

## Sandra Mouras, Executive Assistant

By George Williams

Sandra is called “Sandy,” not simply because it is a friendly term, but because her grandfather called her grandmother by that form of a name, his adaptation of his wife’s maiden name, Miss Sanders. It has a history of family affection.

She was born in Baltimore, but as her father was in the United States Coast Guard, she went with him to guard the domestic coasts of both the Atlantic and Pacific Oceans. She gave up the peripatetic life when she attended James Madison University in Harrisonburg, Virginia, majoring in art history. Her other studies revealed the presence of Matthew Mouras, whom she had known as an older person in their high school days. They began to date after college. Though a native Marylander, she thinks of herself as a Virginian. That must be when her life really began.

When they married, they moved to Madison, Wisconsin, where Matthew took courses and a degree in computing at Madison Technical College. She had waited tables at J.M.U., and continued to work in food services in Meadowmount Village and at an artisanal chocolate shop in Madison. Meanwhile Sandy continued her athletic activities—ballet, which she had practiced from childhood, and yoga. But she became acquainted with friends who were vigorous in roller derby. She decided that she would take up that unusual sport and exercise. After three months of training, she was accepted as a member of the championship Reservoir Dolls team.

Some time after Sandy and Matthew had settled into Wisconsin, Matthew’s sister moved to Burlington, N.C. After a visit to the family there, Sandy and Matthew, driving back to Wisconsin, came to the conclusion that they wanted to live in North Carolina. So they moved. One of the major disadvantages of such a move



*Sandy and her daughter, Violet*

was that Sandy had to give up her enthusiasm for roller derby. This was a blow, but she still keeps her Dolls team uniform. You never know.

They came to Durham and found a house just down Pickett Road from The Forest. Sandy applied for a job in food services with Morrison. Our Mr. Tony Ellis found her: “She impressed me.” We can understand that. He brought her to a position in food services here in November 2011. As part of her training, she spent a day at a CCRC in Greensboro, where she discovered for the first time what a CCRC was. She began her employment here as Service Manager; in a few months she was Dining Supervisor, at the head of a crew of twelve.

But she impressed others as well. She was transferred to Administration with the title of Executive Assistant, responsible for providing support for the CEO, for the Board of Directors, and for the residents a helpful resource for us. Her assignment includes oversight

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### The Forester

The newsletter of the Residents Association of the Forest at Duke, Inc., 2701 Pickett Rd., Durham, NC 27705-5610. Published monthly except July, August, and September by and for the residents:

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## President's Podium



by Dale Harris

Residents Association (RA) Board member elections will be coming up for your consideration this summer. The positions to be filled are our President, Vice-President, two members of our RA Board, and one of our Directors, Russell Jones, who is eligible for election to another term. The officers serve two year terms and the Board members serve three year terms. We are fortunate to have Robbie Robertson serve as the Chair of our Nominations and Elections Subcommittee as was recommended by our Governance Committee and approved by the RA Board at its May meeting. In the weeks ahead you will be receiving information about how to make your suggestions known.

During the summer months some of our RA committees will be meeting and some will be taking a summer break, so check with them prior to planning to attend one of their meetings. Our next Residents Quarterly Meeting will be on Monday, July 17<sup>th</sup> at 2 pm. in the Auditorium so we will look forward to catching up with the RA goings-on then.

Hope this summer is a good one for our residents.

### *In Memoriam*

William Upchurch May 2, 2017

Miriam Chandler May 16, 2017

Zena Lerman May 20, 2017

## Library Science 101

by Carol Reese

The *Oxford English Dictionary* defines “curiosity” as “a strong desire to know or learn something.” Unlike the proverbial cat said to be killed by curiosity, people thrive by being curious. It pushes us to learn about new places and people, and then create ways to share these experiences.

