafts.

Philosophy Group

The topics proposed by Joanna R. Lawson, Outreach Professor of the UNC Philosophy Department, for **Wednesdays at 2 pm in the Lecture Hall** are:

May 10: "Fake News"

May 24: "Society of the Spectacle"

Relevant readings and questions will be distributed to members a week before the session. Please contact me for more information and plan to join us.

- Marlene Appley

TALK

Carolina Meadows University

The final course of the Spring Semester for Carolina Meadows University features a return of our CMU regular, History Professor Raymond Pulley.

This year's history course is titled: "Good Cop, Bad Cop: The United States Enters the World Stage as a Global Power, 1890 - 1920." "Good Cop, Bad Cop" began in April with an examination of the circumstances that led the United States into a period of competition with the old imperial powers of Europe. With the participation of the United States in World War I, the country arrived as a major world power. The two remaining sessions of this short course will examine the personalities and events that led to this remarkable new turn in American development.

May 1—Session 2: "Chronic Wrongdoing: The balance of Power Begins to Shift" - a discussion of Theodore Roosevelt as a major architect of American foreign policy.

May 8—Session 3: "A World Safe for Democracy: The Legacy of Woodrow Wilson" - an analysis of Woodrow Wilson as a major figure in the development of twentieth century American foreign policy. What did Wilson intend with his statement upon entry into World War I that the world should "be made safe for democracy"?

At the conclusion of this course, CMU will adjourn for summer vacation. No homework will be assigned over the break. However, please return refreshed and ready for a stimulating Fall Semes-

World Affairs

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

May 5: Dennis Stearns, "Donald Trump's 100-Day Economic Report Card"

Dennis Stearns is an award-winning financial planner, futurist, TEDx speaker and President of Stearns Financial Group. In November 2016 he addressed CMU on the topic of Globalization and Free Trade and a possible Trump presidency.

May 12: Christine Wunsche, "A Report on the 2017 Legislative Session"

Christine Wunsche is the Director of the Legislative Reporting Service at the UNC School of Government. As the editor of the *Daily Bulletin* and the annual summary publication, *North Carolina Legislation*, she is well prepared to brief us on the current 2017 legislative session.

May 19: No program. Employee Spring Party in Auditorium.

May 26: Raymond Pulley, "European Elections 2017: An Update"

This is a follow-up to Raymond Pulley's February 17 lecture, "Europe Turns Right." The results of recent elections will help to determine whether Europe is, in fact, turning right.

- Judith Pulley

ter program, to be announced in the September *Meadowlark*. All CMU Lectures are presented **in the Auditorium, on Mondays, from 1 to 2:30 pm.**

- The CMU Steering Committee

Unity Group

"The Five Major Challenges Facing the US Today." With a title like that, whom could Unity have invited to speak? A preacher? A politician? A professor? In today's world, each might skew his or her thoughts in a certain direction. Imagine if we could get someone born and raised in the New York City area who then migrated south to enter and graduate, Phi Beta Kappa, from UNC. It would be good to have someone with broad national and international business experience. Suppose he worked in Marketing and Corporate development for six Fortune 500 corporations, retiring from Coors Brewing Company (as Executive Vice President for domestic and international marketing)?

That describes Robert Recholtz who will address us in the **Lecture Hall at 10 am on Thursday, May 18** (one week earlier than is customary due to Memorial Day weekend.). Come join us.

- Joe Danos

Unity appreciated the tremendous participation of all who attended the Chagall lecture last month. Your feedback in the evaluation forms was helpful to us, our speaker and the North Carolina Humanities Council. **THANK YOU!!!**

Our speaker for the breakfast on **Wednesday, May 17, at 8:30 am in the Private Dining Room** is Joe Mengel, who will discuss the US/Aussie Campaign in World War II. Please sign up by Thursday, May 11, and please wear your name-tag.

- Fred Bowman

Medical Update

Our May lecture will take place on **Thursday, May 18, at 2 pm in the Lecture Hall**. It will address Public Health issues here in Chatham County.

The lecture's title is "Bambi is Not So Cute" since a major problem is tick-borne disease. The ticks transmit a number of diseases, the most common of which is Lyme Disease. This can be characterized by skin rash, muscle and joint pain, and central nervous symptoms. It can become a chronic disease. The deer carry the ticks. This leads to the more contentious problem of control of the overpopulation of deer.

Another concern is the mosquitoes breeding in those stagnant pools of water. In addition to those pesky skin bites, they are carriers of the dangerous Zika virus which already has had a major impact on our neighboring Southern states.

Our returning speaker will be Layton Long, Chatham County Director of Public Health. Before coming to Chatham County, he had a distinguished 25 year career in State and local Public Health, including a period as our Director of North Carolina Environmental Health. He was voted "Outstanding Local Health Officer of the Year" by his peers last year.

