



A Season to Vote

by Dean McCumber

As the inescapable political ads and commentary make clear, we are in an election season. Voting for our local, state, and federal leaders will climax on November 3rd. Issues of relevance to seniors will be decided by those we elect this fall, so our votes are important. Bracketing this election are two elections internal to The Forest: an election for officers and directors of the Residents' Association on October 19th and a preference election on November 19th for a resident representative on the Board of Directors of The Forest at Duke, Inc.

Information about the November 3rd election has been available in the Conference Center and on the Internet. This article addresses the elections internal to The Forest.

The Residents' Association Election

Association bylaws govern election procedures. They specify that RA officers and directors be elected at the Annual Meeting of the Residents' Association in October. Because of the COVID-19 pandemic, the Annual Meeting will be a *virtual* meeting, and two adjustments to election procedures were approved by the RA Board to accommodate COVID-19 but preserve the intent of the bylaws: if a slate candidate is uncontested when nominations close, the President may declare the slate candidate elected, and if a vote by paper ballot is required, a practical "socially distanced" voting protocol was defined. Otherwise the election follows a familiar path.

A Nominating Subcommittee—**Alex Denson, Linda Cushman, Ann King, Nancy McCumber, Robbie Robertson, Molly Simes, and Vic Moore**, chair—solicited nominee recommendations from residents during the month of August. Nominees were not required to be consulted nor to make a commitment to serve if elected.

The Subcommittee announced a slate on September 15, with the listed candidates committed to serve if elected. Additional "nominations from the floor" submitted on or before October 1 will be accepted if they include a written commitment from the candidate to serve if elected, a brief biographical sketch, and two additional signed recommendations from TFAD residents.

The final list of nominees will be announced by October 8. If there are competing nominations, a paper ballot will be prepared, and the vote for those positions taken on October 15th. The ballot shall list

the nominees for each contested office and state the number of votes permitted for each office. A brief biographic sketch will accompany the ballot. Ballots shall be distributed to all independent residents via the in-house mail boxes. The Activities Director of Health and Wellness will be given sufficient ballots to meet the needs of voters there. Bylaws provisions relating to absentee ballots remain in effect.

Independent residents will be instructed to mark their ballots at home, fold them once for privacy, and, having sanitized their hands and donned face masks, bring them to one of two polling stations: one in the Living Room and one in Greenwoods. Both will be open from 10:30 AM until 3:30 PM. In each polling station there will be a ballot box and an attendant separated by more than six feet. Voters will be admitted one at a time to each station and, after giving their name to the attendant, will be permitted to drop their ballot into the box and leave the room by the outgoing door.

At the end of the day, the supervising Subcommittee member shall gather the two boxes and take them to a safe place for opening and for counting the ballots along with the H&W and absentee ballots. The Subcommittee Chair shall report to the President the number of votes for each candidate and identify the winner of each race based on a plurality of the vote. The President will announce the officers and directors elected at the Annual Meeting.

The Forest at Duke, Inc., Election

The Forest at Duke is owned by The Forest at Duke, Inc., an independent not-for-profit corporation managed by a Board of Directors and a professional

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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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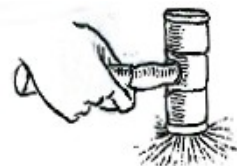
Columnists

Banks Anderson

Carol Oettinger

Carol Reese

President's Podium



by Banks Anderson

We are social animals. Covid is depriving us of one of the big benefits of living at TFAD. How can we become less isolated? This is not a new problem. Thomas Jefferson on his isolated hilltop in Virginia is said to have written as many as twenty-five letters in one day. Although most of us enjoy receiving hand-written communications, few of us now write them. Summertime was the season when parents used to receive letters from happy campers, some enclosed in the stamped self-addressed envelopes that were sent off to those watersides with them. Today cursive writing has been replaced by printing and by thumbing electronic keys. Another relic, the telephone, still remains a marvelous weapon against isolation. Not only are words transmitted but their tone and emotion as well. No need for emoticons or emojis. We share over the telephone and this is good lock-down preventive medicine. But the telephone cannot transmit body language.