Based on the varied publications in the Library’s In-House Authors (IHA) special collection, the residents of the Forest are full of curiosity about a great many topics. To look at just one, history, residents have published on everything from colonial America from a personal point of view to the study of one of America’s first playwrights and novelists. Carol Seeley Scott’s *The Eel Catcher’s Travels* about her ancestor Robert Seeley, 1602-1667, “is a powerful, spellbinding account of Robert Seeley’s eventful life. She has written a classic memoir, filled with photographs, that highlights the adventures of this noteworthy man whose life was a mixture of both the prosperous, settled world of Old England and the challenging, unsettled one of New England—a life not unlike that of many of everyone’s early ancestors.” [http://www.prweb.com/releases/2013/1/prweb10314305.htm, accessed on 5/10/2017]. Her memoir helps to put a personal face on life in England and colonial America and brings it to life.

On the other hand, Herb and Ada Lou Carson decided to explore the history of one of the first American playwrights and authors, Royall Tyler. Not only do they provide a history of his life, but through their discussion of his plays, novels, poetry and other writings, they provide a cultural history of his times and how his writings relate to this period of early America. When his 1787 play, *The Contrast*, opened, it was described as “a patriotic play which urges Americans to divorce themselves from the affectations of foreign behavior. It is a spiritual Declaration of Independence.” In his novel, *The Algerine Captive*, Tyler again asserts the need for Americans to “create their own manners and their own literature.”

I recommend that you give in to your curiosity and find out what your neighbors have learned over the years. It’s all waiting for you in the Library.

### FOR OUR LOW-VISION RESIDENTS

The Forest Library has over 50 audiobooks listed in its collection available for charge-out. In addition, you can download audiobooks from the Durham County Library or obtain other audiobooks from the State Library for the Blind and Visually Handicapped, located in Raleigh. Our collection is basically from donations. The Durham County Southwest Regional Library Branch may be reached at **919-560-8590** or you can search the Durham County Library’s online catalog for audiobooks at

**<https://durhamcountylibrary.org/materials/digital-collections/>**.

Once you have located what you want, you can contact OASIS (**919-560-0152**) to have the item(s) brought to The Forest for your convenience.

As for equipment, while the Forest Library doesn’t have the funds to purchase equipment to meet everyone’s needs, you can contact the State Library in Raleigh to get equipment on loan. It will mail the equipment all over the state. This state library also has access to the resources of the Library of Congress National Library Service for the Blind and Physically Handicapped in Washington, D.C. Contact your TFAD social worker for help. Or for more information, you can call the state library at **1-888-388-2460** or OASIS at **919-560-0152**.

## Mouras

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of the front desk and other resident services. She is not afraid of taking responsibility or accountability, she says. Since arriving at The Forest, Sandy has become the mother of Violet, now four years old, a native-born North Carolinian. We must hope that her parents soon become naturalized citizens of this state.

Sandy is now a member of the international Institute for Project Managers and has recently been accepted into the Leadership Academy for Leading Age North Carolina, an advocacy and professional development organization for aging services. She will have attended last month an industry conference for Leading Age NC held in Pinehurst, NC. Her volunteer work in Durham is notable. She works with Urban Ministries, with the Clothing Closet, and with the Community Relations Committee. She enjoys exploring Durham, hosting dinner parties, and doing carpentry at home, DIY.

Of her times in her various positions here at The Forest, Sandy says: "A wonderful journey."



*Sandy's husband, Matthew,  
with Violet on her third birthday*

## FROM THE FINANCE COMMITTEE

### Yearend-2016 Financial Status

by Carol Carson

The Residents' Association Finance Committee has reviewed The Forest at Duke's fiscal year 2016 financial results as part of its mandate under the Association's by-laws "to monitor and report" on The Forest's financial health. This article is intended to help fulfill the second part of the mandate, about reporting.

The Committee first reviewed the audited *Statement of Operations* for fiscal year 2016 and the *Balance Sheet* as of the end of that year. As would be expected, both showed substantial changes from the previous year that related to the construction of the Fountain View Lane cottages and the renovation of the Community Center. For example, on the *Balance Sheet*, Cash and Investments showed a decrease by year-end 2016 because they had been used to fund the projects, and Construction in Progress zeroed out while Property and Equipment increased to reflect the completion of the construction. On the *Statement of Operations*, a key point is that operating income was positive, up in fiscal year 2016 compared with 2015. A positive figure provides the wherewithal for The Forest to invest in itself. Also, a "bottom line" figure on the *Balance Sheet*, net assets, was positive and also up from the year before. The net asset figure, when positive, can be viewed as indicating that The Forest owns more than it owes.