- Leonard Cutler

Women's Luncheon

All women are invited to the May Women's Luncheon on **Tuesday, May 9 at noon in the Private Dining Room** to socialize and to hear a talk on philanthropy in the Triangle Area.

Our speaker will be Jessica Aylor, Director of Community Investment for the Triangle Community Foundation, a nonprofit public charity founded in 1983 in Durham, NC.

Jessica Aylor will discuss how the Foundation helps individuals and families make a greater impact with their philanthropy and create their legacy for the future of this region.

In her role as Director of Community Investment, she oversees programs, research and partnerships that address needs and challenges facing the Triangle Region. She has nearly 20 years of experience in philanthropy, higher education, the arts, and community economic development and has served on the boards of numerous charitable and educational organizations.

A graduate of the University of Virginia with a master's degree in public administration from UNC-Chapel Hill, she lives in Chapel Hill with her husband, David, and their two young children.

For reservations call Jody Hite (919) 370-7171 or email her at <jody@carolinameadows.net> after May 1.

If you have dietary restrictions or need to cancel your reservation, please call Pat Mandell (919) 240-4864 by Monday, May 8, so as not to be charged for the luncheon.



Thoughtful People

At 3 pm on Tuesday, May 16, in the Fairways Gallery Michael Cotter will present "Who and What Are We?" an exploration of the human microbiome.

We consist of more than just our human genes. While for centuries we believed that "alien" microbes (germs) caused disease, science now believes that many microbes are essential to making us what we are. Scientists have estimated that we carry anywhere from one to three times as many microbial cells as we do human cells, i.e. from 13 to 30 trillion microbial cells. Our "microbiome" is the aggregate of those microorganisms. Mike will discuss how science has discovered those microorganisms, identified their genetic structure and determined how they influence our lives.

- Suzanne Calcutt

Note: This presentation, announced in the March *Meadowlark*, has been rescheduled.

Travel Adventures: "Enchanting Ethiopia"

Local world travelers, Mark and Julie Lewis, will share their month-long adventure in Ethiopia, which was named as the world's best destination for tourists in 2015 by the European Council on Tourism and Trade. What makes Ethiopia unique? Among other things, Ethiopia is home to nine UNESCO World Heritage Sites, 88 diverse cultures, spectacular landscapes and home to indigenous people whose lifestyles haven't changed for centuries. An African country that has never been colonized, it is an African land like no other.



Join Mark and Julie in the Auditorium at 7:30 pm on Friday, May 26, for a photo journey through Enchanting Ethiopia.

ARTS

It's bigger than King Kong; it will stuff the Auditorium; it's a Godzilla-sized Book Sale in May to benefit the Carolina Meadows Library.

The Book Sale Committee has been putting aside books for this sale since last June – and the storage room is packed. So get ready for a tsunami of books. No matter what type of book you enjoy - thrillers, historical novels, current events, art, poetry etc. etc. - you'll find some to your liking at the sale.

Save these dates for exploring all the possible choices: **Monday, May 15, 5-7 pm; Tuesday, May 16, 9 am - 7 pm; and Wednesday, May 17, 9 am - noon.** Then



from noon to 1 pm on Wednesday there will be a "stuff a bag with books sale" for only \$5.

Inflation may be making all our heating, cooling and grocery bills rise, but it hasn't hit the Carolina Meadows book sale. The prices remain low - \$2 for hardcover books, \$1 for paperback books, 25

cents for mass-market books, or five mass-market books for \$1. Specialty books are priced separately, but even they are priced very, very reasonably.

There is one other set of dates to remember. There will be a moratorium on book donations from

Wednesday, May 3 through Wednesday, May 17 while the Book Sale Committee gets ready for the big event, so please don't drop off any donations on those days.

See you at the sale! Come early for the best selections.

- Ruth Leopold

Music at the Meadows Concert Series In the Auditorium

The Aurora Musicalis Quartet Monday, May 8, 7:30 pm

We can look forward to an evening of lovely music from this wonderfully accomplished and versatile string quartet, all members of the North Carolina Symphony. This will be Carolina Meadow's fourth visit from these very popular musicians.

The Woodwhims Wind Quintet Friday, May 19, 7:30 pm

This unusually fascinating evening features members of The Woodwhims Wind Quintet with vocal soloist Dr. William Adams performing a new arrangement of Ravel's "Don Quixote to Dulcinea," Ralph Vaughan Williams' setting of poems by William Blake, and shorter works by Stravinsky, Bach and John Cage. Who could ask for anything more?

By the way, the evening's organizer, Paul Baerman, is the son of our fellow resident Shirley Baerman.