Half a century ago newspaper images were transmitted over telephone lines with a two-column one requiring a half hour or so. High speed internet has revolutionized image transmission. While Netflix can relieve boredom, from this podium I preach that you need to learn to socialize via Zoom. Currently at TFAD this is the interactive meeting software of choice. The software required to participate is free. TFAD provides an internet connection. It will work over a cell phone but the tiny screen is not a good body language transmitter. What you need is a laptop or other computer with camera and microphone. I use my MacBook Pro that is provided with both. But they

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The Forester Wants You ...

The Forester seeks residents for a variety of editorial jobs: writing short resident biographies (an opportunity to meet and welcome new friends), laying out an issue for printing (with user-friendly desktop publishing software), writing special features, or copy editing articles and poetry submitted for publication. We want you. We need you. Please call or email Managing Editor Sharon Dexter, or any of us!! ☺



Archived full-color issues of The Forester are available under Quick Links at <http://www.ForestRes.org>

Library Science 101

by Carol Reese

WELCOME BACK TO A NEW YEAR (HOPEFULLY IT WILL GET BETTER)

The Library is finally back to being open seven days a week. The hours for each day are from 9:00–11:00 and 2:00–4:00. This schedule still gives our housekeeping staff time to make sure all the different surfaces in the Library are clean and the room is safe. This is a good time to thank the staff for all their extra work so that we residents may keep using the Library.

CURRENT BOOK EXHIBIT – GREAT HEROINES IN LITERATURE

The theme of our current book exhibit is *Great Heroines in Literature*. Here you will find a book by Flaubert about an interesting woman named Madame Bovary. Or you may select a book by Hussein that explores the lives of women in Afghanistan, or better yet try to solve the mysteries encountered by Miss Marple. There is a wide selection to choose from—read something new to you or re-acquaint yourself with an old favorite.

CHECKING ITEMS OUT FROM THE LIBRARY – REFRESHER COURSE

When checking out a book, you will usually find the book card on the left-side page at the back of the book. However, **there will be times, especially with the older books, when the cards were placed 2 or 3 pages from the back** of the book if there was a map, image, etc. on the last pages. **So, please, if you don't see the card on the last page, skim a few pages inside the book to locate the card.** Remember: to take a book out we need you to write the date and your name followed by your **apartment or cottage number** on the next available line on the book card. You will also find check-out cards that need to be filled out in the boxes of the DVDs, CDs, and most puzzles. All filled-out cards should then be left in one of the silver containers placed on top of the Circulation Desk.

All items (books, puzzles, DVDs, etc.) are charged out for about three weeks. If you have something out over the three-week period, we will place a list of what you have charged out in your inbox. The items with brackets (<< >>) around them have been out longer than the three weeks and are considered overdue. If you wish to keep an item longer, just return the list with a note indicating which item you want renewed, and we will take care of it. ♪

FYI: there is never an overdue fee.

In Memoriam

Ann Carole Moylan	May 30, 2020	Ronald Haynes	June 9, 2020
Adrian Tiemann	June 28, 2020	Hazel Scheblik	July 6, 2020
Mary Lou Young	August 7, 2020	William Townsend	August 9, 2020
Irene Hackel	August 18, 2020	Nancy Fowler	August 22, 2020
Elizabeth Lamar	September 11, 2020	Stephen Baxter	September 15, 2020

A Season to Vote...

(Continued from Page 1)

staff. The Forest Board selects its own members and elects its officers, as described in its corporate bylaws. The bylaws currently specify a Board of 10 to 18 members, of which three may be residents.

The President of the Residents' Association is usually a member of the Board while in office. The Board may elect two additional residents to three-year terms, each once renewable. Current resident members are **Arnold Lerman**, whose second term ends October 31, 2020, and **Dean McCumber**, whose second term ends October 31, 2022. The Board has requested the names of three residents from which the Board might select a replacement for Mr. Lerman. The process for doing this is spelled out in the RA bylaws.