A second review was of *financial ratios*, which are analytical tools calculated from the audited financial statements. Two key ratios—day's cash on hand and debt service coverage ratio—again were well above requirements of The Forest's bond covenants. These ratios and 15 others were compared with ratios of other CCRCs accredited by CARF, an independent accrediting commission. It is worth noting that comparing with other CARF-accredited CCRCs is rigorous because very few CCRCs meet the commission's quality standards. The Forest at Duke once again compared very well.

*Carol Carson is Chair of the Residents' Association Finance Committee.*

## The 2017 Annual Meeting of NorCCRA

by Ann Huessener & Ken Haslam

We attended the annual meeting of the North Carolina Continuing Care Residents Association, Eastern Region (NorCCRA) in Scotia Village, Laurinburg, NC, along with 120 residents of other CCRCs, on Tuesday April 4, 2017.

NorCCRA (also known as “NCCCRA” with web site [www.ncccra.org](http://www.ncccra.org)) is a state-wide volunteer non-profit organization of residents living in continuing care retirement and life plan communities. Its purpose is to advocate for strong laws, regulations and general practices for the protection and well-being of Continuing Care Retirement Community residents. There are 59 licensed CCRC’s in North Carolina, divided among the Eastern, Central and Western Regions, with more than 4000 members belonging to NorCCRA.

Government regulation of CCRC’s is primarily based on state law, which can vary state to state, leaving some states with little to no regulation. NC ranks among the top ten most regulated states. Due to strong regulation, NC has never had a CCRC fail. All CCRCs in NC must operate under licensure of the North Carolina Department of Insurance. To protect the rights of residents, the Department of Insurance has the right to intervene in the event of financial difficulty. Presently in NC only one CCRC is failing, with less than 50% occupancy.

Why should you care about NorCCRA? Many residents will remember the lobbying and letter-writing campaign which took place at The Forest in 2015. Kudos to organizers **Margaret Keller, Russell Jones, Carol McFadyen** and **John Duval**! This endeavor resulted in the reinstatement of the NC medical expense deduction, with major tax savings for many residents. This major accomplishment suggests we should all support NorCCRA. Annual dues are \$12 for an individual, \$20 for a couple, and \$80 for a lifetime membership. Our fingers are crossed, that DT’s (our President’s) budget will not eliminate the federal deduction of qualified medical expenses. You can bet the National Continuing Care Residents’ Association as well as NorCCRA will be involved in the effort against elimination!

The agenda for the annual meeting included the

## Anniversary by Carol Oettinger

It was so exciting to be moving to the Forest at Duke. We had been able to find just the cottage we wanted. The moving supervisor came to our house in Chapel Hill to assess the lay of the land, furniture, and all that needed to be done a week before our move.

I had bought a new king sized bed and had permission to have it delivered to Cottage Number 54 on April 30, although our lease began on May 1, 2003.

The Movers-from-Hell showed up at about 1 PM, after saying they would be there at 10 in the morning. The supervisor had not looked at our long, hilly driveway. The truck he brought would not navigate the driveway. So began the difficult and I am sure painful trips of carrying each piece of furniture from the house down that long drive to the truck. I gave the men drinks of water and cookies, which was about all I had left in the house. The last weary man carried the last chair down to the truck at about 9 PM. The supervisor came to me and asked if they could deliver the furniture in the morning. Of course I said, “Of course.”

Happily, we had been given keys to Cottage 54. By divine guidance, I had gotten linens for the bed and towels, so we took showers, made the bed and fell into it for our first night in our new home. Someone had left a basket of fruit and scones, so we breakfasted and toasted our new home with water from the tap.

I never quite decided if our 14<sup>th</sup> anniversary in our new home was April 30 or May 1.

*Carol Oettinger says that after 14 years enjoying life at The Forest, she considers herself an old resident. An avid writer, she is currently working on a book for her children about their earliest memories.*

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history and current trends of CCRC’s; Medicare ‘nuts and bolts;’ and a detailed discussion of differences between observation vs admission upon entering the medical system. The next annual meeting of the Eastern Region of NorCCRA will be in Wilmington at Plantation Village, on May 15, 2018.

