

## A Resourceful Manager, Andrea McDade

by George Williams

After five successive months of introducing to the residents new staff members from the remotest parts of the globe—foreign and domestic—it is a welcome pleasure to present now a native, born and raised in Jacksonville—and not even that one in Florida—but our own North Carolina Jacksonville. Andrea is the second oldest of a cheerful family of two brothers and three sisters. When she was a mature five years old, to her (and to her family's) surprise, were born twin siblings, one female and one male. As she had been looking forward to a single little sister, she proposed to her mother that they could return these two and exchange them for one sister. When her mother explained to her that that could not be done, she undertook the care and raising of the little ones.

Her father is a mechanic, operating his own shop in auto salvage. She is proud to follow his example; she says: "I am good at fixing things." Before becoming a real estate broker, her mother was a cosmetologist, but Andrea never acquired either skill.

She began her academic and professional career at North Carolina Agricultural and Technical State University in Greensboro. She entered the college proposing to become a teacher in the elementary schools, but she discovered another interest and transferred from education to sociology. She gained her B.A. in sociology in 2001. After graduation she acquired also an MRS with Jerome, a fellow student. They joined forces and undertook graduate work together at the Keller Graduate School of Management at DeVry University, which has both a local campus and on-line courses. After receiving her degrees in human resources management (MHRM) and business administration (MBA), she took a job in human resources. She found her qualifications in business details and her interest in human resources meshed well with her passion for helping others.

Additionally, she has a graduate certificate in human resource management and is certified with the Society for Human Resource Management (SHRM-CP) and with the Human Resources Certification Institute (Professional in Human Resources).



Before she came to The Forest to join the executive leadership team on June 1, 2015, she had been at Brookdale Senior Living Solutions and at Emeritus Senior Living. Throughout her career

in Human Resources, she has held the titles and positions of Coordinator, Analyst, Manager, and Director. She has also been the Regional Director and the Divisional Director of Human Resources for dispersed communities within the Continuing Care Retirement Community (CCRC) Division.

In spite of all these distinctions and activities, she finds time also for special sports. She is interested in track, softball, basketball (in participating, not in watching). She is looking forward to taking up tennis. She likes to cook, an interest she took up first when she was nine years old. She likes to read; her favorite author is Jane Austen.

She and Jerome live now in Clayton with their puppy, a miniature schnauzer. Jerome commutes to Raleigh; she commutes to Durham along I-40. But she uses the time profitably, she says, by thinking through the day's tasks, etc. Her mission is to meet the needs of current and future team members, so that they can meet the needs of residents.

We are fortunate to have this impressive person caring for us.

### The Forester

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### ***In Memoriam***

Sigrid Nelius April 24, 2018

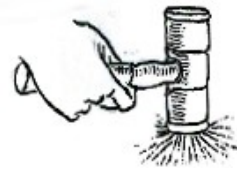
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Marian Krugman May 10, 2018

Merrill Petrow May 13, 2018

Marguerite Ward May 20, 2018

## President's Podium



by Russell Jones

### **Coming Resident Association Elections:**

Before the Forester staff takes a well-deserved summer vacation, I should mention that your Board is already gearing-up for Resident Association elections this fall. Among the five terms that end this fall, two Board members are term-limited: our Treasurer Mary Streitwieser and the Chair of the Health Committee Bob Jennings. Our Secretary (Carol McFadyen) and Chairs of the Finance and Marketing Committees (Carol Carson and Joe Harris, respectively) are not term-limited. Whether they continue on the Board or not, you should thank all of them for their efforts advancing the work of our Association and the quality of our lives at The Forest.

The RA Board has approved Dale Harris as chair of the Subcommittee on Nominations and Elections as nominated by the chair of our Governance Committee. The work of that subcommittee is getting underway and in the weeks ahead you will be receiving information about how to make your suggestions known to the nominating committee.

