



Artistry Abounds



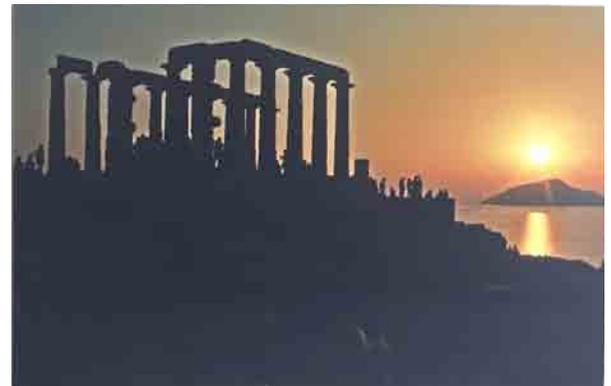
"Law Offices" by Peter Baer



"Guanaco on Ridgeline" by Don Brewer

Dining at Carolina Meadows now includes a feast for the eyes. An astonishing array of 33 photos by 22 residents graces the entrance hall and the walls of the Private Dining Room. They range from the humor of a combined law office and tattoo parlor in New Orleans to the grandeur of the Andes mountains in Patagonia and reflect the efforts of a hard-working, creative collaboration.

In response to an open invitation, 159 photos in various formats were screened and digitized by Dan Patterson; judged, anonymously, by Susan Gaca, Carol Lehman and Margaret Zircher; and enlarged, printed on canvas and framed by Canvas on Demand in Research Triangle Park. Finally, they were organized into harmonious groupings and hung by staff members Mark Richmond and Jason Crouse under the careful direction of the judges. The result: a dazzling display.



"Sunset at the Temple of Poseidon" by Charles Khan



"Bullock Cart" by Michael Cotter

The project was funded by the residents' Gift and Remembrance Fund and, notably, came in under budget. Whether dining or not, come and see this latest example of the many talents residing in our community.

- Chris Schmidt

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President's Message

Since I am married to an Irishman, when March arrives I immediately think of shamrocks and leprechauns. As President I guess I should turn my thoughts to Nominating Committees, Survey of Interest Forms and UNC-TV Fund Raising.

The success of the Residents Association (RA) depends on its volunteers. Volunteering is also a great way to meet residents and form new friendships. Last month each resident received a Survey of Interest Form from Sam Ligon, RA Vice President. These forms should be returned to Sam by March 15.

Each precinct should be working on its slate of officers for the upcoming year. This year we are asking that the precinct officers be elected at or by the April Precinct Meeting. The new slate of officers for the RA will be announced at the April RA Meeting with voting taking place in May. The RA Secretary is the only open position on the Executive Committee this year. Please contact me or Mike Kesner, Chairman of the Nominating Committee, to recommend a candidate.

The UNC-TV drive is in full gear. Over 50 residents have been working on at least one of the many activities involved to assure the success of the Festival. It will culminate with CM presenting a check on the evening of March 15. The team has done a fantastic job again this year with all of their creative ideas to assure their goal is reached or exceeded.

By now the Private Dining Room and the hallway leading to the dining rooms should be filled with wonderful pictures created from resident photos converted to canvas. Susan Gacia and Carol Lehmann came up with this idea. Along with Margaret Zircher they have spent endless hours to bring the idea to fruition. This is a win-win for the residents: not only do we enjoy these photos while on display, but they will also be available for us to purchase. The initial funding for this project came from Gift and Remembrance. Many thanks to these three and all who worked with them; your hard work to make this a reality is appreciated.

-Betsy Ahern

THE MEADOWLARK
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—
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April Issue Deadline

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

You are invited to a

Resident Town Hall Meeting

Kevin McLeod, President and CEO
11 am in the Auditorium

Monday, March 13, and Wednesday, March 15



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

Carolina Meadows Census As of January 31, 2017

Number of Residents	Occupancy Level
Independent Living:	
596	93%
Assisted Living	
82	92%
The Pines*:	
55	69%*
Total:	
733	89%

*Includes temporary admission of IL and AL residents.

NEWS (continued)

Pat Mandell, New Resident Board Member



When the Carolina Meadows Board of Directors meets in May, one of the first items on the agenda will be to welcome Pat Mandell as its newest member. Pat and her husband Wallace were among the first to sign a contract when Carolina Meadows opened Phase 5. She lost no time finding ways to help once she was here.

In the almost five years they have been residents, Pat's activities have ranged from serving tea on Thursday afternoons in the Pines, being a Library aide and acting as an escort for the MAP program, to chairing the Community Outreach Committee and the Women's Luncheon Group. She has served on the Public Relations Committee, and, very soon, she will complete a two-year term as Representative for Precinct 15.

But she brings more to the Board than energy, enthusiasm and a desire to serve. Her professional background in education includes teaching stints at Texas State University in San Marcos and at the University of Houston. Especially important is her 24-year career as head of private schools in

Houston, San Antonio, and Baltimore. In those positions she developed a wide range of business and communication skills that will serve her well in this new role.

"Being Head of School at a private school," she says, "is like being the CEO of a 501(c) 3 not-for-profit organization. I had to do everything from fundraising, managing budgets, and working with boards of directors to supervising staff and developing curriculum." People skills were important. She learned to see different sides of an issue, and she honed her communication skills. Analytical skills developed as she worked on understanding the effects of change. "Every time I walked into a school as the new Head of School," she says, "I was the big change. Change is hard, and I learned how to listen to people."

Those who have seen Pat in action know that her expertise, warmth, and generous spirit will make her a much-valued board member. "I love this place," Pat says, "and I will do anything to help it thrive."

- Beverly Patterson

Plaque Awarded to Carolina Meadows

For more than ten years, the residents of Carolina Meadows have volunteered to help train all third-year UNC Chapel Hill medical students on geriatric fall risk assessment. During the training students practice their assessment skills on resident volunteers and conclude with lunch together provided by Carolina Meadows. Students report that their time here is very meaningful.