*Ken Haslam is a retired anesthesiologist who is still teaching at OLLI at Duke. Ann Huessener practices as a hospice nurse.*



## Welcome New Residents

### Annette Kirshner

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Growing up in New York City, Annette earned a Bachelor of Science degree in Biochemistry from City College. She came to Duke in 1957 to pursue a PhD. After earning her degree in protein biochemistry, she joined the research team of Norman Kirshner, a professor investigating the biochemistry of neurotransmitters. They married in 1962. Their joint research resulted in a set of highly cited publications.

Through most of the 20<sup>th</sup> century women contributed to experiment design, did the laboratory work and appeared as joint authors on seminal technical papers, but full professional recognition was slow in coming. Fearing that “she was going to be the oldest living Research Associate at Duke,” Annette left Duke for professional opportunities in Research Triangle Park. After two years at the Army Research Office she joined the National Institute of Environmental Health Sciences (NIEHS) of the National Institutes of Health (NIH) as a program administrator. Expert on the effects of chemicals on the nervous system (neurotoxicity), she administered programs addressing neurotoxic chemicals in the environment. Her leadership was honored by both the International Neurotoxicology Association and the International Neurotoxicology Conference.

Annette has three daughters, in Silver Spring, MD; Aurora, CO; and Hillsborough, NC. Reading and knitting are avocations, along with staying physically fit.

### Myra Kornbluth

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Myra Kornbluth grew up in Paterson, NJ, the youngest of three girls. In her early teens her mother recognized her exceptional singing voice, and Myra began working with a voice teacher. In her early 20's Myra found a much better teacher who was able to develop her vocal range and stage presence, and she embarked on the hard work of becoming a renowned opera star. The teacher had a repertory opera company in which Myra gained a great deal of experience and attention. While studying in Italy, Myra took the professional name of Marisa Galvany. She sang with the New York City Opera Company, the Metropolitan Opera, and companies all over Europe and the Americas. She sang Lady Macbeth and major roles in *Tosca*, *Aida*, *La Boheme*, *Madama Butterfly*, *Jenufa*, *Il Trovatore*, and *Leonora*. Her career spanned many years, much work, and wonderful supporting casts.

At age 19 Myra was hired to be the soloist at a concert with a local choral group, one member of which was George Kornbluth. These two music lovers eventually married and produced their daughter, Sally. The family lived in New Jersey, near Myra's mother and a sister, so when Myra was touring and George could take time from his work as an accountant to accompany her, Sally stayed with family. Twelve years ago, Myra and George moved to Raleigh to be near Sally, currently Provost at Duke. When George died, Myra moved to The Forest.

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## Welcome New Residents

### Seymour & Josephine Mauskopf

Apt 2004

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Jo: 919-308-7612 jmauskopf@iatrometrics.com



The Mauskopfs have been long-time Durham residents. Sy is Professor Emeritus of History at Duke; Jo is Vice President of Health Economics at Research Triangle Institute–Health Solutions (RTI-HS).

Sy grew up in New York City and entered Cornell majoring in chemistry but switched to history in his senior year and wrote an honors thesis in medieval history. In graduate school (Princeton, Oxford) he specialized in the then novel field of history of science, which he taught at Duke for his entire career.

Jo was born in Yorkshire, grew up in London, and was studying natural science at Oxford when she met Sy. They married and moved to Duke in 1964 – he to take a teaching position and she to complete a Master's in Physiology & Pharmacology and, in time, a Masters in Health Administration and a PhD in Economics.

Sy's scholarly interests are quite varied. Publications include the history of chemistry and allied sciences in the eighteenth and nineteenth centuries, of chemical technology (especially munitions and explosives), and parapsychology and marginal science.

Jo has worked in the pharmaceutical industry and as a consultant. Her consulting experiences include health benefits assessments for toxic substance regulations for the US Environmental Protection Agency and for food safety regulations for the US Food and Drug Administration. For the pharmaceutical industry she has

developed strategic plans for economic evaluations of new products and estimated the burden of illness and developed cost-effectiveness and budget impact models for drugs in many therapeutic areas, especially infectious diseases and neurologic conditions including Alzheimer's disease. A goal is to make economic evaluations more transparent to all health care decision makers including the payer, the practitioner and the patient.