### **And Don't Forget:**

- *Contributions to the Employees Recognition Fund*  
This is our opportunity to show appreciation to our TFAD Team Members who are an integral part of making The Forest our home. You have already received information about the fund and I hope you have not put the notice aside *temporarily*—take care of it TODAY!
- *Resident/Team-Member Event*  
Our semi-annual event following the fund drive, hosted by TFAD and the Resident Association, has been rescheduled from June 22 to June 29. Plan on coming to mix and mingle—of course there will be fun and food.
- *Next Quarterly Resident Association Meeting*  
Mark your calendars, it is Monday, July 16, before you receive your next *Forester* in October.

# Library Science 101

by Carol Reese

## New Library Committee Members Needed

Due to health reasons, two members of the current Library committee have had to resign. Therefore, I would like to fill those positions before the committee meets again in September. The committee's main functions are to—

1. Review and update policies and procedures.
2. Plan for future services and needs of residents.

If you think you would be interested in helping us out, please let me know either by calling me (919-401-8742) or emailing me (reese.carol911@yahoo.com) over our summer break.

## Year-End Summary

As this is the last article until the fall, I thought it appropriate to provide a summary of our year's activities. From August 2017 through April 2018, the Library received over 1,900 items in donations. These included approximately: Hardcover books, 700; Softcover books, 610; Paperback books, 475; CDs, 90; DVDs, 18; and Puzzles, 8. From these donations, plus recommendations for purchase, we were able to add approximately 190 new items to the collection: Fiction/mystery, 117; Non-fiction/biography, 62; Large-print, 12; In-House Authors, 6; plus miscellaneous items such as puzzles.

In addition to adding to the collection, the Library obtained a stand-alone Book Return, new shelf dividers that are easy to see, a changeable sign for announcements, plus other items to make it easier to use the Library.

## Brush-Up on Library Basics (cont'd) - Donations

As mentioned above, the Library's major source for new items is donations from generous residents. The Library accepts books on all subjects except cooking, travel, and books on highly technical topics. The TFAD Library isn't a research library. We also accept DVDs and audio books. These donations may

be left at the Circulation Desk if it is a small donation. If you have bags and/or boxes of items to donate, please have them placed in the back workroom past the conference room on the left. If you have placed your name and address on these donations, we will count the items and you will receive a letter of acknowledgement from the Forest for tax purposes.

Once we receive donations, the Library's Acquisitions Committee reviews them; compares them to the current collection to see if we already have them; then if we don't, determines whether or not to add them to the collection. Once the Committee accepts an item, it then needs to be cataloged, added to the online database, and then, finally, the proper labels and card are placed on and in the book. This new item is then placed on the "New to the Library" shelves—to the left just as you come in the Library. An item will stay on these shelves for about two months so that residents may have time to see it.

Items not added to the collection are then shown to a local book buyer to see if he wants any of them. Any funds we receive go into the Library's donation account for new book purchases. After the buyer comes, the Library holds an in-house sale for residents. These funds are used to buy basic supplies for the Library. Any donated items left then are delivered to the County Library for their book sales.

The Library also accepts current issues of magazines for placement on the magazine rack so that other residents may enjoy them. We then place the back issues in a wicker box for delivery to the Veterans' Hospital. Finally, the Library is always grateful for any monetary donations anyone wishes make. I believe that covers just about everything related to Library donations.

While there won't be any more articles until the fall, remember that the Library is always available to you. Have a great summer!



## Laughter: The Best Medicine

by Prem Sharma

The review of early writings and current scientific literature reveals considerable interest in the therapeutic value of laughter. The Greek poet Pindar (518 to 438 BC) wrote, "The best of healers is a good cheer." The Bible has over forty references to humor. Proverb 17:22 KJV states: "A merry heart doeth good like a medicine, but a broken spirit drieth the bones."

Robert Burton in his *Anatomy of Melancholy*, written some 400 years ago, said that humor purges the blood, making the body young, lively and fit.