With the approval of the RA Board, RA President **Banks Anderson** appointed Dean McCumber Chair of a Special Nominating Committee to respond to the Board request, and he in turn will appoint four additional Committee members.

The Committee will distribute to residents on October 20 a request for nominees to serve on The Forest at Duke, Inc., Board. Nominees will need to agree to serve a three-year term if selected. They will also be asked to prepare a half-page bio outlining relevant background *and* a short video describing why they would make a good Board member.

The request for nominees opening on October 20 will close on November 3. If on November 3 there are only three nominees, the President shall forward their names, bios, and videos to the Forest Board.

If there are more than three nominees, a preference election will take place in a manner similar to that described above for RA officers and directors, but with each resident now entitled to vote for up to three candidates. On November 5, the Committee will distribute a Ballot listing all nominees together with their submitted bios. Nominee videos will be shown on Channel 1390 during the week of November 12–19. On November 19, residents will vote for up to three of the nominees proposed by residents. Residents will mark their ballots at home and bring them to the polling stations, respecting the constraints imposed by COVID-19. The names, bios, and videos of the three nominees receiving the most votes from residents will be forwarded to the Forest Board. ¶

To All Cats, Now and Then

by Don and Debbie Chesnut

Our feline friend Nikki, 16 years young, entered cat heaven earlier this past May. She had been a much-loved family member for all those years and is greatly missed. At bedtime we still think about checking on whether or not her food bowl is filled or whether she's gotten closed into one of our closets; her essence lingers.

Will Rogers is thought to have said "If there are no dogs in heaven, then when I die I want to go where they went." We are of a similar point of view with respect to cats, especially Nikki. This poem, written a number of years ago, is dedicated to her.

Meow

Oh furried feline, friend of mine,
Your coming surely was divine.
Who else but He in one grand act
Could make the thing we call the Cat?

Beast not rude though perhaps haughty,
Never mean but sometimes naughty,
Whose fondness, love, and feline bliss
Are shown by purr and licking kiss.

Who rests by day right in plain sight,
So she can hide and rest at night.
But who appears quick as you wish
When food is placed into her dish.

Whose goal in life is to cat nap,
To lie contented on your lap.
To stretch, and now and then to grin,
And then go back to sleep again.

We're glad to have a friend like you,
Despite dog lovers' points of view.
We can write poems like this or that,
But only God can make a cat!

Podium...

(Continued from Page 2)

can be purchased as add-ons. My eldest daughter hosts a Sunday family Zoom meeting. What a marvelous way to break out of isolation.

Social information exchange occurs through body language and you can read this information on a decent laptop computer screen. With Zoom and other programs there are icons to fill the screen, to mute your microphone, to turn off your camera, and one that arranges participants' images. Participants' images are larger if screens are larger and this is where cell phones lose out. Already we have had many TFAD meetings using Zoom. The SARS CoV-2 virus is not going to disappear. We will continue to remain the demographic most at virus risk. We must continue to avoid potential super-spreader events.

You need to download Zoom. Rashad and his IT staff, and Ken Barrett and Bob Dix can help. I hope to see you in living and moving color here on this laptop screen soon. ☸

A True Story

by Carol Scott

In these days full of gloom and doom in the news, I have an uplifting true story to share.

My grandson is part-owner of Firestorm Books and Coffee in Asheville. On a recent morning he went to work and found, to his horror, that the glass entrance door and surrounding area had been smashed. Glass shards were all over the floor, and the cash register had been relieved of \$150. Repairing the door would cost about \$500.

When he had recovered a bit, he did his usual morning check of Facebook and Instagram and sent messages reporting what had happened. GUESS WHAT? Firestorm received FOUR HUNDRED orders for books from people throughout our wonderful country; people who had never been to Firestorm, or even to Asheville! The orders covered all the repairs and the cash register money that had been lost.