Resident David Freeman with students

The program has been coordinated by Dr. Tiffany Shubert who delivered a plaque which reads: "Presented to residents and staff of Carolina Meadows in appreciation for your dedication and support towards educating UNC-Chapel Hill medical students." Thanks to this outreach initiative, more than 1,500 medical students have already been trained at Carolina Meadows!

Originally funded by a grant, the program was so successful that the School of Medicine has integrated it into the curriculum. The training will continue quarterly at Carolina Meadows. Interested residents can see Jody Hite to sign-up to volunteer.

- Amy Gorely

IN MEMORIAM	
Henry Landsberger 02-01-2017	4-302
Philip Hirsch 02-04-2017	G-131
Edythe Welsh 02-11-2017	P-105

Contacting Your Senators and Representatives

Have you ever wanted to contact your state or national representative to support or oppose a bill? Here's what you need. If you really want to be heard, call or write. An email, so easy to send, is least likely to have an impact.

North Carolina General Assembly

Senator Valerie P. Foushee
(919) 733-5804

300 N. Salisbury Street, Room 517
Raleigh, NC 27603-5925

Representative Robert T. Reives, II
(919) 733-0057

16 W. Jones Street, Room 1323
Raleigh, NC 27601-1096

United States Congress

Senator Richard Burr
(202) 224-3154
217 Russell Senate Office Building
Washington, DC 20510

Senator Thom Tillis
(202) 224-6342
185 Dirksen Senate Office Building
Washington, DC 20510

Representative Mark Walker
(202) 225-3065
1305 Longworth House Office
Building
Washington, DC 20515

- Judith Pulley

North Carolina Continuing Care Residents Association (NorCCRA) Update

The annual meeting of the Eastern Region of NorCCRA is coming up on April 3, at Scotia Village in Laurinburg.

Eastern Region meetings are especially interesting as they allow us to meet with fellow members of this important organization in a closer manner than in the larger, state meeting. At the regional meetings we have a chance to socialize, share ideas, visit different sites, and make specific plans to strengthen the organization and learn more about how the government may affect residents of continuing care communities such as Carolina Meadows.

The meeting is from 10 to 2 pm on Monday, April 3. The agenda will include a presentation from Sindy Barker, "The Government and Us," with updates on state and national activity affecting seniors as well as information for us on how to make our voices heard.

Herb Wile will discuss hospital care covered by Medicare, and John Olmstead, Chair of the Eastern Region, will provide updates for the Region.

Cost for luncheon is not yet available. Carolina Meadows will provide a van free of charge for the hour and a half trip to Scotia Village. Reservations are due by email <olmsteaj@erols.com> or telephone (910) 361-4747 no later than noon, March 29.

- Joanne Harrell, Carolina Meadows NorCCRA Representative

The Chef Goes Wild

Chef Jody McLeod represented Carolina Meadows at the 7th Annual Share to Care Gala on February 18. Jody's theme presentation was inspired by the film *When Harry Met Sally*.

The Share to Care Gala is an annual fundraising event for Transitions Guiding Lights, a nonprofit providing comprehensive caregiver support services. The Chef Challenge is a Gala event where professional judges award the Silver Spoon Award to the top chef contestant. A People's Choice Award is given to the audience favorite. Carolina Meadows sponsored both culinary presentations.

Guiding Lights Caregiver Support Center, located in Raleigh, has been designed solely with caregivers in mind. Their goal is "to have the very best resources and means of support for all local family and professional caregivers, to diminish the fear, doubt and overwhelming stress that accompany

this very important aspect of family life."

When Harry Met Sally may sound down home and so does a Reuben Sandwich. However, Jody's Reuben does not resemble any Reuben you've ever eaten. He describes this avant-garde creation as "deconstructed." In case you want to give this a try at home, be prepared to do some research.

This Reuben is made with Air bread, a light airy bread prepared somewhat like a soufflé, that is infused with Swiss cheese foam and topped with sliced pastrami brisket, crackled sauerkraut and savory micro-greens. The sandwich was sided by a large Russian dressing caviar bead and towered by a potato wing, all presented on a small clear square plate.

Because this article went to press before the event, readers will have to check the bulletin boards to learn the outcome.

- Mary Jo Doherty

A Sprite in the Park



Have you visited the Carolina Meadows Park lately? Be sure to see the small Frank Lloyd Wright-inspired garden "Sprite" by Alfonso Ianelli that has found a new home there. Special thanks go to John and Mary Jon McWhirter for offering this lovely garden sculpture for all of us to enjoy and to the Park Group for creating the setting for it.

If you have an outdoor sculpture that you think might be appropriate for the Carolina Meadows Park, feel free to contact Taimi Anderson (919) 969-7796 to discuss guidelines. Such donations are welcome, subject to our approval.

-The Park Group

TALK

Women's Luncheon

One of North Carolina's favorite writers, Lee Smith, will be the speaker at the March Women's Luncheon on **Tuesday, March 14, at noon in the Private Dining Room.**

Lee Smith is the author of 13 novels, four short story collections, and a memoir. When she graduated from Hollins College, she had a bachelor's degree in English and her first major award, the \$3,000 Book-of-the-Month College English Writing Contest Prize. She has since won many other awards including the Robert Penn Warren Prize for fiction, the Sir Walter Raleigh Award, the John Dos Passos Award for Literature, and the North Carolina Award for Fiction.

She and her husband, Jim Seay, moved to Chapel Hill in 1974 where she had a busy teaching career in addition to her writing. She has taught at the Carolina Friends School, UNC at Chapel Hill, the Duke Evening College, and, for 19 years, in the writing program at North Carolina State University. Lee Smith now lives in Hillsborough with her second husband, Hal Crowther. Who could be better to have as our speaker in this month when the UNC-TV fund drive is celebrating "All Things Carolina?" She is one of North Carolina's favorite authors and always an entertaining speaker.

Reservations are limited to 50, so make your reservations early by calling or emailing Jody Hite after March 1. If you have dietary restrictions or need to cancel your reservation, call Pat Mandell by noon on Monday, March 13, so as not to be charged for the luncheon.