Albert Schweitzer believed that the best medicine for any illness was a good sense of humor and, for him, the knowledge that he had a job to do. He possessed an incredible drive to use his mind and body as he felt that the essence of his life was "purpose and creativity." Even when ninety years of age he was known to work long hours attending to his patients, doing carpentry work and playing the piano. Both he and Pablo Casals believed that their work and music was their medicine, as after playing music each was able to stand up and walk erect in spite of advanced age.

Norman Cousins, the editor of the *Saturday Review*, in his best seller *Anatomy of an Illness* described his miraculous recovery from a crippling ailment he had suffered upon his return from a highly stressful visit to the Soviet Union in 1964. His condition was diagnosed as ankylosing spondylitis, an irreversible disease which results in the breakdown of collagen, the fibrous substance that holds body cells together. Cousins endured severe joint pains and had considerable difficulty in moving his limbs. His doctors told him that among several precipitating factors, extreme stress and emotional tension may have played a role.

Cousins reasoned that if emotional tension and stress can produce negative chemical changes in the body, positive emotions could produce positive changes. He discovered that by watching 10 minutes of old funny Candid Camera segments he would remain pain free for over two hours. Was it possible that laughter, love, hope, faith, creativity and the will to live had therapeutic value? Cousins recovered from

his illness and, defying the prediction of his physicians, lived a productive life for many years. To those interested, Cousins' book is certainly a worthwhile read.

Recent medical literature is replete with investigations of the effect of laughter on health. According to the Association for Applied and Therapeutic Humor and Ron Berk of The Johns Hopkins University, humor and laughter provide many benefits including the reduction of stress, anxiety, and tension; enhancement of memory; increased pain tolerance, hope, and vigor; and enhancement of creative thinking and problem-solving.

"The old saying 'laughter is the best medicine' definitely appears to be true when it comes to protecting your heart," says Michael Miller, Director of the Center of Preventive Cardiology at the University of Maryland Medical Center.

A study at the Loma Linda University School of Medicine indicated that heart attack survivors who watched 30 minutes of funny videos daily significantly reduced their risk of recurrent heart disease.

Other researchers have concluded that laughter may help burn calories, raise the levels of infection fighting antibodies, and boost the levels of immune cells. Humor has shown lowered blood sugar levels in diabetics, and mental health workers are using laughter therapy in their treatment protocols.

Recent studies at the University of North Carolina and the University of Vienna have demonstrated that hugging a loved one or a trusted friend also has health benefits as it brings about an increase in the production in the body of an enzyme called oxytocin which helps lower stress, anxiety and blood pressure, and improves one's memory while producing a great feeling of wellbeing.

The evidence provided in the literature appears to be fairly compelling that positive emotions, creativity, love, hope, faith, family support and laughter all contribute to better health and that we can indeed laugh our way to healthier and happier lives.

*Prem Sharma, DDS, MS, served as Professor and Associate Dean for Academic Affairs and Alumni Affairs at the Marquette University School of Dentistry. He is also the author of three novels.*



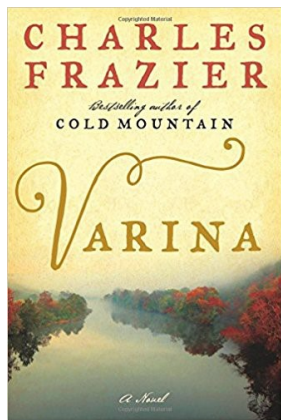
## BOOK REVIEW

***Varina, a Novel***

by Charles Frazier  
(New York, HarperCollins, 2018)

by Rachel Hamilton

Charles Frazier has again revealed his extraordinary ability as a writer in his new novel based on the life of Varina, wife of Jefferson Davis, President of the Confederacy. Exhibited in this work



are the author's thorough research, his remarkable gift for getting into the heads of his characters, his admirable prose, as well as his irritating habit of making the reader work at keeping characters and time sequences straight. I can imagine some future graduate student trying to separate fact from fiction, but if one doesn't care and is looking for a good

read, this is it, especially if one treasures the beautiful language. And there is poetic truth to be found.