This, to me, is proof positive that regardless of what else you might see, hear, or read about how we are behaving as a country: ALL IS NOT LOST!! ☸

Pandemic-ized

by Mary Lou Croucher

Fearful. Closed doors. Sounds of silence.

Masks ... loose ends, or ties that bind us. Hidden smiles. Furrowed brows.

Staccato notes, lingering melodies. Musings and meanderings.

Doldrums and diversions as the days pass. Privilege and peril.

We can't put Humpty Dumpty together again. Or could we? Should we?

Can our clipped wings grow back?

Invigorating morning walks. Mother Nature proudly and generously sharing her bounty.

Meeting and greeting my canine buddies with their humans on a leash.

On my balcony. Fresh air. Hummingbirds flitting among the flowers.

Waves from friendly neighbors.

A glass of wine. A good book. Loneliness morphing into serenity.

Meal delivery; thank you. "Eat your veggies."

Do I detect the delectable aroma of chocolate?

Living life as it is.

Now I lay me down to sleep.

Tomorrow is another a NEW day!

Welcome New Residents

Robert and Judith Mace

Cottage 1

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Judy and Bob both grew up in a small town, Canton, Illinois, but they did not meet until they became college students in New York State. Judy studied at Vassar in Poughkeepsie and Bob at nearby West Point, where he was a cadet at the United States Military Academy. Upon his graduation Bob accepted a commission in the Army Signal Corps. The two decided to delay marriage until Bob had completed Ranger training and also returned from a hardship tour in the Korean DMZ. While waiting for Bob's return, Judy finessed her degree in physiology into a position as Ranger Naturalist in Shenandoah National Park.

An unexpected change in Bob's orders forced a small hometown wedding in the midst of a spectacular December blizzard. The couple stepped together into a military life which took them through twenty-some moves, one to the University of Michigan where Bob earned an MSE in computer control engineering. Son Jim was born while they were at Fort Monmouth, NJ, and daughter Katherine was born in Canton, where Judy was waiting for Bob to return from Viet Nam. The 100-degree change in temperature involved in the move from Ft. Shafter, Hawaii, to Command and General Staff College at Ft. Leavenworth, Kansas, was only one challenge among many as Judy became a self-styled "relocation specialist." While Bob helped design the new Signal Corps officer position of computer specialist at Ft. Gordon, Georgia, Judy earned a degree from the Medical College of Georgia which paved her way to a very movable career in medical transcription.

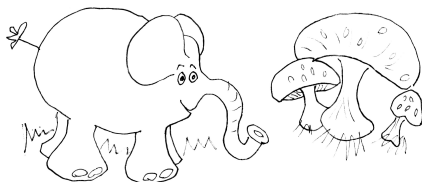


The offer of a job in Cambridge, MA, in a company founded by the two women credited with the computer design that put Apollo on the Moon, lured Bob from active duty into the Army Reserves from which he eventually retired as a colonel. Bob's work in the high-tech world brought Judy and him to Durham in 1989. Here his work at various small companies ended in 2002 as project manager for the city's adoption of a new comprehensive computer system. Given time in retirement and inspired by memories of childhood days on their grandfathers' farms, in 2007 they bought control of the farm in Astoria, Illinois, which had been in Judy's family for 150 years. While giving over the farming of the tillable land to an expert farmer, Bob and Judy have made regular trips to oversee the farm and enjoy their woodlands, especially at times when they could pick morel mushrooms. In Durham they revel in the company of their daughter and their two granddaughters, and they treasure visits by their son, a software architect and senior executive at a large CRM company in San Francisco. ☿

Carving Time under COVID-19

by Lloyd Redick

During this period of much reduced social and other activity I have spent more time with a hobby begun years ago—carving small animals and whimsicals from scrap wood with small power tools. Mostly gifts to my grandchildren and greatgrandchildren. ☿



Illustrations by Katherine Shelburne



A Locked-Down Book Worm's Renourishment

by Shannon Purves

Until these last five or six months, the thought that I might ever have too much reading time on my hands was inconceivable. But the COVID 19 Lockdown has proven me wrong. I have read through the entire pile of books I've been collecting as "must reads" and it has been difficult to find new ones. Is this because the publishing houses are waiting to bring out the big new books until the virus is conquered? Or is this whole, weird, thought-stunting situation starving my life-long enthusiasm for reading?