- Christine Flora

Welcome New Residents

Frederick Downs, V278

Last Residence: Cape Cod, MA
Interests: Missions; international affairs; teaching adult ed classes at church; History of Christianity in Northeast India; Coordinator Frank Coulson Awards Committee, Bangalore, India.

Mary Downs, V278

Last Residence: Cape Cod, MA
Interests: Church; knitting; crochet; watching sports.

Donna Fountoukidis, V127

Last Residence: Chapel Hill, NC
Interests: Travel; hiking; walking; gardening; volunteer for Hospice, Seymour Tech Ctr & VITA tax Program.

Marcia Friedman, V233

Last Residence: Chapel Hill, NC
Interests: Reading; volunteering; Hilltop Condos Social Comm co-chair

Judith (Judy) Jones, V323

Last Residence: Chapel Hill, NC
Interests: Reading; quilting; exploring NC; substituting; tutoring.

Morgan Jones, V323

Last Residence: Chapel Hill, NC
Interests: Reading; travel; woodworking; history.

Dorothy (Dot) Lutz, 4-310

Last Residence: Ardsley, NY
Interests: Family; friends; reading; theatre.

Paul Schwenke, V364

Last Residence: Chapel Hill, NC
Interests: Travel; duplicate bridge; reading.

Ruth Ann Schwenke, V364

Last Residence: Chapel Hill, NC
Interests: Travel; duplicate bridge; genealogy; reading.

World Affairs

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

March 3: No program

March 10: Harry Watson, "Tar Heel Past and Present: State History for the 21st Century"

Harry L. Watson, Alumni Distinguished Professor of Southern Culture at UNC-CH and a specialist on the antebellum South and North Carolina, will help Carolina Meadows celebrate "All Things Carolina" with a lecture connecting North Carolina's past history to its present.

March 17: Judith Pulley, "The Rise of the Robots: Dystopia"

The program on robots on February 3 considered the threat of massive joblessness as a result of the robotic "revolution." This session examines the possibility that robots powered by artificial intelligence could become smarter than their human creators.

March 24: Fareed Zakaria special, "The Politics of Rage: Why They Hate Us" (video)

"Why do they hate us?" was the question asked by almost all Americans after 9/11. As the recent Executive Order on immigration demonstrates, we continue to view Muslims, especially those from terror-prone nations, with fear and suspicion. Fareed Zakaria probes this question in a special program.

March 31: Richard N. Haass, "A World in Disarray" (video)

Richard Haass, President of the Council on Foreign Relations, discusses his new book, a diagnosis of the most pressing global challenges and his prescription for a renewed American foreign policy.

- Judith Pulley

Carolina Meadows University

CMU will continue Course II of its Spring 2017 Semester: "Carolina Culture," as part of Carolina Meadows' program to support UNC-TV "Festival 2017" with the fundraising theme "All Things Carolina."

Session One in February featured NC Poet Laureate Shelby Stephenson.

In Session 2 on **March 6**, Gary R. Freeze, Professor of History at Catawba College, will discuss his seminal and entertaining work on the legacy of "Mayberry RFD." The semi-fictional home of two Andy Griffith TV series, Mayberry was patterned after Mount Airy, NC, Andy Griffith's hometown. Professor Freeze earned his PhD in History from UNC Chapel Hill and taught at UNC and North Carolina State University before joining the faculty at Catawba College, where he has been a regular recipient of the "teacher of the year" award.

Session 3, on **March 13**, will focus on the emerging world of North Carolina Tourism. The talk will be presented by Andre Nabors, partner relations manager for the NC Department of Commerce. Andre heads up the new "Retire NC" project. Its banner headline is "Imagine returning home to a vacation."

Following the usual one week hiatus, CMU will return for Course

III: "George Gershwin: His Life and Music," which will feature our own Kathryn Moss. Kathryn is a lifelong scholar with a Bachelor of Music degree, several masters' degrees, a PhD in Social Policy and 30 years of university teaching and research. Post-retirement, she has rediscovered her original passion - playing the piano and teaching about music and music-related topics.

On **March 27**, using a combination of lecturing and video clips, Kathryn will focus on the early years of Gershwin's life. She will show how, during this period, George went from being a child of the New York City streets and subsequently a high school drop-out to being a creator of a new American music - sensitive but unsentimental, hauntingly beautiful, sparkling with humor, and endowed with that wonderful quality of making people fall in love with it.

The April 3 Session will consider Gershwin's middle years; the April 10 Session will include an exploration of Porgy and Bess and Gershwin's songs. Details will be included in next month's *Meadowlark*.

Note: All CMU Lectures are now presented **in the Auditorium, on Mondays from 1 -2:30 pm.**

- The CMU Steering Committee



Our speaker for the breakfast on **Wednesday, March 15, at 8:30 am** is Michael Cotter. His topic is "The State Department, The Foreign Service, and The Dissent Channel." Please sign up by Thursday, March 9, and please wear your name-tag.

- Fred Bowman

MeadowLife Workshops

Whether you are just getting started on *MeadowLife* or need a refresher course, you are invited to attend one of two workshops for a demonstration of the site and tips on how this resource can help you to make the most of all of Carolina Meadows' activities and services.

Thursday, March 16, 10 am
Lecture Hall

Monday, March 20, 3 pm
Lecture Hall

If you can't make the workshops or need reminders in the future, just go to the *MeadowLife* home page and select "How to Use the MeadowLife Website," located at the top of the right sidebar. There you will find a MeadowLife FAQ (Frequently Asked Questions), "Searching MeadowLife," and "The MeadowLife Site Map—Illustrated."

- Judith Pulley

Medical Update

On Thursday, March 16, at 2 pm in the Lecture Hall Dr. Barton Cobert will deliver a lecture on Medical Marijuana.

Dr. Cobert is an expert on drug safety and medication side effects. He will discuss marijuana and the cannabis plant, including its active chemical component, THC; the suggested medical uses as well as the adverse side effects, both short and long term; possible dangers; and the evidence basis for its use versus just hope. The final discussion will be: What is the bottom line?