Once the reader gets into the flow to determine how the time sequences work (Frazier's headings help) and figure out who is talking (no quotation marks), the recollections of Mrs. Davis capture the reader's imagination as she tries to catch up the memory of one of her lost boys long grown away from her. Together they work out what has happened since the fall of Richmond, and what the whole thing meant to each of them and to the country. The description of the flight from Richmond toward Florida with an eye toward Cuba is full of Frazier's knowledge of the natural landscape and what conditions would have been like for the fugitives. Indeed, details of life as recalled by Varina—V, as she is called—ring true and illuminating throughout the book.

An oddity: the publishers must have found it useful to add "An Exclusive Q&A with Charles Frazier." The author's answers clarify some points, though readers can figure out everything without



*Jefferson Davis and Varina Howell  
Wedding Daguerreotype (1845)*

—Wikimedia Commons photo

them, except perhaps why he chose this figure to write about at this particular time in history. This book is not for slackers, but for anyone interested in the history of our country and thoughts about its future.

*Rachel Hamilton, with two degrees in English literature, taught English at the University of New Orleans. She also did hand bookbinding, showing her work in galleries here and abroad.*



*The children of Jefferson and Varina Davis, ca 1867: Jeff, Jr., Margaret (Maggie), Varina Anne (Winnie), and William (Billy).*

—Wikimedia Commons photo

## Welcome To New Residents

### Prem & Anita Sharma

Apt 4034      prem72357@gmail.com

919-361-5858 (home)      919-265-865 (cell)



Prem and Anita Sharma come to us from New Delhi, India, by way of Milwaukee, Wisconsin. They met in New Delhi in 1958, married, and came to the United States in 1961. Anita had earned her MD in New Delhi and became a resident in pediatric and general pathology in Milwaukee. She served as a pathologist at St. Mary's Hospital in Milwaukee until her retirement in 1996.

Prem earned a Master's degree in pediatric dentistry from Marquette University where he began an illustrious medical career from which he retired as the associate dean for Academic Affairs and Alumni Relations in 1996. He has been active in wide-ranging public service including the Wisconsin Governor's Advisory Council on Minority Affairs, the American Red Cross, the US Presidential Advisory Council on HIV/AIDS, and the Milwaukee Ethnic Council. Prem has received many awards for his contribution to pediatric dentistry, ethnic and racial cooperation, and public service. He has written and published three novels (with the assistance of Anita) and is working on a fourth.

The Sharmas have two daughters, both now practicing physicians. Leena and her husband Sol live in Chapel Hill, while their younger daughter Maddie and her husband, Raj, will be moving to Durham from Pittsburgh this winter. They have 23-year-old twin grandchildren.

Prem and Anita have enjoyed tennis, golf, bridge and ball room dancing and they enthusiastically champion the benefit of laughter as an aid to healthy living.

### Lewis & Judith Siegel

Cottage 47

919-401-0982



Lewis grew up in Baltimore, MD, and Judy grew up in Brooklyn, NY. They met in Baltimore while Lewis was at Johns Hopkins University and Judy was at Goucher College. Lewis earned his BA and PhD at Hopkins in biology. Judy's BA was in international relations. After a short term post-doc, during which they lived in Brookhaven, NY, Lew came to Duke as a post-doc and then joined the faculty. He rose through the academic ranks to become professor, vice provost, and dean of the graduate school. He was a productive researcher and teacher, and was committed to graduate education.

Judy was busy caring for her three sons, and managed also to be involved with Jewish education. She served as teacher and principal at Beth El Synagogue. When two of her sons were in college and the other in high school, she went to law school at UNC-Chapel Hill. She was an associate in a law firm for a few years, and then became a Legal Aid attorney. She was honored as Outstanding Litigator by the NC Legal Assistance Program.

The Siegels had a year in Brighton, England, while Lew was on sabbatical, and a year in Chevy Chase, MD, while Lew was dean in residence at the National Science Foundation.