Thankfully, the book group I belong to (twelve over-the-hill Chapel Hill matrons) decided back in January to take on "old favorites" in 2020 and the "old favorite" chosen for August was *The Secret Garden*, by Frances Hodgson Burnett.

I hadn't thought about this novel for many decades, but all it took was reading its first sentence—"When Mary Lennox was sent to Misselthwaite Manor to live with her uncle everybody said she was the most disagreeable-looking child ever seen."—to take me straight back to my fifth grade classroom where I first encountered orphaned 10-year-old Mary at her cruel uncle's estate in Yorkshire. I read the book that year as classwork. And then, at the end of the year, I got it from the public library and read it at least two more times that summer. It was the book that turned me into the Book Worm I don't want to stop being.

The Secret Garden was originally serialized in a British magazine for adults before being published in its entirety in 1911. The foreword to a recent

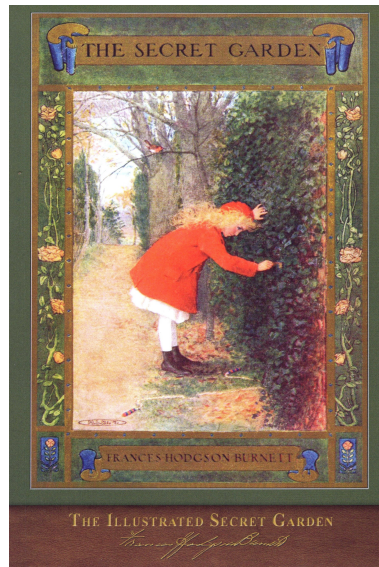
paperback reprint says, "...the orphan Mary's rightful inheritance is ultimately herself and the natural world, the ability to speak truth to others and to have it

spoken back to her—to live a full life of both the body and the imagination." Coincidentally, Mary's orphaning was caused by an early 20th century cholera pandemic that took the lives of both her parents who had settled in India. Back in England, the same pandemic killed her aunt but spared her first cousin, Colin. Due to his father's (Mary's uncle) overwhelming grief, Colin, also 10, is left to himself and allowed to believe that he is a doomed cripple facing an early death. Disagreeable-looking Mary and deeply hypochondriacal Colin discover one

another, and then their true selves, in a long unattended garden—the secret one.

Wondering if other girls of my era had had similar reactions to books they read as preteens, I emailed several other bookaholics to ask what their turn-on titles had been. Two of them named *The Secret Garden*. Three others named *Heidi* (another of my favorites). And three more cited *Little Women*. All of these books are about girls facing challenges that they conquer by working to believe in their own strengths and by earning their own forms of self-confidence.

To our older selves now dealing with diminishing energy and enthusiasm—accelerated as the byproducts of self-isolation and social-distancing—*The Secret Garden's* lessons are apt. And, if I remember correctly, those in *Little Women* and *Heidi* are, too. I've just ordered downloads of both to my Kindle. ♣



A Sign from Above?

by Phil Baer

Photos by Ellen Baer

In this summer of pandemic lockdowns and restrictions on travel, visitors have been few, and exotic visitors rare indeed. So it's not surprising that the campus has been abuzz the last couple of weeks with news and speculation about our unexpected guest.

Our story begins in mid-August, when **Judy Jo** and **Tom Small** told of seeing a white dove while both they and it were walking along Pickett Road. There was speculation about its provenance, the prevailing theory being that it was a "release dove," also known as a white pigeon, raised commercially to be released as part of some celebration. Discussion died down for a couple of days, until a white dove, presumably the same one, walked out of the **Embrees'** front yard, across Old Oak Court, paused briefly under the UPS truck, then strolled into the **Buehlers'** driveway, where it settled down and waited until **John Duvall** brought it a cup of food and **Delaina** set out a bowl of water. A blue band was seen on the bird's left leg.

