

## Robin Rogers, Marketing Specialist

by Joanne Ferguson

**Robin Rogers** was born in Virginia, but has been in Durham for 43 years, where she started fifth grade at Parkwood Elementary and then went on to Githens Middle School and Jordan High School.

Her parents, each married previously, combined a family of four boys and two girls. Robin's half-brothers and sisters are so much older than Robin that she says she feels like an only child.

Although Robin graduated from East Carolina with a major in clothing and textiles, she answered an ad for a job overseeing the files and mail for a Durham law firm. They soon offered her training as a paralegal and she remained in the legal field for 25 years. It was here that she met Lee Rogers, who was opposing counsel in a lawsuit. One day he dropped off a box of documents for copying. Robin felt certain she could have the job done by the afternoon and Lee jokingly bet her a million dollars it



wouldn't happen. It didn't. He told her she could pay him the million or have dinner with him every night for the rest of her life. They've been married 27 years.

Between 1985 and 2003, Robin worked in private law firms and for the state in the Trial Court Administrator's office in Durham County. In 2003, she began her non-profit work by joining The Center for Death Penalty Litigation where inmates are repre-

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### The Forester

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### In Memoriam

Lester M. Corliss May 28, 2015

Elisa Nijhout July 4, 2015

## President's Podium

by Dale Harris

### Positive change concerning the status of resident members of the Board of The Forest at Duke (TFAD):

At its August 2015 meeting, the Board of Directors of TFAD made some significant changes to its By-Laws which had, in recent years, limited the participation of resident members in matters before it by restricting the matters on which the resident members had any vote. Those limitations had provided that "...Board members who are residents of The Forest at Duke shall not vote on the budget, or on any matter related to the rates and charges that the Forest charges for entry fees or for monthly service fees or for any other goods and services." Additionally, there was a "Conflict of Interest" provision concerning disclosure and its resolution methods applying to all TFAD Board members.

The amendments adopted by the TFAD Board and now in effect read:

#7. Manner of Acting. Each member of the Board of Directors shall be entitled to one vote on all matters coming before the Board. The act of a majority of the directors present, provided a quorum is present, shall be the act of the Board, unless the act of a greater number is required by law, by the Articles of Incorporation, or these Bylaws."

Further amendment to "9. Conflict of Interest" now states "...provided, however, that no limitation shall be imposed under this section upon the involvement of a resident Board member in any matter where an actual or potential conflict of interest may arise solely because of the member's status as a resident."

Quite an effort went into these important changes and included diligent efforts by **Arnie Lerman**, one of our resident members of the TFAD Board.

## Library Science 101

by Carol Scott

I hope all our readers had a pleasant summer, seeing family, traveling, and READING. We know many of you were reading, because of our large circulation during these past months.

Meanwhile, in the Library we have been very busy. Inventory was taken for the first time in several years, and books that had not been taken out in the past three years were discarded.

Yes, I have heard cries of dismay, but you must recognize that our shelves are finite and do not expand, and if we are to add more books, the only way to make space for them is to discard some that are not being read. We have had shelves absolutely full, with books lying on top of books. To be active, a library must continue to add current books and those of particular interest to its patrons.

You may not know that we offer discarded books to a charity, Urban Ministries, and to a seller of used books who pays us for those of use to him. What he cannot use we give to the Durham Public Library, which supports several prisons and small retirement homes. And the payment we receive from the used book store helps us buy new books. Older, and very readable, books are donated by residents downsizing, and they are greatly appreciated to add to our collections. We are constantly recycling!

Over the summer, while inventory was being taken, we did not add any books, but now there are a number of new ones available. These include several

of our favorite mystery writers: Peter Lovesey, Louise Penny, Anne Perry, Peter Robinson, and Charles Todd. Be sure to look on the "New To The Library" cart next to the charging desk. And remember that you can reserve a book if it is checked out.

NEW LIBRARY NOTES: At present, it seems that the new Library, on the first floor next to the main entrance, will be ready early in the new year. We don't yet know how long it will take to move, or how long the Library will have to be closed. However, this is one thing we do know: THERE WILL BE NO FOOD OR DRINKS IN THE NEW LIBRARY, as there are none now in the present one.