Musical Extravaganza at Carolina Meadows

Sunday, May 21, 6:30-8:30 pm

The Council on Aging, in partnership with Music at the Meadows, is sponsoring this extravaganza as a Meals on Wheels fundraiser.

Go to "Community Outreach" on page 11 for details on the evening's entertainers and ticket purchases.

- Anne Bodner

Musical Events In the Auditorium

Piano Recital

Featuring students of Christene Vaughan

6 pm on Friday, May 5

Music Recital

Featuring students of Elena Marinina

2:30 pm on Saturday, May 13

Piano Recital

Featuring students of Iowana Sherman

1 pm on Sunday, May 21

Piano Recital

4:30 pm on Saturday, May 27

Music Appreciation Fridays, 11 am in the Fairways Gallery

May 5 Tchaikovsky Violin Concerto

May 12 Brahms Symphony No. 4

May 19 Beethoven Piano Sonatas
Nos. 11 and 12

May 26 Wagner Overtures

- Suzanne Calcutt

MeadowSingers A Tribute to Broadway



For our concert on **Wednesday, May 10, at 4 pm in the Auditorium**, the chorus will be singing a diverse program from Broadway over the years. There will be familiar tunes from Rodgers and Hammerstein - a medley of thirteen! - and a Cole Porter selection. Also, tunes from *Ragtime*, *The Lion King* and *Godspell*. We will include two contrasting numbers, the beloved "Sunrise, Sunset" from *Fiddler on the Roof* and the darkly humorous "Ballad of Sweeney Todd." Then, two musical rainbows and, to finish, the lovely "Colors of My Life."

A treat will be the Sounding Fathers barbershop quartet.

Please come, listen, and hum or sing along. - Rex Tucker

Art In The Meadows (AIM)

Be an *Artist of the Month*.

Sign up to exhibit a collection of your paintings, drawings, photographs, needlework, etc. Exhibits are for a month's duration in the Art Room and are informal so work does not have to be framed or matted. We can help you hang/exhibit. Sign up sheet is on the bulletin board in Art Room.

Join fellow residents on *Art Wednesdays* to paint or draw and have fun **in the Art Room at 2 pm every**

Wednesday.

On May 3 at 10 am, view the DVD "*Plein Air Made Easy*" (110 min.) Christine Ivers works in pastel on the DVD, but artists in any media will benefit from this DVD. **On May 24 at 10 am**, view the DVD "*Improve your Water Painting Techniques*" by Gordon Mackenzie (45 min.) Bring watercolor supplies to follow along.

For more information contact Margaret Zircher.

Display Cabinet

In May Bert Geiger and Dorothy O'Connell will share exhibit space in the Lobby display cabinet. Look for a presentation that reflects their interests in the fashion industry and art.

In his recently published memoir, *Always in Fashion*, Bert Geiger chronicles his lifelong passion for fashion and design. His friend, legendary *New York Times* fashion photographer Bill Cunningham, writes in the Foreword, "Bert Geiger was a designer of elegant clothes whose hallmark was simple, flattering lines." With the help of Bert's daughter, Clare Baum, we have located examples of his work ranging from hats and scarves to clothing for both women and men.

Other pieces in this new exhibit come directly off the walls and shelves of Dorothy O'Connell's beautifully decorated apartment where her father's sculptures of horses and one of a bullfighter stand alongside her own creations. Her fashion interests show up in a set of shadow boxes that feature cutouts from *Godey's Lady's Book*. For these, she placed ladies and gentlemen dressed in period fashions in finely furnished nineteenth-century interior settings. You'll also enjoy other work including her needlepoint, decoupage boxes, and three-dimensional landscapes created with paper cutouts. It's the next best thing to a tour of her apartment.

- The Display Cabinet Committee

From the Library

The Toxic World of Hillbillies

It has been reported that a major reason why Donald Trump won the presidency in 2016 is because he was supported by "poor whites." J.D. Vance's *Hillbilly Elegy* is a window into the world of some of the millions of white Americans who, mired in failure and hopelessness, would turn to the New York billionaire as a savior.

However, although published in 2016, Vance's book was written in 2014, before Trump's political emergence. The book, available in the Library, is all the more powerful because it has no political movement on which to anchor its message. It speaks with a voice that addresses all of us, and it does so in a powerful personal voice.

The book's subtitle, *A Memoir*

of a Family and Culture in Crisis, conveys the point that the story of the hillbilly world is communicated through the author's own painful family history. Few of us would air the weaknesses and failures of our families the way that Vance relates the childhood traumas which shaped his sense of himself and of the world. Although Vance terms himself "a cultural immigrant," someone who has moved from the world of the Kentucky and Rust Belt Ohio hillbillies to a law degree from Yale, the weight of his early years continues to burden his life. As he writes, "childhood wounds never truly heal."