Dr. Cobert is Board Certified in Internal Medicine and Gastroenterology. He is on the staff at the New York University Medical Center and the Rutgers University Medical Center as an Adjunct Associate Professor. Dr. Cobert is an author of several textbooks and numerous journal articles on Drug Safety and medication side effects and a frequent presenter at Drug Safety Meetings.

This should be a stimulating lecture on a current, but still very controversial, subject.

- Leonard Cutler

Bird Talk

On Tuesday, March 7, at 10 am in the Lecture Hall Tom Driscoll, a seasoned bird watcher and immediate past President of New Hope Audubon Society, will present a lecture entitled "Everything You Ever Wanted to Know About Bluebirds and Nuthatches."

There will be a handout containing information about their care, nest box location and installation. Nest boxes will be available for sale (\$15 cash or check payable to New Hope Audubon Society). Tom will assist residents in locating the nest box in their yard or installing the nest box on a tree. Information about installation on a pole will also be provided at the meeting.

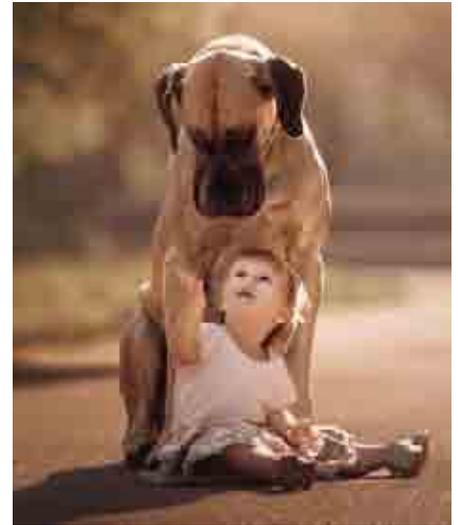
Sponsors: The Park, a resident conceived, supported, and maintained multi-purpose natural area near the Community Gardens, and Birders@CM, a new group of residents working on providing bird related outings, speakers, and citizen science activities.

Please join us to learn about birds and these sponsors.

- Betsy Bowman and Margaret Scott

Kids & Pets

What could be more uplifting in the heart of winter than joyful images of young children and their pet dogs, cats, rabbits etc. - snuggling, sleeping, romping, and enjoying life? So I will be presenting a show guaranteed to perk up spirits during what often can be melancholy months of cabin fever.



The first showing will be in the **Fairways Gallery at 3 pm on Monday, March 6**. It will be repeated on the following day, **Tuesday, March 7, at 2 pm in the Pines CATER Room**.

- John Haynes

Philosophy Group

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

Wednesday March 8: "Where Hope Tramples Truth"

Wednesday, March 22: "The Dangers of Certainty"

Relevant readings and questions will be distributed to members a week before the session. Please contact me to be placed on our mailing list and plan to join us.

- Marlene Appley

Travel Adventures: Delhi, Agra & Kathmandu

Don Lauria started assisting Kathmandu in Nepal with the development of a new water supply system in 2003. Two years later, his son Stephen joined him as a tourist on one of his trips. Delhi, the gateway to Kathmandu, provided the opportunity to tour Agra, including the Taj Mahal and Fatehpur Sikri, a city founded in 1569 by an Emperor of the Mughal Dynasty. While Don was working in Kathmandu, Steve hired car and driver to explore Kathmandu Valley. The presentation by Steve and Don **in the Auditorium at 7:30 pm on Friday, March 24**, includes slides of people and places off tourist routes that are seldom seen.



Photo by Don Lauria

Special Event Stories With Jane Hauser

Do you like to listen to a good story? On **Thursday, March 30, at 3 pm, in the Board Room**, award-winning storyteller Jane Hauser will make her real life experiences come to life. The stories range from a yard sale to the Ku Klux Klan and the Mafia in Rhode Island. And there is one about an...well, you'll just have to come to the Board Room to hear them.

Jane has won an eight state contest and appeared at the National Storytelling Conference in Los Angeles. She has also been chosen to appear with Donald Davis at the NC Storytelling Festival.

Please join her for a 50 minute program to make you laugh, gasp and shake your head.

- Activities Department

Thoughtful People

Who & What Are We? Exploring the Human Microbiome

We consist of more than just one human gene. While for centuries we believed that "alien" microbes, germs, cause 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.

On **Tuesday, March 21, at 3 pm in the Fairways Gallery** Michael Cotter will discuss how science has discovered those microorganisms, identified their genetic structure, and determined how they influence our lives.

Pines/Green Friends Meet Director of Nursing

We are all aware that the daily attention, skill, and loving care of the nursing staff at the Pines is beyond estimation in terms of the health and spirit of our residents. The nurses are an invaluable resource in helping us to understand special needs of our friends and neighbors. At our quarterly meeting, we will all have an opportunity to get a broader look at our relationship to the nurses and the mutual assistance we can offer one another.

Shonette Cobb, Director of Nursing at the Pines, will be our guest speaker on **Tuesday, March 7, at 1:30 pm in the Lecture Hall**. Please mark your calendars, and note that we have moved the meeting to the larger venue of the Lecture Hall. Please think about inviting others who might be interested in joining the Pines/Green Friends. Let's fill the Lecture Hall on March 7. *- Ann Powers*

Unity Group Chagall

(No more need be said)

For the last eleven years of Chagall's life, Vivian Jacobson (no relation to resident Vivienne Jacobson) assisted him on various national and international projects. She will identify the artist's ten most important works for her and the world on **Thursday, March 23, at 10 am in the Lecture Hall.**

Jacobson has served as President of the American Friends of Chagall's Biblical Messenger Museum in Nice, France, and as Chairman of the Chagall Tapestry Project in Chicago. Her book, *Sharing Chagall: a Memoir*, will be available for purchase (\$16 cash or check) with a book signing after the lecture.