In retirement Sy remains professionally active in teaching and research; he is completing a book focusing on Alfred Nobel's activities in explosions and munitions. He enjoys music (he plays the piano), art history, reading in general, astronomy and bird watching and serves on the Board of the Durham Literacy Center. Jo is still working part-time performing economic evaluations of new drugs; she also volunteers in a gift shop at Duke Hospital, and relaxes by listening to music, gardening and doing crossword puzzles. They both enjoy spending time with family and friends and are very much enjoying making new friends at the Forest at Duke.

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## Summer Memories

### A Lake in the Ozarks

When I was 14 our high school club spent a week in cabins at a lake in the Arkansas Ozarks. Early in the morning I slipped out of bed, walked the path down to the dock, and rowed across to the lodge to buy a Heath bar to eat before breakfast. The pull of the water beneath the boat was as delightful as the early morning sun. This vivid memory is what I still visualize if I have trouble getting to sleep.

— Joanne Ferguson

### Birdsong

On a summer afternoon in England some years ago, a companion took me to a site inhabited by nightingales. We moved down a slight incline into a copse, where we found a lout, his doxy, and their motorcycle. As they glared and mounted the motorcycle, we went further into the patch of woods. The roar of their departure faded, to be succeeded by a soft, sweet birdsong, something like, but far exceeding a clarinet. Truly a memorable summer afternoon experience.

— Oliver Ferguson

## Welcome New Residents

### Pankaj & Chhanda Ganguly

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Chhanda: 240-401-2380 gangulychhanda@gmail.com



Pankaj was born and educated in Calcutta (Kolkata), where he earned a PhD in Biophysics studying blood proteins. Chhanda was born in Digboi in northeastern India, near Burma (Myanmar); she was sent to school in Calcutta. At the university she earned degrees in chemistry and biochemistry and started a PhD in biochemistry. She and Pankaj met, married and moved to the US.

Pankaj's interest in blood studies led to the American Red Cross laboratories near Washington, DC. There he received the first of his NIH research grants, and he moved to the St. Jude Children's Research Hospital and University of Tennessee, Memphis. There their daughter, Brinda, was born, and Chhanda completed her PhD.

Pankaj was recruited to the University of Puerto Rico Medical School as Chair of Biochemistry. Chhanda accepted a faculty position. After two years, they returned to the Washington area. Pankaj joined the extramural program of the NIH Heart, Lung, and Blood Institute where he fostered new research in blood coagulation and thrombosis. Chhanda joined the intramural program studying muscle protein chemistry. She later managed the scientific review of grant applications in biochemistry and in hemostasis and thrombosis.

Chhanda and Pankaj like to travel, listen to music

## Summer Memories

### The Summer of 1955

On the first of July, 1955, as the temperature hit 90 degrees in Durham, I decided to postpone my planned errands for a day or so, until it should be cooler. Ha! Every day of that July topped 90 degrees. Oh joy!

Air conditioning was almost nonexistent in Durham then. Large floor fans stood in the aisles at Ellis Stone, Durham's premier department store. Upscale homes boasted attic fans, which were turned on in the evenings to pull cool air into the house through the open windows downstairs. At Duke Hospital, patient rooms had windows opening onto a honeycomb of air shafts. Only the ORs were air conditioned.

This transplant from upstate New York wilted. That July, ours became the first unit at Poplar Apartments to sport a window air conditioner.

— Maida Hall

### June 6, 1984

The 40<sup>th</sup> anniversary of D-Day. Our tour was at Pointe du Hoc, France. This 30-acre battle-scarred area remains much as it was left on June 5, 1944. Three hundred and fifty Army Rangers had been chosen to storm the 100 foot cliffs to destroy enemy guns protected by concrete bunkers. One hundred made it to the top; ninety survived. In 1956, a monument was erected here by the French honoring the Rangers. General Omar Bradley called the taking of Pointe du Hoc "the most dangerous mission of D-Day."