Since then, reports of multiple sightings from around the campus have started coming in, and it looks like the dove has established a routine, scavenging meals from spillage under bird feeders. Because doves raised in coops or dovecotes are fed whole grain mixes served in troughs, it's possible that this bird had never before seen food scattered on the ground, where it would have to scratch and dig and work to get something to eat.

After a week, the dove became a regular lunch visitor in the Baers' garden, where it enjoyed the protective tangle of flowering plants around the bird feeder, arriving in early afternoons and staying for a post-prandial nap underneath the chairs on the patio. Using his years of experience raising ducks and chickens, Phil took advantage of the dove's somnolent state to quietly approach and pick it up, to see what might be learned from the blue band. Not much—the



Tom Small, the first to spot the dove, was awarded naming rights. So, here's Walter Pigeon (left) in the garden, having lunch; (above) in hand, just prior to the red band reading; and (below) being pampered by John Duvall.



number 15 was printed on it, twice.

But, after Ellen sent out white dove photos to a group of friends, one of them contacted a friend who raises pigeons, and he sent information about how to find the owner using the information to be found on the *two* leg bands. So Phil re-captured the dove and saw that there was indeed a red band on the right leg, which had not been obvious due to pigeons having red legs and due to the right leg not being easily seen the way Phil holds doves. On the red band was this wealth of information: IF HPC 2020 10052.

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Sign from Above...

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A quick internet search revealed that HPC was code for the High Point Racing Pigeon Club, with a contact name, Kenneth, and a phone number. Kenneth, who lives in Asheboro, confirmed that 10052 meant it was one of his racing pigeons, 2020 meant born this year, and the 15 on the blue band was this specific bird's ID. And so our white dove became a racing pigeon that just happens to be white. Kenneth speculated that the bird had been chased away from home by hawks that have been harassing his birds. Phil offered to capture and hold it for him to come pick up, but Kenneth responded that if the bird wasn't bothering anybody, he was happy to wait and see if the bird wanted to find its own way home. Phil got the impression that a 160-mile round trip drive was a bit much to retrieve a one-of-many pigeon.

So, for at least the time being, TFAD has a visiting white-racing-pigeon-in-residence. If you have a bird feeder, you may see it on the ground below. It appears to be thriving, flying quite strongly when it passes through or decides to light on a rooftop. It's hard to know, of course, but maybe it just got tired of its cooped-up life in the sleepy town of Asheboro—really, after you've been to the zoo and the motorcycle museum, what is there for a pigeon to do in Asheboro?—and decided to experience life on the wild side in the bright lights of the happening city of Durham. And who knows, maybe it will even reconnect with its distant cousins in the rock dove (proper name for the common pigeon) or mourning dove communities.

In the Book of Matthew 25–31, Jesus tells us how visiting strangers should be treated: *"I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me."* Hungry, thirsty stranger, fed, watered and welcomed. Check, check, and check. TFAD has done well by this stranger who arrived on the wings of a snow white dove.

Epilogue: A few weeks after this story was written, Walter Pigeon died at the "hands" of one of our resident Cooper's hawks. There is more to be said about Walter, so, in the words of Paul Harvey, watch *The Forester* for "The Rest of the Story." ¶

My Balcony

by Herb Carson

Each early evening I visit my balcony,
King of the Courtyard, surveying all,
The leafy trees, when the wind blows
They wave me welcome, dance before me,
Prancing and bowing, my courtiers
And with me come liquids, my phone,
Tonight Mozart, and watching carefully
For the rare birds, the foraging squirrels.
And below the sidewalks winding along,
Rarely used during this pandemic,

Leaving my domain empty before me
A rarity, a neighbor walking her dogs,
Once a solitary walker wending his way,
But otherwise barren, yielding all this beauty,
To me, sovereign of my domain,

Lord of all I survey, alone with beauty,
Far from the agony of the virus
And the violence of burning cities,
Alone in the "lock down," save for the internet,
Snug and a trifle smug above the lonely world,

Enjoying and lamenting
On my balcony.