Can government policies and programs free people from what Vance calls "a pool of hopelessness," or must they escape the trap of despair and self-destruction one

Two Classes In Perspective

Two classes open to non-artists and artists of all skill levels will be offered by Jim Bowen in the **Lecture Hall**. Each class is one to two hours long and is offered at no charge.

"*How We See in Perspective*" – One session, on **Tuesday, May 30, at 10 am**. Illustrations of the ways we see in perspective are interesting, enlightening and entertaining. According to Jim, "Most times that I have mentioned the subject of perspective, the reaction has been one of curiosity, regardless of whether or not the person was interested in art."

"*How to Draw What We See in Perspective*" – Two sessions, on **Monday, June 5, and Tuesday, June 6, at 10 am**. The most important point in drawing in perspective is understanding how we see in perspective. This course will introduce you to the basic principles of drawing in perspective, and have you use them on example illustrations. All materials furnished.

- Margaret Zircher

-by-one, as did the author? Vance straddles the fence. On the one hand, he stresses the need for better schools and more enlightened social service agencies. On the other, he says, "Don't blame the government for your problems. Shape up!"

Vance brings us into the world of a "minority group" that has no national organizations or widely recognized leaders. As the 2016 election attests, it's a segment of the population that cannot be ignored.

- Bill Powers

Saturday Night Movies 7:15 pm in the Auditorium

May 6

***Being There* (1979)**

Peter Sellers, Shirley MacLaine, Melvyn Douglas

The uncomplicated life of simple-minded Chance is changed after a run-in with wealthy Eve, and soon his "wisdom" – mostly garden related – has Washington's political elite hailing him as brilliant.

May 13

***The Spectacular Now* (2013)**

Miles Teller, Shailene Woodley, Brie Larson

When high school loner Aimee Fineck finds her classmate Sutter Keely passed-out drunk on a lawn, it marks the start of an unlikely friendship. After deciding to help Aimee raise her social confidence, Sutter finds himself falling for his creation.

May 20

***All the President's Men* (1976)**

Robert Redford, Dustin Hoffman, Jason Robards

The film that launched a thousand journalism school students,

All the President's Men chronicles how the work of reporters Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman) contributed to the public downfall of President Richard M. Nixon. The duo connected a Washington, DC hotel break-in with a Nixon "dirty tricks" team assigned to discredit Democratic rivals, launching a series of tense events that forced Nixon to resign.

May 27

***La Belle et le Bête* (*Beauty and the Beast*) (1946)**

French W/ English Subtitles

Lost in the woods, a hapless merchant is captured and held prisoner in the castle of a beastlike man (Jean Marais), who vows to kill the merchant unless he's replaced by one of his daughters. The lovely Belle (Josette Day) gives herself up to save her father. But before long, she finds the beauty hiding inside her grotesque captor in this lyrical masterpiece, the most celebrated film of the French director and poet Jean Cocteau.

Tuesday at the Movies

May 9, 2 pm, Lecture Hall

The Sunshine Boys

Think *The Odd Couple* for the octogenarian set. Walter Matthau and George Burns have never been better (or more cantankerous) as two faded vaudeville legends - Lewis and Clark - who reteam for a television special about the history of comedy. Trouble is, the two geezers can't stand each other. Matthau and Burns are wonderful to watch in this vintage comedy penned by Neil Simon and directed by Herbert Ross.

Film: *The Town Before Brown*

**Monday, May 8 at 1:15 pm
in the Fairways Gallery**

This film by resident Gerry Unks was inspired by the realization that as time passes, Chapel Hill's involvement in segregation has slowly been forgotten in favor of a more liberal view of the town. It includes interviews of local residents in an effort to both enlighten younger generations and to create a historical record. It is unique because it takes place prior to the *Brown vs. Board of Education* decision.

ACTIVITIES

Book Group

***The Secret History of Wonder Woman* by Jill Lapore**

If you haven't read this book because you think it is just about a comic book heroine, you'll be surprised. It is actually the story of her creator, William Moulton Marston, a Harvard graduate in psychology and inventor of the lie detector test as well as the creator of Wonder Woman.

The book, a *New York Times* and National Bestseller and winner of the 2015 American History Book Prize, discusses issues of birth control, sex education, how women can balance work and family, and the effects of depictions of violence on children. All this embedded in a tale Etelka Lehoczký of NPR calls one of "group sex parties, Polygamy, Bondage...a tale so juicy it'll have you saying 'Merciful Minerva.'" If this weren't enough, it also contains several samples, in color, of *Wonder Woman* comics!

Read this book and join us for the discussion on **Wednesday, May 17, at 2 pm in the Board Room**. All are welcome, even if you haven't read it.