We anxiously awaited President Reagan and Nancy for a private ceremony honoring the Rangers. After the president's departure, we walked up to the top of Pointe du Hoc. The view was wonderful and included the beaches of Omaha and Utah where the landings took place. It was a privilege to talk to the Rangers about their mission completed. The men looked well and fit now in their 60's. A day never to be forgotten!

— Helen Monson

and read. Chhanda volunteered at the National Gallery of Art (Washington DC) for years; she loves to cook and enjoys Spanish telenovelas. Pankaj volunteered teaching English as a second language; he loves gardening, quiet conversation and chess.



## ASK AN APIARIST

## The Very Remarkable Honey Bee

by Ted Harris

Did you know that the bee which finds a new source of honey, a new water source, or new nesting site performs a maneuver in the hive called a “waggle dance” that tells the direction and the distance to the site? The up and down waggle dance indicates the angle of flight to the source in relation to the sun and the rapidity of the waggle indicates distance. The more rapid the waggle the closer the source. Look on the Web under “honey bee waggle dance” to witness this amazing performance. For this discovery Karl von Frisch, an Austrian, won a Nobel Prize in Physiology and Medicine in 1973. You might say that bees were the original inventors of GPS.

Did you know that the honey bee has intelligence? Beekeepers feed sugar water to bees when the nectar supplies are low, usually in winter time. The sugar water container is an inverted glass jar placed in a shallow metal or glass tray. The following experiment truly verifies the bees’ intelligence. At a forty five degree angle from the front of the hive, the sugar water was first placed at 2.5 feet from the hive. The next day it was moved to 5 feet at the same angle extended and on the third day along this angle relocated to 7.5 feet. The following day it was removed and the bees congregated at 10 feet waiting for the sugar water.

One of the most amazing characteristics of bees is their ability to be poured like a liquid. This can be observed when a beekeeper buys a package of bees to start a new hive. Extracting them from the package is as simple as pouring them into the hive. How is this possible? They each have six legs, two antennae, two sets of wings. Why don’t they get tangled up? Isn’t this unbelievable?

Another incredible characteristic is illustrated by swarming. Cold weather takes its toll on hives. Bee numbers can drop from 35,000 to 5,000 in winter time.

Swarming usually occurs in the spring when bee numbers are increasing rapidly. It is nature’s way of expansion for bee colonies. Swarms locate near a hive that has become overpopulated and usually last for a day or so until the scout bees have uncovered a location for the new hive. Very often the swarm is on a nearby tree limb. It looks like a horse blanket hung over the limb. Thousands of bees are tightly congregated in a very compact mass. From the outside there seems to be great activity on the inside of the assemblage. The bees are constantly moving, popping out and diving back into the swarm.

YouTube has many stunning videos of swarming bees. One shows a teenager inserting his entire hand slowly into the swarm and separating off a part that falls to the ground but stays collected, as if it is glued together. Another one shows a man who has a beard of swarmed bees.

There are more than 300 kinds of honey in the United States. A very special honey comes from the sourwood tree. Perhaps you have tasted sourwood honey. Another special honey comes from the linden tree, the European cousin of the American basswood tree. Honey from these trees are without peer.

The bee had become extinct in America. It has been identified in a fossil aged at 14,000 years. In 1622 early settlers brought the bee from Europe. The intrigued Indians called it the “white man’s fly”.

On a closing note you will be interested to know that honey is the perfect food. A jar of honey was retrieved from an Egyptian pharaoh’s tomb. After three thousand years it was in perfect condition.

*Ted Harris, a regular contributor to The Forester, took a course in beekeeping as an undergraduate and forty years later actually had five hives.*



## National Japanese American Memorial to Patriotism During World War II

by Sue Okubo

The National Japanese American Memorial to Patriotism during World War II is a quiet retreat from the bustle of Washington, DC. Commemorating the heroism and sacrifice of Japanese Americans who fought and died for their country and those who supported America at home, its serenity belies the other side of history it tells – the evacuation of Japanese Americans from their homes, the financial and emotional losses they suffered, their perseverance, patriotism, and triumph in overcoming their harrowing experience.