Our Publishing Objectives

The Forester is published by and at the expense of The Residents' Association. Its purpose is to inform and entertain the residents. It serves as a vehicle for the writings of the residents, and should, to the extent possible, be the work of the people living here.

It is not a "gripe sheet," nor is it a vehicle for promoting particular religions or political views, and the editors should exercise restraint in publishing controversial opinions. *The Forester* also serves as a resource for preserving the history of The Forest at Duke. ¶

—The Editors

Durham Habitat for Humanity

by Robyn Sloan

Most of us are probably familiar with Habitat for Humanity, the global non-profit whose mission is to make decent housing a possibility for everyone. The local organization got started following mission trips, led by the Watts Street Baptist Church, to build houses with Habitat for Humanity in Tennessee in the early 1980s; those popular trips inspired a group of volunteers to establish a local affiliate. With the support of local churches, Durham Habitat for Humanity (DHFH) was founded in October 1985. It has since built more than 425 affordable new homes and renovated about 500 existing sub-standard dwellings in Durham. In addition, for every house DHFH builds in Durham, they sponsor the construction of a house in Honduras.

Neighborhoods begin to improve when DHFH goes into an area. Properties are spruced up with pride of ownership; crime decreases as homeowners establish a safe environment for their children; and property values increase, benefiting both the homeowner and the county. Children do better in school when they have a stable home.

Volunteers are the heart and soul of Habitat's building model. Volunteers are supplied by sponsors and partner groups, plus the Geezers, a self-titled collection of retirees who as half-day weekly volunteers have become expert in home building tasks: framing, siding, roofing, cabinet installation, and trim work. The families that benefit from Durham Habitat homes are also volunteers. Each contributes a minimum of 250 volunteer hours of "sweat equity." Together Durham Habitat volunteers supply more than 25,000 hours of volunteer labor annually, saving an estimated \$325,000 in labor costs.

DHFH houses are built to meet standards for green-home designation. By incorporating energy conservation measures that reduce homeowner utility expenses to between \$26 and \$34 per month, those standards make homes affordable. Homeowners also benefit from zero-interest mortgages held by DHFH.

Work on all six of the Durham Habitat for Humanity homes then under construction came to a screeching halt on March 12, 2020, when Mayor Schewel mandated a shutdown due to

emerging coronavirus concerns. When COVID-19 abates, Durham Habitat volunteers will return to the worksites, starting with a few experienced volunteers and then carefully sponsor and partner groups.

Several Forest residents are part of the Durham Habitat story. **The Rev. Joe Harvard** is quoted in Durham Habitat history as telling churches in 1985, "The Habitat train is leaving the station. If you want to join us, you better get on board." **Vickie Atwater** was an early member of the DHFH Board and the family selection committee. **Debbie Chesnut** was a long-serving siding Geezer, **Dean McCumber** a regular for several years, and **Ralph Nelson** a 2020 initiate until COVID-19 cut the season short. I remain an active siding Geezer. If you'd like to meet interesting people, get a little exercise, and contribute to your community, consider joining the Habitat Geezers. Let's talk; I'll be your mentor! 🌱

*Robin Sloan's experience in construction and remodeling provided an easy transition to joining Habitat ranks when she and her husband, Dave, moved to Durham in 2005 and bought **Bill and Dottie Burns'** previous home.*



Above (left to right): Geezers Sloan (in cap), McCumber (back to camera), and Chesnut at work; below: Nancy Anderson providing food for a Saturday build, and Sloan celebrating finished work with Geezer colleagues,

CAROL'S CORNER

Lauren Danielle Herring

by Carol Oettinger

Lauren joined The Forest at Duke a year ago as an Activities Coordinator in the Resident Life Department. Her job allowed her to build relationships with the residents while planning and coordinating events for all to enjoy. She thrived on the opportunity to meet and build meaningful relationships with the residents at The Forest at Duke. Working within the Resident Life department was a unique opportunity as her educational and employment background is in Human Resources Management.