- Christine Flora

Memorial Day at The Meadows



Please join us **in the Auditorium at 11 am on Monday, May 29**, as we honor those members of our armed forces who sacrificed their lives fighting in our nation's battles. Wearing the forget-me-not is our way to express our thanks for their sacrifice.

Our speaker will be Freddie Kiger, a North Carolinian with 35 years of lecturing around the country on Civil War topics and North Carolina history and leading tours to many battlefields on behalf of UNC General Alumni Association. In 2008 he was recognized as a Cambridge "Who's Who for Excellence in Higher Education."

His talk will be on Lincoln at Gettysburg. This is very appropriate as the Civil War, and the Gettysburg battle in particular, were the factors that created this National Holiday.

The program will also include the Pledge of Allegiance to our American flag, the remembrance of our veterans who have passed away since our 2016 Veterans Day program and Taps. A special Memorial Day picnic lunch will follow in the Pub and Courtyard. Tables can be reserved.

Keep in your thoughts America's service members presently deployed in places of danger overseas.

- John Geis

Community Outreach

On **Sunday, May 21, from 6:30-8:30 pm**, the Chatham County Council on Aging is hosting a music extravaganza and silent auction **in the Auditorium** to raise funds for Meals on Wheels and its other programs and services. This event will bring together an outstanding collection of musical talent, including mandolin virtuoso Tony Williamson. Tony will also be performing with his brother Gary. Joining the Williamson brothers at the May 21 event are some other outstanding talents:

Nixon, Blevins and Gage are well known and respected for their bluegrass music. They performed at MerleFest as well. Larry Nixon is a host of the Pinecone Bluegrass Show on WQDR 94.7 in Raleigh, Sundays 6-9 pm.

Diali Keba Cissokho, who is a Senegalese griot and lives in Chatham County, is a vocalist, percussionist, dancer, and master of the kora (a 21-string African harp). Diali hails from a famed lineage of musicians and storytellers traceable to the 14th century in his native West Africa.

In addition, those attending will enjoy local members of the North Carolina Youth Tap Ensemble. This group has been described as "Rhythm...funk...innovation...excitement.... One of the best youth tap ensembles in the world." It is said that "These dancers tear up the floor with poise, passion and professionalism."

All proceeds from the event will go to support the Council on Aging's Meals on Wheels, Frozen Meals, and other services. The Council on Aging operates 11 Meals on Wheels routes for seniors throughout the county, with the

help of over 110 volunteers, Monday through Friday. Last year the Council delivered 14,700 home-delivered meals. These volunteers not only provide a meal but also a friendly visit that serves as a safety check for homebound seniors.

The Community Outreach and Volunteer Committee and Music at the Meadows are helping to support this important fundraiser. Although the event is open to the public, Carolina Meadows residents can sign up for tickets in the activities notebook across from the Auditorium. Tickets are \$15 per person. If you sign up for the event, the ticket price will be applied to your monthly bill. Come join in the fun of a great musical extravaganza!

- Pat Mandell

Bus Trips

Sign up in the sign-up book

Chamber Orchestra Of The Triangle - Italian Opera and The Sacred

Sunday, May 7

Deadline: **Wednesday, May 3**

Cost: \$44.00 per person Load: 2 pm

Funky Lunch Bus - Geer Street Garden

Wednesday, May 17

Deadline: **Monday, May 15**

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

Load: 11 am

Jordan Lake Boat Tour

Friday, June 2

Deadline: **Tuesday, May 30**

Cost: approximately \$45 per person Load: 10:15 am

MAP Pays It Forward

Okay, we get it. You want to volunteer, you like to be helpful to others, but there are just a few things that bug you about the Meadows Assistance Program (MAP). Not to worry. Our savvy Volunteer Recruiter, Bill Powers, will put you at ease with those nagging questions.

Bill has heard this one repeatedly: "I'm over-extended; don't have enough time." Not a problem," says Bill, "Scores of people are MAP volunteers. We want a large number so that no one person is called upon more than once every two or three months. Could you give one morning every three months?" (How can you say "No" to such a reasonable man?)

Another question is "What would I have to do?" Bill answers, "You escort a resident to a doctor's appointment. Carolina Meadows provides the transportation. You simply go along for the ride so that the resident doesn't have to be alone." (How easy is that?)

Then there's the time-commitment zinger: "How far in advance will I be contacted?" Our

Bill, answers, "A MAP coordinator will call several days in advance to see if you are available. If for any reason you are not available, just say so." (We make it irresistibly easy to say "Yes.")

Here's the troublesome one: "What if something happens, like an accident?" With his customary calm, Bill answers, "In the unlikely event that there's an emergency, you simply call Carolina Meadows for assistance." (See, not to worry.)