### The War.

On December 7, 1941, Japan bombed the US naval base at Pearl Harbor, and the United States went to war. There were immediate public outcries to remove Japanese immigrants and their descendants from the West Coast. Wartime hysteria and sensational journalism reinforced long-standing prejudice and envy of the economic successes of Japanese immigrants.

Under these pressures, President Franklin Delano Roosevelt signed Executive Order 9066 on February 19, 1942. The order authorized the War Department to remove all people of Japanese ancestry from the West Coast: California, Oregon, Washington and Arizona. The rationale was that the Japanese Americans on the Pacific Coast might support Japan if it attacked the West Coast.

### Evacuation.

Evacuation began in Washington State in March, 1942, and was completed by August. Evacuees (as they were euphemistically called) were first sent to military-

run temporary assembly centers – hastily cleaned race-track horse stalls, converted to living quarters for families of up to six members. Later, they were sent from these centers to ten internment camps, all located in desolate, uninhabited, isolated regions of the United States.

Internment camp housing met minimum International Law requirements, but only barely. Built quickly, designed after military barracks and covered by tar paper, they were cramped, with as many as 25 living in spaces built for four. They lacked plumbing and cooking facilities. Worse, they provided little privacy – with un-partitioned communal bathrooms and showers, community kitchens and laundry facilities, and a mess hall. The conditions were bleak, miserable, and humiliating. In 1944, the government began releasing families from the camps, with \$25 per family member to restart life somewhere in the US.

### Nisei Soldiers.

Once the evacuation was complete in early 1943, the War Relocation Authority and the War Department began recruiting male Japanese Americans 17 years and older into military service. Some 25,000 Japanese Americans volunteered to go to war to fight against racism at home and to prove with their lives that they were loyal Americans. There were three units of Japanese American recruits. One was the Military Intelligence Service, comprised of linguists, critical in the Pacific. Two units, the all-Nisei 100<sup>th</sup> Infantry Battalion from Hawaii, and the all-Nisei 442nd Infantry Regimental Combat Team from the internment camps, were combined in August 1943. In June 1944, they were deployed to Europe, where they fought in eight major campaigns in France, Italy and Germany. These soldiers showed unbelievable bravery. Among the most notable was their key role in the bloody rescue of the “Lost Battalion” in France, in October 1944, when they helped rescue 211 of the 275 members of the Lost Battalion, and suffered over 200 dead and 800 wounded.

*(Continued on Page 11)*

**BITS AND PIECES****Patriotism**

*(Continued from Page 10)*

When they returned to the United States, they were praised by President Harry Truman for their brave stand both at home and abroad. The 442<sup>nd</sup> is highly renowned to this day, having lost more than 800 men in action, and is the most decorated unit of its size in U.S. military history. In less than two years of combat, the unit earned more than 18,000 awards, including 21 Medals of Honor.

**Redress and Reparations.**

In the 1960s, a younger generation of Japanese Americans began the “Redress Movement,” to seek an official apology and reparations from the Federal government for the incarceration of their parents and grandparents without legal due process. Not until the 1980s did they succeed.

In 1980, President Jimmy Carter approved the creation of – and Congress established – the Commission of Wartime Relocation and Internment of Civilians which condemned the internment as motivated by racism and prejudice, and recommended that \$20,000 in reparations be paid to all Japanese who had been incarcerated. More than 45 years after the evacuation of Japanese Americans began, President Ronald Reagan signed the Civil Liberties Act of 1988, acknowledging and apologizing for the fundamental injustice, and offering redress to survivors.

**Aftermath.**

February 19, 2017, marked the seventy-fifth anniversary of EO 9066 that uprooted 120,000 Japanese and Americans of Japanese ancestry. The Memorial reminds us of the loyalty of Japanese Americans to a country that treated them so harshly during WWII, and the importance of protecting the rights of every American.