They are proud of their sons: Nathan, an attorney in Maryland; Jonathan, a biostatistician in New Jersey; and Ari, a financial consultant in Florida; and wish at least one of them were closer. Judy and Lew are both great readers, and enjoy the available cultural activities in the Triangle.

## Twilight

by Banks Anderson

Time was —

When rocking on the high ceilinged porch  
Fireflies would float upward as if  
On gassy exhalations from the green lawn.  
Their lightnings demanded our pursuit and we would run  
Through the blue grey twilight  
Arms high and fingers spread, seining the air.

Success brought brown and orange and a special smell  
Into little hollowed fists and also a touch of sadness  
For the light we sought was cold  
And the little bug only limped  
With wings askew, folded, hiding its beacon.

Time is —

When success grows old and cold and  
Goals float upward drifting out of reach.  
Should I now rock by the screen in gloom  
Waiting for twilight to fade to night?

Or should I push up, join in the chase,  
Aim toward any bits of lightning in the dusk  
Knowing well that it is only in the reach,  
Not in the grasping  
That joy is to be found in twilight.

*Banks Anderson is Professor Emeritus  
of Ophthalmology at Duke*

"Twilight" was first published in the fall 2008 issue of *Scope*,  
the Newsletter of the American Academy of Ophthalmology.

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## BOOK REVIEW

**Leonardo da Vinci**

by Walter Isaacson

(New York, Simon &amp; Schuster, 2017)

by Caroline Raby

Walter Isaacson provides a life story of an amazing polymath, Leonardo da Vinci (1452-1519). He details the exceptional Renaissance man's work, idiosyncrasies, art, incredible inventions, and emotions. According to Isaacson this illegitimate son of a peasant girl and Tuscan notary possibly had depression, which may have caused some of his projects to be abandoned. Nonetheless the genius da Vinci showed an unquenchable thirst for knowledge throughout his life.

Da Vinci had numerous talents and interests including painting and sculpture, engineering, anatomy, astronomy, aerodynamics (correct!), hydrology, and optics (light, ocular physiology and physics). Also, in *The Last Supper*, the fresco shows a 3-D perspective, uncommon among da Vinci's artistic rivals.

Isaacson has organized the book skillfully, first identifying the main characters—including Pope Leo X and France's King Francis I, da Vinci's last sponsor. Next, the author lists primary events in his subject's life with a beautifully illustrated timeline showing his works and his peers. Last, for this tome the astute author pored over more than 7,000 pages of da Vinci's notebooks, making the adroit expert more relatable for the reader.

Surprisingly, when da Vinci was in his 30s he sought employment. He wrote the ruler of Milan, listing his engineering skills and affirming his art expertise with the statement "Likewise in painting, I can do everything possible." *The Last Supper* and *Mona Lisa* are two of the world's most famous paintings.

Isaacson provides da Vinci's ingenious method in creating the *Mona Lisa's* captivating smile: "He peeled flesh off the faces of cadavers, delineated the muscles that move the lips, and then painted the world's most memorable smile."

Da Vinci began work on the *Mona Lisa* in 1503.

"He continued to work on it ... adding tiny strokes and light layers through 1517." This reviewer feels the master must have fallen in love with his painted lady, being mesmerized by the enigmatic smile (as seen with Pygmalion).

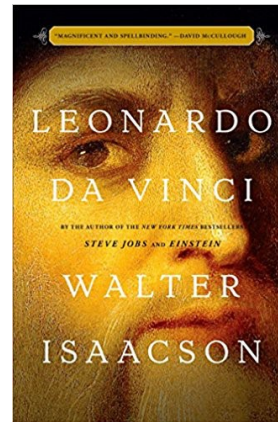
Leonardo had numerous projects that failed, including a flying machine similar to a modern helicopter. In one of the bio's best passages, Isaacson magnificently states: "This inability to ground his fantasies has been regarded as one of Leonardo's major failings. Yet, in order to be a true visionary, one has to be willing to overreach and to fail some of the time.... The things he envisioned for the future often came to pass, even if it took a few centuries. Scuba gear, flying machines and helicopters now exist. Suction pumps now drain swamps.... Sometimes fantasies are paths to reality."