"Who are the residents needing escorts?" That's a reasonable concern to which Bill answers, "Most live in the Pines or the Fairways. Occasionally, a resident in Independent Living requests an escort". (Could be you one day. Pay it forward.)

You might also mention "I don't think I can handle a wheelchair." Bill says, "No problem. We'll make a note to that effect." (See, he's right on top of it.)

You can tell why Bill Powers is our go-to guy Volunteer Recruiter and why you'll enjoy talking to him about getting on board with our Meadows Assistance Program. Call him at (919) 942-2919.

- Dorothy Mahan

CORA Fund Drive

Each Spring, hungry Chatham County families look to Carolina Meadows for help in the coming summer. Typically, 14% of the county's residents, many of them children, turn to CORA, the Chatham Outreach Alliance, to meet their needs. Over the course of the year, the CORA Food Pantry, located in Pittsboro, will need 230 tons of food to keep its shelves well stocked and insure the Pantry never turns away hungry neighbors.

You can help. Moreover, we know you will help by contrib-

uting another record amount of assistance that will carry the Pantry through the summer.

How will that happen? By now you should have received a report from CORA and a mailer you can use to send your check to the Pantry. Maybe you can even send a somewhat larger amount than last year? Or, between May 7 and 14, you could put a check made out to CORA in the slot marked as such in the Club Center mail room. That table will also have some boxes should you prefer to donate non-perishable foods.

Tips for a Balanced Life

May Myth: "If I limit my activity, I won't fall." This is not true because the more physical activities you engage in, the stronger and healthier you will be.

Tip: Stay Active! There's a multitude of classes offered to keep residents active. You can exercise on your own or attend group classes. Perhaps try some of both. Spring is the perfect time to enjoy the outdoors before the hot temperatures arrive; remember to take your SARA pendant. The Wellness department is here to serve you. Stop by for a consultation with Michelle, James or Nancy. They can direct you in meeting your fitness needs.

-The Resident Fall Prevention Task Force

Special Event
Big Band Dance featuring
The Triangle Jazz Orchestra
7:30 pm in the Auditorium
Wednesday, May 3

Join us for an evening of great music from our favorite jazz orchestra. Dance the evening away with music from the best generation! If you don't dance, come and enjoy listening.

Another way to help the hungry is volunteering at the Pantry for a few hours a month receiving deliveries, stocking shelves, helping clients select nutritious foods from CORA's grocery-style shelves. Volunteers make "shopping" at CORA a dignified experience.

- Jim Abrahamson

The Park Celebration and Dedication

Calling all nature lovers! The time has come to celebrate the establishment of the Carolina Meadows Park. What once was an unsightly berm has become a setting for wildflowers, perennials, flowering trees and shrubs, sculptures and more.

Plan to join your friends and neighbors at The Park for refreshments on **Sunday, May 21, from 3 -5 pm**, hosted by Friends of The Park. Dedication of the Bob Weston Memorial and the Pergola, which remembers David Lederer and Jules Samitz, will take place around 4 pm. News about future plans will be shared.



Entrance to The Park is by way of a wood chip path opposite the Meadows Garden (residents' vegetable plots) parking lot. A short walk through the woods takes you alongside a small pond and into The Park. It is a place created for the enjoyment of the whole Carolina Meadows community. Enjoy seeing for yourself what has happened since the groundbreaking a year and a half ago.

Golf cart transportation will be available from the parking lot.

- Friends of the Park

Community Gardens

In our April column we recommended Sun Golds, a cherry tomato that is orange when ripe and has a complex, heirloom-like flavor. Sun Golds are not only one of the sweetest and tastiest tomatoes, but they are also a quite hardy variety which seems more resistant to disease than many others. As we noted last year, this hybrid tomato actually has three distinct flavor profiles - tart and intense when pale orange, rich and fruity when medium-hued, and quite sweet when a deep orange. Each stage is wonderful for eating, salads, or cooking.

More than most varieties, Sun Golds can be grown in the same spot for several years in a row. If you want them close to where you live, Sun Golds can be grown in containers - use a large one - as long as they get substantial sun each day. In recent years Sun Gold starter plants have been available at the Carrboro Market on Saturday mornings well into May.

Several gardeners have told us about their favorite tomatoes for the raised garden area. John Haynes reports good results with Early Girl and Cherry tomatoes to the point that's all he grows any more. Bill Powers says he has had luck each year with Roma tomatoes, which are of medium size and plentiful. One plant provides all he needs.

Should you want to receive information periodically about Carolina Meadows gardening - flower as well as vegetable - email Alan at <alantom@mindspring.com>. Alan can place you on <garden_talk@yahoogroups.com>, our listserv which is low volume and focused solely on gardening at Carolina Meadows.