Why? you ask. There are good reasons. Food crumbs attract silverfish, which feed on book pages, and crumbs also attract swarms of ants. I saw both in the Library when I first came, before the rule was put into effect. But even worse is the scenario where a shaky hand, holding a coffee cup, is hit inadvertently by someone with a walker. What happens? Coffee is spilled --- ruining a book, or staining new upholstery, or—horrors !—burning a patron. Take your coffee in the nearby Club Room. There will be tables there upon which you can put your coffee cup.

I sincerely hope you see the reasoning behind the rule and will continue to abide by it in the new space, as you have so well in the present Library. Thank you from all the Library Committee members.

### In Memoriam continued

Jenn Van Brunt July 15, 2015

Betsy Bernard July 16, 2015

Frank Melpolder July 24, 2015

Galena Boguslovsky July 26, 2015

George Chandler August 18, 2015

Lucie Jacobson August 22, 2015

Kathryn Bergstrom September 2, 2015

Janet Hannay September 6, 2015

William Bernard Peach September 24, 2015

## Robin Rogers continued

*(Continued from page 1)*

sented from conviction to execution through their appeal process in state and federal courts.

She left the legal field in 2010 in an effort to find a different career. She worked a temporary stint at The Washington Duke Inn as a concierge and then worked for a year and a half at Planned Parenthood of Central NC where she was administrative assistant to the VP of Operations and the Director of Human Resources and Security.

Robin has been an active volunteer with The

as eight dogs and two cats at once, but presently have five dogs.

During her volunteer days, Robin came to The Forest's Health and Wellness Center, where she says she played a mean game of Scrabble with **Martha Mendenhall** on Friday afternoons.

She was excited to see our advertisement for a Marketing position in April of this year and is so glad to be a part of our community.



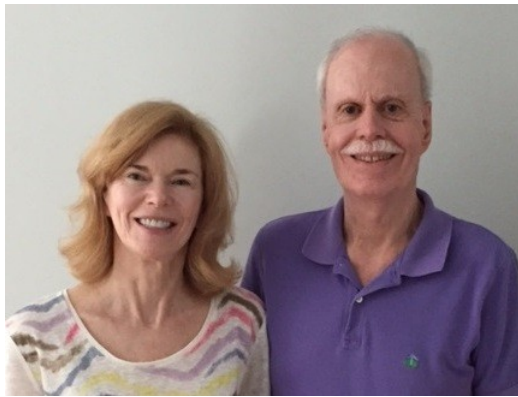
Animal Protection Society of Durham, serving as president of the board of directors; Durham County Animal Control Advisory Board; facilitator for Durham Partnership for Companion Animals; board member and development committee member of Eyes, Ears, Nose and Paws, which trains and places assistance dogs.

Her involvement with all of these animal protection societies and companion animal committees has resulted in her and her husband making room for a number of pets in their home. To sell her husband on just one more, Robin often used the word "foster" to get her husband's OK. They have owned as many





## Welcome, New Residents



**Mary Matthews & Richard Melanson**

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Mary and Richard moved to The Forest from McLean, VA. Mary was born and spent her early years in St. Louis, MO. After her sophomore year at St. Louis University she transferred to George Washington University, Washington, DC, where she majored in business/marketing and earned an MBA in finance. This led to a career in senior positions with Anheuser-Busch, Verizon, and Nextel, mostly in the greater Washington area.

Richard was born in Woodbridge, NJ. He majored in political science at Rutgers, studied for a year at Harvard Law, and went on to earn a PhD in international relations from Johns Hopkins University. His life's vocation has been as a college and university professor. He taught at UCLA, Kenyon College, Brown University, and the National War College, and in OLLI at George Mason University. He has written five books on US Foreign Policy and numerous scholarly articles.

Mary and Richard met as adults in the Washington area. In Mary's words, "Although we lived only 10 miles apart, we would never have met without joining the *Classical Music Lovers Exchange*." They discovered many common interests, especially the enjoyment of art and music, enriched by many trips to Europe.