It impresses me that Isaacson encourages readers to instill knowledge in themselves and their children, "developing a willingness to think differently about information and seek new horizons," as da Vinci did.

"He crafted an empirical approach for understanding nature that foreshadowed the scientific method developed more than a century later by Bacon and Galileo. His method was rooted in experiment, curiosity, and the ability to marvel at phenomena that the rest of us rarely pause to ponder after we've outgrown our wonder years." Amazingly, da Vinci had no formal education whatsoever, and to our great fortune, being illegitimate, he was not able to follow in his father's footsteps as a notary.

Isaacson, a Tulane history professor, was an editor of *Time* magazine and the chairman of CNN News. He has authored other notable biographies including those on Steve Jobs, Benjamin Franklin, Albert Einstein, and Henry Kissinger. For this 600-page best seller, Isaacson provides 38 pages of rich notes plus color pages. The book is quite heavy, so I suggest using the Kindle edition.

*Caroline Raby, a retired science writer, is a history buff and a regular reviewer for The Forester.*



## Is Moderate Drinking Beneficial?

by Bob Gutin

Here are two media headlines I read recently describing a study published in the prestigious British medical journal, *Lancet*:

- “Drinking a pint of beer may lower your life expectancy by the same amount as smoking a cigarette—new research.”
- “Drinking one alcoholic drink on a daily basis could shorten your life expectancy, a new study shows.”

Don’t these headlines suggest that you should think twice before having a pint of beer or a glass of wine? Whatever happened to the idea that moderate drinking was beneficial to health? Why does this report seem to contradict previous belief?

So I did what any good academic does—I went online to read the original report. Indeed, the article did (at first glance) seem to support the media reports by saying that “The threshold for lowest risk for all-cause mortality is about ... 5–6 standard UK glasses of wine or pints of beer per week” an amount that would typically be classified as moderate drinking. Above that amount, the mortality rate was higher, such that those who imbibed 14 drinks per week had a 20% higher mortality rate than the moderate drinkers.

But upon closer reading, I saw that the authors chose to base their main conclusion on an analysis that omitted the non-drinkers. When all subjects were included in the analysis, non-drinkers had a 20–40% *higher* rate of all-cause mortality than people who drank approximately 5–6 glasses of wine or pints of beer per week.

This interesting bit of information was mentioned, almost in passing, in the article’s text. Moreover, the figure clearly showing the overall relationship of drinking to mortality was buried in the article’s unpublished supplement, rather than in the published report.

Thus, this research project actually supports the idea of a U-shaped relationship between drinking and health—both abstaining altogether and drinking excessively are associated with poorer health than drinking moderately.

For some reason the authors of the *Lancet* report

chose to downplay this finding in their own data, presumably because they wanted to look especially carefully at the threshold where higher levels of drinking becomes unhealthy.

Nonetheless, they (and the journal’s editors) permitted, even encouraged, the misconceptions with which I began this article.

If we assume that the U-shaped relationship between drinking and health is causative (keeping in mind the riskiness of concluding that correlation implies causation), it would probably be sensible for me to have a glass of wine with most dinners.

Why did I choose to mention this matter to my fellow Foresters? For one thing, it may influence your own drinking behaviors. Second, I want to put in a pitch for the OLLI course that Ed Cox and I coordinate in the fall semester, *Frontiers in Medicine*. We ask the presenters (a different one each week) to alert the participants to new research and controversies such as the one described here.

Feel free to write me with your comments and suggestions for the OLLI course. Find more information about the OLLI course, at the website [olliatdukefrontiersinmedicine.weebly.com](http://olliatdukefrontiersinmedicine.weebly.com).