- Joe Danos



NORTH CAROLINA
HUMANITIES
COUNCIL

MANY STORIES. ONE PEOPLE

This project is made possible by funding from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities.

ARTS

Music at the Meadows Concert Series In the Auditorium

Tommy Edwards and the Bluegrass Experience

Thursday, March 2, 7:30 pm

Tommy Edwards is one of North Carolina's best-known bluegrass musicians. He formed his band, the Bluegrass Experience, in 1971. All its members are accomplished singers as well as instrumentalists. Tommy is also a song writer. He wrote "Holy Smoke" to go with John Shelton Reed's barbecue book of the same name. The BBQ dinner planned by the Special Events Committee prior to the concert will put you in the mood for an evening of Bluegrass. Both the concert and the dinner are part of the "All Things Carolina" celebration in association with Carolina Meadows' UNC-TV fund raising drive.

Rhythm & Reeds

Friday, March 17, 7:30 pm

This jazz ensemble, led by Gordon DeFriese, features New Orleans style music. Gordon led a three-part Carolina Meadows University lecture series on New Orleans Jazz last year and ended the series with

a Rhythm & Reeds concert that was highly praised by our residents. Gordon has promised to sneak in some Irish-themed music in honor of St. Patrick's Day.

Maryville College Concert Choir

Sunday, March 19, 3 pm

This is an "extra" concert just added to the Music @ Meadows lineup and is co-sponsored with Activities. Maryville College is in Tennessee, and its 60 member concert choir is on its spring tour. The tour's theme is "A River Runs Through It, and the program will include multi-cultural music from around the world.

North Carolina Opera

Wednesday, March 29, 7:30 pm

Eric Mitchko, Director of the North Carolina Opera, will present a group of singers from NC-Opera who will treat us to a program of arias and duets. In past years, audiences here have enjoyed and praised their performances.

- Anne Bodner

Musical Events

Double Hot Stuff: a Musical Comedy and Revue

Performed and written by Jane Hauser, Mary Crabill, Pat Beyle and Karen Cooper

We are 4 women who live at the Cedars and, yes, our ages are higher than our thermostats. On **Wednesday, March 8, at 2 pm in the Auditorium**, we are happy to perform our show that has played to packed houses and standing ovations! That's no joke. We sing, dance (ok, we move our feet) do patter and jokes and throw in a few surprises. Please join us in the Auditorium and be prepared to laugh.

Music Appreciation Friday, 11 am in the Gallery

Mar 3 - Chopin Rubinstein in Moscow

Mar 10 - Segovia

Mar 17 - No Music Appreciation

Mar 24 - Bach Brandenburg Concertos

Mar 31 - Haydn-Peter Ustinov hosting a biography

- Suzanne Calcutt

Library Note

This month we support UNC-TV, our local public television station. It might be an appropriate time to sample some of the many books by and about the state which all of us, either by birth or adoption, now call home. To assist us, the library has dedicated a special bookcase to North Carolina writers and books about the Tar Heel State.

- Bill Powers

Tuesday at the Movies

2 pm in the Lecture Hall

March 14 *Words and Music* (1948)

Richard Rodgers and Lorenz Hart are the subject of this biopic. The real stars of the film are the pair's songs, which get powerful treatment from the big names of the day.

Consider Ceramics!

Have you ever thought about working with clay, getting your hands dirty while shaping a bowl or plate?

A few years ago, CM contracted with Debbie Englund to teach clay classes in the studio downstairs in the Club Center. She works with each individual at his or her own pace. In order to provide a complete clay experience for her students, Debbie proposed buying a new kiln to replace the non-functioning kiln in the studio. (She had been carrying student work home to her own kiln.) The cost of the kiln was covered by donations from clay students, a resident potter and the Gift & Remembrance Fund, with Carolina Meadows taking up the remainder. It was delivered and tested early January and is now in regular use for the work

Saturday Night Movies

7:15 pm in the Auditorium

March 4 *A Royal Night Out* (2015)

While the life of a princess may sound exciting, it's often anything but, so it's with great excitement that young princesses Elizabeth and Margaret join the partying crowds on V.E. Day 1945 for a night neither will ever forget.

March 11 *Romantics Anonymous* (2010)

French w/ English Subtitles
Love and chocolates may yet win the day in this delightful romantic comedy which follows the slow-burn romance of talented chocolatier Angélique and chocolate-factory owner Jean-René, lonely souls who secretly share a debilitating anxiety disorder.

produced by the class and by solo potters. Debbie has brought in many lovely glazes and is in the process of mixing a few more that will be tested very soon. As a 'solo' potter, it is a great pleasure to have a fully functioning clay studio here on the CM campus.

Interested? Stop in on a Friday afternoon and see what's going on,

March 18 *Loving* (2016)

Ruth Negga, Joel Edgerton and Will Dalton

Based on the true story of Richard and Mildred Loving, an interracial couple whose 1958 marriage in Virginia broke the miscegenation laws. Their fight to stay married led to a legal battle that would end, in 1967, at the US Supreme Court, which ruled that marriages between blacks and whites was legal.

March 25 *A Star is Born* (1954)

Judy Garland, James Mason, Jack Carson

When small-time stage and lounge singer Esther Blodgett is discovered by famous actor Norman Maine, she rises to the top while he drinks himself to the bottom - leaving her with a heart-wrenching choice: love or her dreams.

then sign up for the class (pictured below) with Debbie. It meets Fridays from 1 to 3:30 pm. If you have experience and want to work solo, that's good too. Just contact Jody!

Check out the *MeadowLife* page [meadowlife.org/activities/ceramicspottery].

- Barbara Rich



ACTIVITIES

Wellness

When attending exercise classes and/or using the fitness center equipment, please check in with your fitness center key tag each time you use the facility. If you do not have a key tag please complete the application located at the information kiosk in the fitness center. Questions? Please call me at (919) 370-7114.