- Margy King and Alan Tom

Restaurant Review: a New Revived Bean and Barrel

Call it Tarantini-lite, but the new owners of Bean and Barrel won't object. In fact the owners, sisters Ellie and Elaine Lopez, also own and operate Tarantini. Renovated, refreshed and restored to new life, their new Bean and Barrel is a go-to place. The once drab digs, with a menu to match, is now a welcoming environment with soothing blue-gray walls, wine barrels suspended over the bar, upholstered banquettes and a cushiony lounge area under mirrors reflecting the bright outdoors.

The new Chef, Robert Warren, a graduate of the Johnson & Wales College of Culinary Arts, was previously Chef at the Wintergreen Resort and at Chateau Morrisette in Virginia. The menu features upscale-casual American cuisine with French accents. You'll find Duck à L'Orange or a Hang-Over Burger equally at ease alongside Lamb Ragu, a Smoked Salmon Mornay, a Country Cuban sandwich or a BLT.

Warren delivers a zesty rendition of Creamy Shrimp and Grits with a kick of tasso and andouille sausage. Burgers and sandwiches come with a crisp salad. The Quiche brings surprising new flavors from slivers of duck. Nor will you regret your order of Steak Frites, a perfectly cooked beef tenderloin with fresh-cut fries and greens. The Dijon-Crusted Salmon, six-ounces of moist, flavorful meat and a Roasted Chicken cooked with dill and brown butter along with roasted vegetables compete for attention with shared tastings.

The restaurant, open from 7:30 am to 9 pm, serves a full breakfast on weekdays with brunch on weekends along with lunch and dinner. -Dorothy Mahan

A Visit to the Future

On April 4 I took part in a tour of NCSU's Hunt Library which Kris Snyder, our Activities Director, had booked for Carolina Meadows residents. None of us knew what to expect, but we were all blown away. If buildings could talk, the Hunt Library would say, "Welcome to a preview of the future that STEM disciplines (science, technology, engineering and math) are creating. Enjoy a building optimized for individual study, for creative collaboration and for environmental sustainability." As we walked the Library's five floors, our tour guide pointed out example after example of how learning and research were sup-

ported by a completely new approach to library design.

In the 21st century, books are delivered by robots, of course. And the shelving required for robots takes up only one-ninth the space of conventional open stack shelving. This space savings made possible large, light-filled reading rooms, numerous group study rooms, (see photo on page 16) and special high-tech spaces for research and collaboration. These workspaces were all furnished with some 80 different styles of brightly colored contemporary furniture. I suspect I was not the only tour member who was imagining reincarnation as a NCSU student. The building's energy usage is reduced by many factors, in-

cluding rooftop solar panels and dramatic solar fins along the building's facade that shield the interior from the sun's heat and glare.

Located on NCSU's Centennial Campus, the Hunt Library is one of two NCSU main libraries. It opened in 2013, and houses the university's engineering, textiles, and hard sciences collections. A Norwegian design firm – Snohetta – worked with Raleigh-based architects to create this award-winning building, which can seat 1,750 students.

If you are interested in touring the Hunt Library, tell our Activities Department. You will enjoy it immensely.

- Carolyn Holt

Wellness

We are in need of a new pool watch Chair to begin this fall. Fran Alderman has done an exceptional job of scheduling pool watchers over the past four years and would like to pass on the torch. With the summer months approaching, we are also in need of a few pool watchers. These are volunteers who commit to being on the pool deck during resident-only swim times. The responsibility is usually once a month at a set time. Currently pool watch is scheduled for Mondays from 9 to 10 am, Saturdays from 10 to 11 am, and every day from 3:30 to 4:30 pm. You do not have to be certified in any capacity. Should an emergency arrive you need only to press the emergency system button/pull cord to activate the CM emergency system. If you are interested in either of these opportunities, please contact Fran Alderman at (919) 967-0765.

Good luck to our Chatham County Senior Games participants:

Michael Gates, John Geis, Thomas Kelley, Myrna Merron, Bill Powers, Frans Verhagen and Margaret Zircher

UNC Rex Spring Blood Drive
Tuesday, May 16, from 1 to 4 pm. Appointments run every 15 minutes. Contact me at (919) 370-7114 to register.

In honor of **National Bike Ride to Work Day, Friday, May 19**, we will host a campus group ride at **2 pm**. Meet at the Bocce Court parking lot. If you need your tires filled or seat adjusted, please plan to come between 1:30 and 1:45 pm.

National Senior Fitness Day, Sunday, May 21. Use your fitness center key tag when you use the Wellness amenities, and you will be entered to win one of two \$15 Food Lion gift cards! If you currently do not have a Fitness Center key tag, please fill out an application and return it to me in the Exercise Room.