*Bob Gutin’s research focused on the relationships between exercise, diet, body composition and associated disorders in children.*



—Photo from US edition *The Guardian*, Apr 12, 2018

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**LIFE AT THE FOREST**

## **Mallard Mother (of Eleven!), Fanny Ann Duck, Grants Interview**

to Katherine Shelburne and Shannon Purves

Q Why did you decide to raise your family in our pond here at The Forest at Duke?

A My husband, his brother and I were born and grew up here; but a few years ago, things changed. The trees were all cut down so a lot of big houses could be built. It was noisy! Living conditions were deplorable.

Q Why'd you come back?

A Flying over this past fall, we looked down and saw that the construction was completed and the pond was still and peaceful. We also realized that, without the woods, our old predators had lost their habitat. So we stopped over to give it a try. We'll stay until the kids fledge—usually in 50 or 60 days from hatching.

Q Are you a first time mom?

A Actually, this is my third brood. And my biggest!

Q So it's not a typical brood in number?

A It's at the high end of typical which is eight to thirteen. Thanks to the nearby human residents who have provided us with an enriched diet, we have been able to hatch these eleven healthy ducklings.

Q So it's not a bad idea for humans to offer wild birds extra sustenance?

A No. Just like human beings, we can always use enrichment in our diets. These kids are proof of that. But it is true that we shouldn't be fed bread or crackers, etc. What we've been offered here is specially produced wild bird food.

Q Have you and your husband and brother-in-law named your offspring yet?

A We have indeed. Let me introduce you to Dagmar, Desdemona, Dyspepsia, Diana, Dingle, Dizzy, Dumpy, Dimples, Digger, Diamond and Delilah.

Q No Donald?

A Well...let's just say that as I am not fond of Daisy, I did not want to honor her by naming one of my kids for her partner.

Thank you, Mrs. Duck. By the way, did you realize that your initials match those of your new home?

*Interviewers Katherine Shelburne and Shannon Purves live on either side of the pond.*



*Fannie Ann Duck with four of her eleven adorable, but rambunctious ducklings. Mother and young as first seen in the Fountain View Lane pond the morning of April 26, indisputable evidence that Spring had come to Durham.*

—Bennett Galef photo

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### **Overheard Conversation**

Will she have another brood this summer?

Interesting ... I never thought about that. Anyway, they are adorable, even though they are teenagers now. And, she still has complete control. They all lie down around her and take a nap at the same time!

And she hardly ever has to yell at them! An impressive mother.

Google says that with multiple clutches, she'll lay "as few [sic] as 60 eggs per year."

Good grief! And the guys do zero as dads.



## TWENTY YEARS AGO IN THE FORESTER

**An Era Ends for The Forester**

by John Tebbel

This publication has come a long way since its appearance in April 1994, with an edition of seven stapled pages, the eighth side empty because we ran out of news. In a front page “To Our Readers” editorial, we promised to make our paper into whatever form our readers desired, and that is what’s happened since then, thanks to the contributions of many residents. We declared: “Our purpose is to be newsy and entertaining, not controversial,” and that remains the goal.

Looking over Vol. 1, No. 1 ... is already an exercise in nostalgia. A front page story reports that Medicare Certification had been deferred for at least a year; it is still deferred.... The Book Notes column ... noted the imminent *Inside the Clinton White House*, by Bob Woodward, which now sounds as though Bob had penetrated no farther than the Lincoln Bedroom. Ah, the good old days! Evebell Dunham gave us “Courting in The Forest,” but there were no juicy revelations here. Just avian sex. The issue closed with the first of Bob Blake’s many puzzles.

It was a respectable opening, but we hope our readers will agree that we’ve improved since then, retaining the best of the old and saluting the new, as they say in merchandising.

**Report from the Pond**

—Mrs. Mallard

I am pleased to report from the Pond that our 15 offspring are doing well. They are excellent swimmers and have become quite proficient at waddling. Like all youngsters, our ducklings are somewhat careless about crossing streets. It’s not easy for me to keep track of so many, and when it comes to helping with the kids, my husband might as well be a decoy. We hope that motorists will watch out for the youngsters as well as for our human friends.