**Bennett Galef & Mertice Clark**

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Mertice and Bennett retired to The Forest seeking an alternative to the chilling winters of Hamilton, ON, where both directed research programs in the Department of Psychology, Neuroscience & Behaviour at McMaster University. Bennett, born and raised in Manhattan, majored in psychology and art history at Princeton and earned a PhD in animal behavior at the University of Pennsylvania. Mertice grew up in Nova Scotia, was awarded both BA and PhD in psychology at McMaster and spent two post-doctoral years at the University of Toronto.

Bennett has been a prolific author of technical papers, editor of books and journals, and active worldwide in the field of animal behavior. He and his students studied the many ways in which information acquired from others guides behavioral development in adaptive directions – for example, how animals learn from their fellows when, where, and what to eat –and exploring behavioral and sensory processes supporting such social learning. Mertice, in numerous collaborations, has published extensively on effects of prenatal exposure to hormones on adult behavior and the influence of siblings on one another's development. They have a variety of interests: cooking, traveling, museum-going and skiing together, and independently birding, running, playing chess, and taking photographs.

## Welcome, New Residents



**Alverta Sigmon**

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While Alverta was still a very young child, her father, a DuPont chemist, moved his family from New Jersey to his home town, Hickory, NC, where he started his own chemical business. She grew up in Hickory and attended Salem College in Winston-Salem pursuing general education courses. She married Gary Sigmon, a Hickory native. Gary's work experience with the local Carolina & Northwestern railroad led to a job offer from the Tweetsie Railroad in Blowing Rock, a popular destination in western North Carolina for tourists visiting the NC mountains.

When an opportunity with greater potential opened in the construction business, the young family moved to Durham. Alverta's principal occupation during those early years was homemaker for her husband and four young children. Later, she took a position with the U.S. Census Bureau interviewing people to collect census data. Her interviewing experience led to a long-term position in Community and Family Medicine at Duke collecting epidemiology data on diseases like breast cancer and Alzheimer's. She also logged hospital readmission and disease recurrence rates, information to help in the management of those diseases. Alverta enjoys gardening and flower arranging. Her children live across North Carolina.



**Bob & Ann Timmins**

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Ann and Bob have been in Durham for nearly 25 years, ever since the Dutch pharmaceutical firm Organon Teknika located its U.S. corporate office in Durham. Bob was then the U.S. president.

Bob and Ann were born and grew up in Texas. Both attended the University of Texas, Ann majoring in home economics, Bob in chemical engineering. When Bob graduated, they married and moved to Cambridge, MA, where he earned his PhD at MIT. Research and management opportunities took them to the southwest and eventually to Durham.

Both have been active in the greater Durham community. Bob has been Board Chair, NC Biotechnology Center in Research Technology Park; Chair, Durham Chamber of Commerce; and a member of the Duke/Pratt School of Engineering Board of Visitors, the Durham Library Foundation Board and the Greater Triangle United Way Board. Ann has taught ESL, served on the Durham Literary Council, raised funds, and volunteered in many ways. Her hobbies include photography, gardening, and arts & crafts broadly. A collection of costumed dolls reflects her skill in sewing and knitting. Her flower garden at their Hope Valley home was beautiful. The Timmins have three children, two sons and a daughter.

## Welcome, New Residents



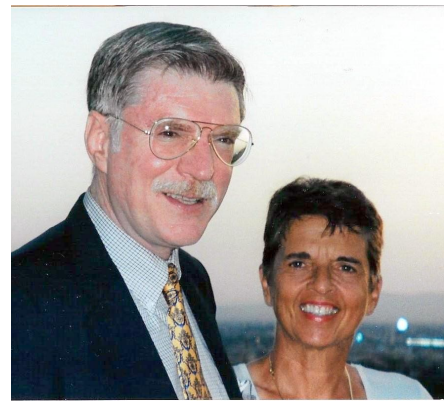
**Caroline Raby**

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Caroline was born and reared in Tarboro, NC. She majored in zoology/pre-med at East Carolina University, Greenville, and studied medical technology at UNC-Chapel Hill. She assisted in both transplant antigen and myasthenia gravis studies in Duke University Medical Center's immunology department. When hearing loss began to significantly impact her work, especially in surgical pathology, she switched careers. Obtaining a medical writing degree at NC State University, she worked as a Research Triangle medical writer/editor. She was appointed to the Raleigh Mayor's Committee for the Disabled.