*Sue Okubo's family was sent from Gardena, California, to the Internment Camp at Rohwer, Arkansas, for four years; they were released at the end of 1945. Sue is a Board Member of the National Japanese American Memorial Foundation.*

**Monarch Butterflies ...**

Monarch butterflies are a threatened species because of climate change and the loss of habitat. The larval stage monarch caterpillars feed almost exclusively on milkweed, and adults get nutrients from the nectar. Volunteers at Durham's nearby Sandy Creek Park have planted milkweed to attract and support these butterflies. A small stand of milkweed was also planted two years ago in one of the raised beds in the Forest's Community



Gardens. For the first time, a large milkweed caterpillar has been spotted and photographed in our beds (the image above), and we're looking forward over the next few weeks to a chrysalis and finally a new butterfly!

**Community Outreach ...**

To: Veterans of the U.S. Armed Forces

As part of my Girl Scout Gold Award Project, I am looking for veterans interested in being interviewed about their experience in the services. This would entail a videotaped interview of approximately forty minutes. The tape will be sent to the Library of Congress to become part of the Veterans History Project. It will also become part of a short film to be shown in this community.

If you are interested in participating, please contact me at (919) 667-5305. Thank you for your consideration.

Rebecca Wade

Girl Scout Troop 49

Durham Academy Senior



## Enchantment on the *Sea Cloud*

by Caroline Raby

As we approached the docks, salt air tingled against my cheeks. I caught patches of white between the roofs. My eyes caught tethered, unhoisted sails, jutting to the sky alongside the cargo booms. Finally, I caught a view of the four masts of the truly majestic *Sea Cloud*. The 360-ft. square-rigged vessel, also known as a barque, looked like she'd sailed from explorer Captain Cook's fleet. Sitting at high tide, she was ready to sail later under 2,700 horsepower engines.

My heart was pounding as I walked up the narrow gangplank. Unbelievably, I was boarding a windjammer! As I tilted my head to gaze at the top of the mainmast, I knew I resembled the landlubber who was being swayed by penultimate marine sophistication.

The ship was formerly christened *The Hussar* by the jointly incalculably wealthy financier Edward F. Hutton and his executive wife, Marjorie Merriweather Post. They sometimes sailed nine months of the year with their daughter, who became known as actress Dina Merrill.

At her 1931 launch, *Sea Cloud* was known as the largest private sailing ship worldwide. She was internationally recognized for her towering, 178-ft-high mainmast; the gleaming, bronzed eagle figurehead; and her 30 neon-white square sails.

During the trip, passengers were amazed by a Filipino crew of 20 scrambling to the 110-ton rigging to release the sails. Muscles bulged as they pulled multiple lines, color coded for each sail. I never tired of watching the canvas being dropped, flapping at first, then the sails filling as they quickly caught and snapped in the wind. We passengers were mesmerized to feel the ship gliding gracefully, smoothly slicing through black-blue waves.

One night, after a BBQ, the crew came out, dressed in starched white middies and blue scarves bearing the *Sea Cloud* logo. They entertained us with boisterous, catchy sea shanties—tunes that had been sung by sailors serving in the king's navy under dashing heroes like Admiral Nelson. Cheery music belted out like “Yo, ho, blow tha’ man down!” It rang through the halyards (lines/ropes) and reverberated across the decks. I appreciated the rich, deep bass music ringing across nautical history.



One evening on the promenade deck, savoring the sun-kissed Greek Stromboli isle, I was struck by a still fresh memory: each gentle ocean swell was tipped in a soft pink of the sun's dipping rays. As I stood on deck, I felt I had been magically transported into a Monet painting with the water having blue copper-aquamarine hues. It was truly a memory-sealing moment. (Though the Mediterranean waves were gentle then, I never lost respect for the sea's strengths and dangers, especially near Italy in 60 mph winds and 20-ft waves!)

While we were docked at a scenic Norwegian port, I watched a platinum-haired preschooler standing on the dock with his mother. His eyes were bright as he gazed at *Sea Cloud*. I quickly disembarked. Looking at his mother for approval, I gave the little fellow two of the ship's postcards. Though language was impossible, his smile said it all, and I smiled back. Ashore, the little boy in his canary-yellow parka stood raptly, watching us leave. I stood portside, watching until he was a dot, remembering his smile and wonder. I thought he'd surely be part of another generation fascinated by ships under sail...just as I am.

*Caroline Raby, a retired medical writer, moved to The Forest in May 2015. She enjoys reading, playing bridge, and traveling.*