The above pieces were first published in The Forester, June 1998  
(pages 1, 5, & 4, Volume 5, issue 6)

## CAROL’S CORNER

**Emma Bartlett**

by Carol Oettinger

Emma has come to us at The Forest after traveling many miles. Everyone here is glad that she did.

Emma lived in London and was graduated from Cambridge University. Emma said, “While I was at Cambridge, I got the opportunity to meet Prince Edward, Queen Elizabeth’s youngest son. This friendship led to several weekend visits to Sandringham, the Queen’s Country Estate. It was a very exciting time for me.”

She loved to travel and went to California. She met her husband-to-be there and was married in 1997. She wanted them to live in London, but her husband said the only place to live was California. They had three boys. She loves them dearly and wanted us to know that Samuel is now 17, Oliver is 15 and Jonah is 12. The marriage ended. She couldn’t take the boys out of the USA, so she moved as far away as she could get from California. We are happy that North Carolina was her choice. She didn’t know anyone, but decided that Cary, with good schools for the children, was a fine place to settle.

Emma is a person of many interests. She enjoys gardening and has vegetables, fruit and a HUGE herb garden. She plays the piano for pleasure. She still loves to travel and see new places. She has visited New Zealand, Canada, Argentina and Mexico. Her two-year goal is to run in a marathon.

Emma has been with Morrison Senior Living for some time. She came to the Forest at the end of October as service manager. We are all aware of her efforts to make sure service is correct and friendly. She really enjoys knowing the residents.

## The Amazing Nearly New Shoppe

by Cecilia Spach

Who would have thought that a thrift shop created 50 years ago as a fundraising effort for Duke Medical School scholarships would turn into a thriving business that now boasts an endowment of fifteen million dollars and is a valuable resource to the Durham community and Duke University!

The Nearly New Shoppe began in 1968 when Ethel Wyngaarden Teer met with members of the Duke Medical Faculty Wives to propose that we open a thrift shop to generate funds for Duke Medical School student scholarships. The group organized the project, renovated an old grocery store on Erwin Road, and obtained donations and consignments of used goods. The shop opened and generated a profit of \$5,000 for scholarships its first year of business.



*Cecilia Spach & Barbara Smith*

A few years after the opening, we decided to put half of our yearly profit into a Duke Medical School Faculty Wives endowment fund and the other half into direct scholarship funding. At the present time, our endowment has grown to fifteen million dollars while we continue to give between \$800,000 and \$1,000,000 in scholarships each year to Duke medical students.

As The Nearly New Shoppe profits and popularity grew through the decades, we established a second endowment for the Duke University School of Nursing. This fund provides \$55,000 for nursing student scholarships each year.

Our shop inventory consists of donated recycled clothing and household items. All donations are tax deductible. Hardly a day has gone by that the shop has not received donations.

Today, we have eighty volunteers and four and a half paid employees. Our shop provides an outlet



*Diana Spock, Irene Hackel, Maldi Hall, & Katherine Shelburne*

where many students and members of the community can buy items at reduced prices. We have loyal customers, some of whom shop at the store at least once every week.

The members of our Medical Faculty wives group have developed strong and lasting friendships. It has been very rewarding to give all of our profits for scholarships. The photos show six current Forest residents who have been faithful volunteers; two others, Linda Jennings and Mary Wilkinson, were not available for the photoshoot.

It is truly amazing that if or when the Nearly New Shoppe closes its doors, the Shoppe legacy will continue through the endowments that provide scholarship funds to the Duke Schools of Medicine and Nursing.

The Nearly New Shoppe is located in the Hock Plaza parking garage at 2424 Erwin Road, but the entrance is on Pratt Street at the back of the parking garage. The Pratt Street entrance to the parking garage has free parking for Nearly New Shoppe customers. For more information call 919-286-4597.

*Cecilia Spach, volunteer Shoppe treasurer since 1968, is the wife of Madison S. Spach, Professor Emeritus of Pediatrics, Duke School of Medicine.*