Currently, she supports numerous charities, including Durham's Reality Ministries for the handicapped, and assists in their meal preparation through her church, Blacknall Memorial Presbyterian. In 2010, Caroline's life changed drastically when she lost all of her remaining hearing; however cochlear-implant surgery was highly successful, enabling oral face-to-face and telephone conversations again.

Caroline is a spirited traveler. She also enjoys reading, bridge, museums, and entertaining, plus being with her TFAD neighbors. She immensely enjoys people; her cat, "Katie;" and her Yorkie-Poodle, "Lucy," who prompts for the doorbell.



**John & Katherine Shelburne**

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Katherine and John are long-time residents of Durham. John is currently Chief of Staff of the Durham VA Medical Center; Katherine has long-term ties to the Durham Public Schools as a teacher and school psychologist. John was born in DC, grew up principally in Raleigh, attended UNC as a Morehead Scholar, and subsequently earned PhD and MD degrees at Duke. He remained at Duke after receiving his residency training and realized a distinguished career in anatomic pathology, retiring as an Emeritus Professor in 2008.

Katherine was born and grew up in Richmond, VA. She attended Salem College before transferring to UNC-Chapel Hill where she majored in applied art. Early experience as a teacher at the Lenox Baker Children's Hospital and a prior summer with the North Carolina Fund stimulated interest in psychology. She returned to UNC, earning her Master's in Psychology. Enthusiasm for art has remained strong; specialties for which she has gained recognition include biological drawings, ceramics and batik. She volunteers at the Nearly New Shoppe, plays pickleball, and has been a nationally ranked tennis player. Katherine and John have two children, a son in Raleigh and a daughter in Durham.

## Welcome, New Residents



**Dale & Shannon Purves**

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Shannon and Dale moved from Chapel Hill, where they had been since 1990 when Dale became the first chair of Duke's Department of Neurobiology. Born in Philadelphia, Dale received his early education in the Germantown Friends School. After a Yale BA, a Harvard MD, and two Peace Corps years in Venezuela (USPHS), he returned to Harvard, specializing in neuroscience. He and Shannon (*nee* Ravenel) married in 1968, living initially in Boston and later in London, St. Louis, Chapel Hill, and Singapore.

Shannon grew up in Charleston, SC, graduated from Hollins with a BA in English Literature, and worked in book publishing for fifty years—at Houghton Mifflin in its trade editorial department and, from 1982, as cofounder of Algonquin Books with Louis Rubin. At Algonquin she was editorial director from 1992-2001, edited twenty volumes of *New Stories from the South* and, in 2001, created a new imprint for Algonquin—Shannon Ravenel Books. Currently Dale is the George Barth Geller Professor of Neurobiology at Duke; Shannon is retired and volunteers in literacy programs. They have three daughters.



**Betty & Donald Krizek**

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Betty and Don moved to The Forest from Laurel, MD. Don grew up in Garfield Heights, a suburb of Cleveland, OH. After earning a BA in botany from Case Western Reserve University, he spent four years as a research scientist at the USAF Arctic, Desert and Tropic Information Center (ADTIC) at Maxwell AFB in Montgomery, AL.

Betty spent her earliest years in Concord, NC, attended Mars Hill College, and graduated from UNC-Chapel Hill with a BA in sociology. She was a social worker in Montgomery when she met Don. They married and later moved to Chicago where Don completed his PhD at the University of Chicago. He taught there for two years and then embarked upon a 46-year research career with the USDA in Beltsville, MD.