Awareness Through Movement® Class. Better Balance: The Interplay between Stability and Mobility - Eight Mondays, 10:45-11:45 am, March 20-May 15 (no class April 3). This series will explore how allowing freedom of movement in the spine, hip joints, knees, ankles, neck and eyes can improve your balance. Cost for series is \$45, billed to your CM account. Please register in the Wellness Book. *You must be able to get down to, up from, and lie on the floor.*

Take Care of Your Feet. Tuesday, March 21, at noon in the Board Room. Fleet Feet Sports will be available in the Board Room for proper fitting and in the Auditorium for athletic shoes sales. Remember proper footwear is key in preventing falls from occurring.

Carolina Meadows Marathon 2017 Challenge. Beginning March 1 you will be asked to complete 25 miles of walking on your own (20 continuous walking minutes will equal 1 mile). We will complete the last mile together in a community walk on Wednesday, April 12, at 11 am. If you are unable to walk, please contact the Wellness Department so a reasonable accommodation

can be made for you. Register for the challenge by signing up in the Wellness Book no later than March 5 to be eligible to participate. A walking journal will be put in your CC mailbox to confirm your registration. Everyone who completes the challenge and attends the group walk will earn a Meadow-living T-shirt! Questions? Call me at (919) 370-7114

On Campus Group Walks will be held Tuesdays at 2 pm and Wednesdays at 10:30 am led by UNC Exercise Science Interns throughout the month of March. Walks will range from 1/2-1 mile. All levels of walkers are welcome. Please meet promptly in the Exercise Room at the Welcome desk. In the event of inclement weather cancellation, notification will be posted on the Fitness and Health calendar.

Off Campus Walk/Outing to the Sarah P. Duke Gardens **on Friday, March 24.** Join us for a day outdoors. The terrain is mostly gravel with some hills and beautiful scenery. Bus will leave from **the Club Center at 10 am.** After exploring the grounds enjoy lunch on your own at Piper's Deli. Space is limited, so please sign up in the Wellness book today!

Senior Games Chatham County Applications are now available in the Exercise Room at the check-in desks. Carolina Meadows will sponsor the first 30 applicants; just return your completed application to me or Jody Hite no later than Friday, March 17. Please note there is a silver arts category, and Carolina Meadows will be the host for the Mens Bocce event on Thursday, April 27.

- Michelle Marino

Book Group

Mr. Pip by Lloyd Jones

Lloyd Jones takes us and Dickens' Mr. Pip to New Guinea during a brutal civil war of the 1990's. Jones covered this war as a journalist and then wrote a novel that won the 2007 New Zealander the Commonwealth writer's prize.

One reviewer writes "In this dazzling story within a story, Jones has created a microcosm of post-colonial literature hybridizing the narrators of black and white races to create a new and resonate fable."

Read this book and come discuss it with other residents on **Wednesday, March 15, at 2 pm in the Board Room.**

- Bonnie Armer

The Archives

The Archives Committee would like residents to know that the CM archives are being transformed from a random collection of materials to a professionally organized facility. A group of UNC students, under the guidance of Denise Anthony, originator of a course titled, *Community Archives*, are storing records in boxes designed specifically for the long-term preservation of materials and digitizing the holdings in order to make them more readily accessible.

A debt of gratitude is owed to the School of Information and Library Science and to Professor Anthony. Present and future residents of Carolina Meadows are the beneficiaries of their work. All residents should feel free to visit the archives.

- Bill Powers

UNC-TV Festival 2017

The UNC-TV annual campaign is one of four officially RA sponsored fund-raising activities at Carolina Meadows. This year's theme is "All Things Carolina" to celebrate the many rich Carolina-based programs on our local PBS Affiliate TV Station, UNC-TV.

You've already seen lots of activities and events around campus since the launch of Festival 2017 on February 20. These will continue through the first two weeks in March with the unveiling of another mural by resident artists Susan Gaca and Margaret Zircher, the opening of a wide-ranging exhibit of "All Things Carolina" in our display cabinet, presentations from Carolina Meadows University and World Affairs with focus on Carolina topics and speakers, and much, much more. Many of these are described elsewhere in this month's *Meadowlark*. We thank the dozens of volunteers and committee and activity chairs who have directed their efforts and programs to support this year's Festival.

Particularly important is the decision of UNC-TV to bring to CM their cameras and lights to a live broadcast taping of the very popu-

lar "BookWatch" show, featuring NC's D.G. Martin. This will feature an open invitation to all residents to provide the live audience **in the Auditorium on Tuesday, March 14, at 1:30 pm**, when DG will interview Carolina Meadows authors Bill Powers, John Shelton Reed, and Walter Dellinger and answer your questions.

All these activities are intended to raise our awareness of, appreciation for, and, of course, donations/subscriptions to UNC-TV (well ... in addition to being lively and fun!). They lead up to our annual moment in the sun, a live broadcast featuring over twenty Carolina Meadows residents and staff from the studios at UNC-TV, helping around the studio and handling the phones. CM Night will be Wednesday, March 15. Be sure to tune in and watch your friends and neighbors as we roll up our sleeves and work to preserve this vital resource. On the show, we'll present a check to the station summarizing your donations over the three weeks of the campaign. Dig deep in your pockets to be sure we keep quality public television in our community.

- *The UNC-TV Steering Committee*

Community Gardens

As a kid in Minnesota, I hated having to help my mother get ready for planting in the spring. I wanted to swim, sun bathe and hang out with my two best friends. But when friends and even strangers would stop to admire my Mom's yard, especially her irises and regal lilies, I understood why the hard work paid off. She kept doing it right up to her 101st birthday.

It wasn't until I had my own home that I asked for some of her iris rhizomes and gardening advice. Today it's the housework that I dislike and gardening that I love, especially in the Carolina Meadows raised beds. It's so easy. In the next few months, take a look at the irises that are at both ends of Plot #17 and 18. Some are the fifth or sixth offspring of Mom's irises.