- Michelle Marino

Spring Bird Count

Join Steve Graves to walk the Carolina Meadows campus counting birds on **Saturday, May 13, at 8 am**. Gather in the **Club Center Lobby**. Bring binoculars if you have them and a hat for sun protection. No experience required. Participate as long as you can. Golf carts are welcome.

Since 1900 the National Audubon Society has been counting birds and keeping the records of this large citizen science project all over North America.

- Margaret Scott and Margaret Wainwright

Recorder Group

The Recorder Group meets every **Friday, from 1:30 to 3 pm, in the Lecture Hall**. All recorder players, experienced and novice, soprano/alto/tenor/bass, are welcome. No auditions required.

Call Mary Collier (919) 967-2562, with any questions.

MAY 2017 CALENDAR

DAY	DATE	TIME	EVENT	LOC	PAGE
Mon	1	1-2:30 PM	CMU: "Chronic Wrongdoing...."	AUD	5
Wed	3	10:00 AM	DVD: <i>Plein Air Made Easy</i>	AS	8
		7:30 PM	Big Band Dance	AUD	12
Thurs	4	1:30 PM	Residents' Council	BR	NA
Fri	5	10:30 AM	World Affairs: "Donald Trump's 100-day Economic Report Card"	AUD	5
		11:00 AM	Music Appreciation: Tchaikovsky	FG	8
Sat	6	7:15 PM	Film: <i>Being There</i>	AUD	10
Sun	7	2:00 PM	*Bus Trip: Chamber Orchestra of the Triangle	CCL	11
Mon	8	1-2:30 PM	CMU: "A World Safe for Democracy...."	AUD	5
		1:15 PM	Film: <i>The Town Before Brown</i>	FG	10
		7:30 PM	Music at the Meadows: Aurora Musicalis Quartet	AUD	8
Tues	9	Noon	*Womens' Luncheon	PDR	6
		2:00 PM	Film: <i>The Sunshine Boys</i>	LH	10
Wed	10	2:00 PM	Philosophy Group: "Fake News"	LH	5
		4:00 PM	MeadowSingers	AUD	8
Thurs	11	1:30 PM	Residents' Association	AUD	NA
Fri	12	10:30 AM	World Affairs: "A Report on the 2017 Legislative Session"	AUD	5
		11:00 AM	Musisc Appreciation: Brahms	FG	8
Sat	13	8:00 AM	Bird Count	CCL	14
		7:15 PM	Film: <i>The Spectacular Now</i>	AUD	10
Mon	15	5 -7 PM	Book Sale	AUD	7
Tues	16	9 AM-7 PM	Book Sale	AUD	7
		1 to 4 PM	*Spring Blood Drive	BR	14
		3:00 PM	Thoughtful People: Michael Cotter	FG	7
Wed	17	8:30 AM	*Mens' Breakfast: Joe Mengel	PDR	6
		9 AM-Noon	Book Sale	AUD	7
		11:00 AM	*Funky Lunch Bus: Geer Street Garden	CCL	11
		2:00 PM	Book Group: <i>The Secret History of Wonder Woman</i>	BR	10
Thurs	18	10:00 AM	Unity Group: "The Five Major Challenges Facing the US Today"	LH	6
		2:00 PM	Medical Update	LH	6
Fri	19	11:00 AM	Music Appreciation: Beethoven	FG	8
		2:00 PM	Campus Bike Ride	Bocce Ct.	14
		7:30 PM	Music at the Meadows: Woodwhims Wind Quintet	AUD	8
Sat	20	7:15 PM	Film: <i>All the President's Men</i>	AUD	10
Sun	21	3-5 PM	The Park: Celebration and Dedication	PARK	13
		6:30-8:30 pm	Music Extravaganza and Silent Auction	AUD	8/11
Wed	24	10:00 AM	DVD: <i>Improve your Water Painting Techniques</i>	AS	8
		2:00 PM	Philosophy Group: "Society of the Spectacle"	LH	5
Fri	26	10:30 AM	World Affairs: "European Elections 2017: An Update"	AUD	5
		11:00 AM	Music Appreciation: Wagner	FG	8

MAY 2017 CALENDAR

		7:30 PM	Travel Adventures: "Enchanting Ethiopia"	AUD	7
Sat	27	7:15 PM	Film: <i>Beauty and the Beast</i>	AUD	10
Mon	29	11:00 AM	Memorial Day Program	AUD	11
Tues	30	10:00 AM	Art Class: "How We See in Perspective"	LH	9

*Requires sign-up

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
LH: Lecture Hall	PDR: Private Dining Room	PS: Pines Study	MP: Marketplace



NCSU Hunt Library Reading Room