Don is a widely recognized authority on UV photobiology, environmental stress physiology and controlled-environment effects, often representing the USDA in advisory and consulting roles. He served on a White House Task Force in 1975-78 and contributed to a study entitled *Fluorocarbons and the Environment*.

They have three daughters: a physician, a college professor, and a librarian. Betty enjoys cross-stitching, crafts and craft fairs. Don enjoys genealogical research, reading, stamp collecting, and gardening.



## Cro-Magnon Legends I: The People Face the Animals

by Ned Arnett

*25,000 years ago somewhere in the Pyrenees*

The Animals put up a pretty stiff fight when we drove them out of their cave. It was snowing hard and we needed some shelter for our clan-family. We were moving from our old valley because game was getting scarce. You should have heard the old Animals and their kids cry when we drove them out. We jeered at them as they disappeared down the icy hill in the snow. They've lived here a long time, close to the ice, and they're used to the cold. There's no need to feel sorry for them.

We can always beat the Animals in a fight, unless there are too many of them. We know how to make sharp flint spears but all they have is sharpened sticks. However, they are very tough and pretty dangerous. The Animals are really rather like us, The People, in some ways: they walk on two legs and, unlike all the other beasts, they wear animal skins to keep warm, but they don't really know how to make good, tight, nice-looking fur clothes the way my women do. After all they are just Animals; short and ugly, they don't even know how to talk, they just grunt, and they stink !

Still, I've heard of a clan of The People a few valleys away who kept some Animals like they were dogs, and made them work for them. I even heard that their warriors got drunk and raped their slave women at a dance celebration for a successful big hunt where they'd driven a lot of bison over a cliff. I can't imagine raping one of the Animal women, they're so dirty! But wouldn't you know it, all that fun at the dance led to some little cross-breed children. Ooo-disgusting! Well, they did keep the babies as sort of pets and then put them to work as soon they could do anything useful.

Well, our new cave is better than nothing but it's really too open to the north where the coldest winds come from and it's too open to wild beasts. The Animals used to pile a lot of brush at the front to

keep the bears or sabre tooth cats or wolves from getting in too easily. We do that, but what we really need is a fire! Fire to keep the big cats away, fire for having fun and telling stories at night, fire for eating nice, hot flavorful meat instead of frozen stuff fit for dogs.

Our new cave has been through a lot of hands. Way at the back, if you crawl through a hole, there is a sacred chamber where one of The Old People, a hunter and maybe one of my ancestors had used fruit juices and various colored kinds of mud to put the pictures in his mind onto the cave wall. It is terrifying and very holy to do such a thing. Sometimes I can't bear to leave those picture animals, they are so like the ones I have fought and killed on the sacred hunt for food. The Animals couldn't make pictures like that even though they are pretty good hunters with their sharpened sticks. But they have to get in close to bring big game down so they often get hurt. Theirs is a tough life.

Last summer it was very dry, actually it was hard to find water except near the river. Then the storm god made lightening and we found a tree that had been blasted and was still burning. We got some tinder together and made a fire basket to carry hot coals with us wherever we went so we could start a fire whenever we wanted. We gave it to one of the old men to carry, who was too old to hunt or fight. But, maybe a moon ago, we were crossing a stream on the ice and he slipped. You should have seen everyone's faces as the fire basket slid into the water. Everybody hated that old man for a while and cursed him each night as the dark came down on us and we shivered in the cold as we heard some big carnivores howling out of hunger and coming closer until we'd send a shower of stones over the brush pile and drive them away. The old man cried a lot because he was getting the cold shoulder from everybody, but life is tough for us all and there's not much room for mak-

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**Cro-Magnon** continued

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ing mistakes.

Making flint weapons isn't all that easy. First, you have to have just the right stone like flint, or chert or volcanic glass like obsidian. Not any old kind of rock will do. When I was a boy, we lived in a valley where it was easy to find flints. Now, we live far away from flint country and have to trade for them.