When we came to Carolina Meadows, there were two plots available. We took them both and started growing Japanese cucumbers, along with iris, rhubarb, tomatoes, onions, and lots of herbs. Of course I had more than I or any of my neighbors could use. So when the Dining Services Committee asked if I would supply the kitchen with herbs, I was happy to do so. When I asked Brad what the kitchen could use, he said anything that grew in a raised bed that used only commercial mulch and fertilizer.

This will be my third year of supplying William in the kitchen with herbs, especially basil (they always want more) and cucumbers. When I bring in something exotic, he uses it for garnish. It's fun. I enjoy it. If you are interested in sharing your bounty, call me at (919) 967-1254 and I'll help to arrange it.

- *Bev Milton*

Gift Shop Red Dot Sale

Starting March 6 we will be having one of our periodic closeout sales with 50% off selected tops, jewelry and scarves – a great opportunity for bargains. While looking over the sale items, be sure to notice our recently arrived hostess gifts (seafood dip kits complete with serving bowl) and a recent shipment of leather crossover woman's handbags in a variety of colors (great for travel or everyday use when a smaller bag is preferred). Finally, in mid-March we will be traveling to the Greensboro Merchandise Market, so look for new items of all sorts toward the end of the month.

- *Mike Kesner*

Restaurant Review: City Barbeque and Primal Foods and Spirits

There's hardly a restaurant of consequence that doesn't claim "Farm-to-Table" credentials, and now the latest come-on is "Wood-Fired" meat. Two restaurants promoting these trends are at the nearby Southpoint Crossing Center at the intersection of Fayetteville Road and Highway West 54.

City Barbeque is a happy, rollicking place when the house is full, which is most of the time. They serve wood-grilled brisket, pulled pork, ribs, sausages, turkey and chicken. All the meats are slow cooked on-site 18 hours for their distinctive "smoker-to-table" flavors. Forget artisanal bread, this is good fast-food served in a sweet doughy bun or Texas Toast or "naked." You can choose from a dozen sides including mac and cheese, pork-collards, bacon-green beans, gumbo or corn pudding among the batch. The green beans and collards are cooked Southern-style "limp," and the gumbo won't remind you of New Orleans. But the meat is unbeatable and a mile-high sandwich with two big sides sets you back a well-spent \$13. The restaurant has a strong sense of community, and their day-old food is frozen and distributed to local charities in the Food Rescue

government program.

In the row behind City Barbeque you'll find **Primal Foods and Spirits** an upscale, all-glass open structure in the current restaurant chic. You know they're serious about their Wood-Grilled claims when you step inside to see a mound of neatly stacked wood ready for the grill. Besides the Farm-to-Table and Wood-Fired pride, Primal also emphasizes its Gluten-Free foods. The breakfast menu offers pulled pork tacos mixed in an unfortunate egg blend that overwhelms the tasty peppers and onions, making for a lumpen product. At lunch the smoky wood-grilled chicken pieces are tossed over thin rice noodles and sauteed vegetables that do combat with a greasy cooking oil. Primal's carrot and ginger soup, however, gets a surprising snap with toasted pumpkin seeds that complete the flavors. You'll find menu variety with grilled hanger steak, salmon carpaccio and grilled octopus, and the sandwiches on a delicious wheat bread are served with a lively salad and dressing.

Both restaurants are "good enough" and comfortably close to home.
- Dorothy Mahan

Fashion, Food, and Fun!

Looking for ideas to perk up your wardrobe? Interested in seeing something new that you might really want to wear? Maybe you would just like to join friends for a nice lunch and be entertained by models showing the latest Fashions by Talbots.

In any case, this promises to be a fun event, complete with door prizes! The Special Events Committee, the Women's Luncheon Group, Carolina Meadows Activities Staff and Community Affairs are joining forces to present a lively afternoon of food and fashion. Join us **in the Auditorium at noon on Thursday, March 23**. Scott Schillin will provide the music, and Talbots will provide the fashions. You'll want to be there to enjoy seeing Carolina Meadows residents take to the runway as models. For reservations, call Jody Hite at (919) 370-7171 by March 17.

The event offers an opportunity to donate a scarf to Dress For Success. This organization seeks to empower women to achieve more independence by providing a network of support, professional advice, and development tools to help women thrive in work and in life.

You will find a basket for scarf donations at Brandi's desk in the lobby. You may also want to show your support by wearing a scarf!

- The Special Events Committee

Recycling Lithium Batteries

We are trying to keep Lithium batteries separate from regular batteries. Next to the "Used Batteries" container in the Residents Business Office there is a small container labeled "Li - Lithium batteries." Please use it. A common type of Li battery is the size and color of a nickel or quarter.
- Recycling & Conservation

Golf Report

We have begun the Saturday morning golf. We have created an email list for all golfers and have been emailing with the announcement for the Saturday game when the weather cooperates. If you have not received one of these announcements and would like to be on the list, please contact me or George Evans to be added to the list.

- Gus Conley

Women Golfer's Luncheon

All women golfers, present, past and future, are welcome to a luncheon **in the Private Dining Room at Noon on Monday, March 27**. Sign up by March 20 in the Activities Book.

Community Outreach

St. Patrick's Day Sing Along

Volunteers are not paid -- not because they are worthless, but because they are priceless. -anon



Join us **in the Auditorium at 2 pm on Friday, March 17**, as we sing all of the Irish

favorites: My Wild Irish Rose, When Irish Eyes are Smiling and Danny Boy. Lyrics will be on the big screen for all to see. Our very own infamous barbershop quartet, The Sounding Fathers (Hugh Tilson, Roy Milton, Peter Baer, and Paul Richardson) will lead a couple of performance pieces. Stick around after the singing and we'll enjoy a photo montage of Ireland on the big screen (by John Haynes), Irish music and some green punch, cookies and shenani-gans. Don't forget to wear the green!