So, if you get a big flint stone or chert you take another stone that's really hard, like granite, and knock off some pieces about half the size of your hand. This is what you are going to "nap" into smaller flakes whose edges can be shaped into sharp blades for spear points, hand axes, or scrapers. Napping is a pressure technique using a piece of hard wood or bone to press on the flint surface in just the right way so that a flake is broken loose. These flakes have the sharpest of all edges. It takes a long time to learn how to make good flint tools, but if you are one of The People, living well as we do, there's nothing more important that you can do with your time. Your life depends on it. The Animals do know how to make flint scrapers, hand axes and even spear points, but they don't know how to mount them on long sticks to make a sharp, sturdy spear the way we do. We know how to do a lot of things, if only we had a way to make fire!

*Note:* There is much controversy over whether our species, *homo sapiens sapiens* (The People), actually interbred with its nearby cousin *homo neanderthalensis* (The Animals).

**To be continued next month**

**Dona Vitae**

by George Boguslavsky

A fickle fame of pen and art  
may stir the mind but not the heart,  
of light and lilt of nature's tide.  
A glimpse of lavender and gold,  
of crocus shedding winter fold,  
a tiny white and fluffy pillow,  
the floral birth of pussy willow;  
a monarch's flutter on the wing,  
the festive messenger of spring.  
The wistful pleas and songs of love  
of lark and wren and mourning dove,  
the dogwood, tamarack, and larch  
green portals to the forest arch.

The waning days release their hold  
in fields of emerald and gold  
to parting cries and spectral hues  
a migrant mallard's wailing muse.  
The oak and maple scarlet leaf  
in bracing breeze and cool relief,  
and silver petals kissing land  
in drops from heaven's frosty hand,  
a treat from autumn's fading gleam  
to calm and hopeful winter dream.

Design Divine—the Nature's role  
to warm the heart and thrill the soul.

## Trials and Tribulations

by Bill Harrington

I just read an email entitled “Should I Really Join Facebook?” I joined this new adventure about three years ago. A cousin from back home was one of the first to “friend” me. In case you don’t know what “friend” means, it refers to joining Facebook. My cousin’s message was, “welcome to the world of trivia.” And that’s precisely what Facebook is. The “world” must love this; recently over one billion people were on Facebook in one day!

I provided you with this background so that you can understand my emailer’s dilemma. He signed up for both Twitter and Facebook because his seven kids, their spouses, his thirteen grandchildren and two great grandchildren wanted to communicate with him. As he put it, “My phone was beeping every three minutes (Twitter) with the details of everything except the bowel movements of the entire next generation.” His solution: “I keep my cell phone in the garage in my golf bag.”

In the past, my writing for *The Forester* has been about food. Now that I am an expert on every type of entrée that Tony can dream up (Ha!!), I thought I might branch out a little. I’ll still do articles on food – maybe most will be on food but with more

of the other ingredients of life thrown into the stew-pot.

My emailer’s dilemma is just one of the decisions that we old folks have to make concerning participation in this new world of gadgets. The new complicated world of social media and other modern conveniences demand that our memories work – and work right. In other words, I have to remember how to work the contraptions provided I can remember where I’ve put them. Herein is the problem. By the time I get to the cashier (the foodie part of this composition) in the Dining Hub, I have forgotten what’s in my square white styrofoam box. I have to open it and tell the cashier what I’ve chosen for my meal. And since I am often getting two meals – one for Maija and one for me – this doubles my memory problem. Of course, the cashier doesn’t always help the situation. Recently, when I arrived at the end of the line, she said, “what’s that?” I thought to myself – if you don’t know what’s in the box, how in the world am I supposed to?

Just another day in the Dining Hub at The Forest at Duke.

## Mystery People: Do you know who they are?



Both photos taken in 1943

## Retirement Announcement

After ten years of editing *The Forester* **Joanne Ferguson** will be retiring in June of 2016. She offers to write the cover story or profile if or when the new editor might wish.

We invite a volunteer for this position, who will have the summer of 2016 to absorb the machinery in place. It's well oiled, by the way, so don't be fearful.

To volunteer, please call Nancy McCumber at 919-419-8225.



John Henry invites ideas for cartoons. Put your idea in his box, #2027 or call him at 919-401-5873