- Kris Snyder and Jody Hite

Thank you for your tremendous support of the book drive for **Book Harvest**. Your donations will bring the world of books to many children in the Triangle region. Thanks especially to Pickett Guthrie and Anna Marie Drake for coordinating this important event.*

Communities in Schools of Chatham County is looking for volunteers to be a part of their Mentoring Program. The Program helps children and youth from all over Chatham County who are referred to the mentoring program for many different reasons. The program matches referred children one-on-one with a qualified adult volunteer who meets with the mentee an average of four hours per month for a year. Mentors are trained, screened, and supervised by an experienced Mentoring Program Manager. Volunteers are also needed for the CIS

Lunch Buddy program. Volunteers have lunch with the same child each week that they visit the school. If you are interested in either of these volunteer opportunities, please visit the CIS website at [cischatham.org/get involved/volunteer].

Do you have items that you would like to donate to the **Chatham Habitat for Humanity Re-Store**? They will be glad to come to your villa or apartment to pick up your donations. There is no charge for the donation pickup. All donations are tax deductible. Find out more by going to their website, [chathamhabitat.org/restores/donate-items] or by calling them at (919) 548-6910.

- Pat Mandell

* Pickett and Anna Marie add their thanks to volunteers and contributors and report that the project harvested **403 books and \$869 in monetary donations**.

Tips for a Balanced Life

March Myth: *"There's no point in talking to my providers about my concern for falling because they can't do anything about it."* We learned at the November Medical Update that there are many reasons for falling, including underlying medical conditions. Sharing your concern with your provider(s) allows them to help you determine how to reduce your risk of falling.

Tip: Get a fitness assessment and share the results as well as your concerns and information about previous falls. This is important to help your provider identify ways to reduce your risk and allay your concerns.

-The Resident Fall Prevention Task Force

Bus Trips

Sign up in the sign-up book



Funky Lunch Bus!
Geer Street Garden
Wednesday, March 15

Cost: \$8 per person + lunch on your own

Deadline: **Monday, March 13**

Load: 11 am

Chamber Orchestra Of The Triangle

Sunday, March 26

Cost: \$39 per person

Deadline: **Wednesday, March 22**

Load: 2 pm

TOUR OF JAMES B HUNT LIBRARY At NCSU

Tuesday, April 4

Cost: \$18 per person + lunch on your own at Amedeo's Load: 9 am

Deadline: **Thursday, March 30**

DAY	DATE	TIME	EVENT	LOC	PAGE
Thurs	2	1:30 PM 7:30 PM	Residents Council Meeting Music at the Meadows: Tommy Edwards	BR AUD	NA 9
Fri	3	11:00 AM	Music Appreciation: Chopin	FG	9
Sat	4	7:15 PM	Movie: <i>A Royal Night Out</i>	AUD	10
Mon	6	1:00 PM 3:00 PM	CMU: <i>Mayberry RFD</i> Kids and Pets	AUD FG	6 7
Tues	7	10:00 AM 1:30 PM 2:00 PM	Bird Talk: Tom Driscoll Pines: Shonette Cobb Kids and Pets	LH LH PS	7 8 7
Wed	8	2:00 PM 2:00 PM	Philosophy Group: "Where Hope Tramples Truth" Musical Event: Double Hot Stuff	LH AUD	7 9
Thurs	9	1:30 PM	Residents Association Meeting	AUD	NA
Fri	10	10:30 AM 11:00 AM	World Affairs: "Tar Heels Past and Present...." Music Appreciation: Segovia	AUD FG	6 9
Sat	11	7:15 PM	Movie: <i>Romantics Anonymous</i>	AUD	10
Mon	13	11:00 AM 1:00 PM	Town Hall Meeting CMU: NC Tourism	AUD AUD	2 6
Tues	14	noon 1:30 PM 2:00 PM	*Women's Luncheon Group: Lee Smith UNC-TV "Book Watch" taping Movie: <i>Words and Music</i>	PDR AUD LH	5 12 10
Wed	15	8:30 AM 11:00 AM 11:00 AM 2:00 PM	*Men's Breakfast: Michael Cotter Town Hall Meeting *Bus Trip: Geer Street Garden Book Group: <i>Mr. Pip</i>	PDR AUD CCL BR	6 2 14 11
Thurs	16	10:00 AM 2:00 PM	<i>MeadowLife Workshop</i> Medical Update: Medical Marijuana	LH LH	7 7
Fri	17	10:30 AM 2:00 PM 7:30 PM	World Affairs: "The Rise of the Robots: Dystopia" St. Patrick's Day Sing Along Music at the Meadows: Rhythm & Reeds	AUD AUD AUD	6 14 9
Sat	18	7:15 PM	Movie: <i>Loving</i>	AUD	10
Sun	19	3:00 PM	Music at the Meadows: Maryville College Concert Choir	AUD	9
Mon	20	3:00 PM	<i>MeadowLife Workshop</i>	LH	7
Tues	21	noon 3:00 PM	Fleet Feet Sports Michael Cotter: "... the Human Microbiome"	BR FG	11 8
Wed	22	2:00 PM	Philosophy Group: "The Dangers of Certainty"	LH	7
Thurs	23	10:00 AM noon	Unity Group: Chagall *Fashion Show	LH AUD	9 13

MARCH 2017 CALENDAR

Fri	24	10:00 AM	*Walk at Duke Gardens	CCL	11
		10:30 AM	World Affairs: "The Politics of Rage: Why They Hate Us" (video)	AUD	6
		11:00 AM	Music Appreciation: Bach	FG	9
		7:30 PM	Travel Adventures: Delhi, Agra and Kathmandu	AUD	8
Sat	25	7:15 PM	Movie: <i>A Star is Born</i>	AUD	10
Sun	26	2:00 PM	*Bus Trip: Chamber Orchestra of the Triangle	CCL	14
Mon	27	noon	*Women Golfer's Luncheon	PDR	13
		1:00 PM	CMU: George Gershwin	AUD	6
Wed	29	7:30 PM	Music at the Meadows: North Carolina Opera	AUD	9
Thurs	30	3:00 PM	Stories with Jane Hauser	BR	8
Fri	31	10:30 AM	World Affairs: "A World in Disarray" (video)	AUD	6
		11:00 AM	Music Appreciation: Haydn	FG	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