Photo by Bennett

Lauren transferred to the Human Resources department in March where she now works as the

Talent Acquisition and Retention Specialist. She spends her work day actively recruiting to find and retain top talent to join our community. She joins the Human Resources team with a Bachelor's degree from the University of Wilmington North Carolina that is concentrated in Human Resources Management. Since graduating in 2014, Lauren has gained valuable experience working with both large corporations and other non-profits.

In her free time, she enjoys spending time with friends and family, hiking, and traveling. A typical weekend includes a morning hike followed by brunch and board games with her friends. Lauren is also an avid dog lover; her friend's lovable pitbull, Arya, is often the center of attention throughout all their weekend activities. She values her friendships and it is typical to hear her refer to her friends as family. Lauren is outgoing and flourishes on the opportunity to meet new people and build meaningful friendships. When she is not hosting local meet up groups or hanging out with friends, you can find her spending time with her family. As she is a North Carolinian, Lauren's family is not far away; they live east of the Triangle in a small town located in Sampson County.

Lauren is passionate about traveling and experiencing different cultures. Prior to COVID 19, she had an adventurous hiking trip planned to Peru. There she planned to hike four days on the Inca Trail before reaching one of the Seven Wonders of the World, Machu Picchu. She is currently researching and planning her next adventure.

She loves her work and residents here at The Forest. We enjoy having her loving smile and presence here in our Forest family. 🌿

Submissions Welcome

The Forester, a newsletter of the Residents' Association, is published monthly from October through June. The editors welcome submissions from TFAD residents who wish to share insights, experiences, knowledge, literary efforts, and opinions. These **should be sent as digital documents attached to email addressed to the Managing Editor, Sharon Dexter <forestersjd@gmail.com>**. Prose pieces of about 600 words supported by a photo or eye-catching graphic are ideal.

Excerpts from memoirs, or memoirs in process, including pieces previously published elsewhere, especially if that publication is not generally familiar to Forest residents are also welcome. Copyright permissions may be required for excerpts from published pieces.

Due to space constraints, not every submission will see print, but we'll do our best to bring as much to our readership as we possibly can. 🌿



Photo by Bennett

Resistance For a Moment or a Lifetime

by Ellen Baer

The day before he went to the hospital where he died on July 17, 2020, John Lewis got up and went to a Black Lives Matter Rally in Atlanta. It was typical for this 80-year-old Congressman and civil rights leader to show up to support protesters against injustice. After all, that was his life's work. He had left rural Alabama as a teenager to enroll in seminary in Nashville. That's where he was welcomed into a community of activists and teachers who exposed him to the principles of non-violent civil disobedience. He was arrested 40 times in four years in the '60s because what he was doing was wrong according to the prevailing laws and culture.

We know a lot about what made John Lewis heroic: his faith, family, friends, mentors, his own good heart, and what Martin Luther King Jr. called "the fierce urgency of now." But what about Paul Gruninger, Aleksander Jevtic, Avner Wishnitzer, and Leyla Wydler? Who? They are four ordinary people that journalist Eyal Press featured in his provocative inquiry into why some people resist when everything tells them not to. His book, published in 2012, is titled *Beautiful Souls: Saying No, Breaking Ranks, and Heeding the Voice of Conscience in Dark Times*.

The author is curious about what impels people to do something risky and "wrong" when put into a morally compromising situation where they have no personal stake and everyone else is conforming. He looks carefully at these real people, all from different times and places. One was a Swiss border agent who granted entry to several young Jewish refugees in spite of a Nazi order to keep them out. Others were a Serbian soldier who quietly saved a number of "enemy" Croats, an Israeli army officer who disobeyed orders to kill Palestinian civilians, and a Texas stockbroker who alerted the SEC to her company's unethical practices that harmed clients. Each one of these individuals had a moment of decision, whether to do what was wrong but expected by the boss or the system—or do what was right but would be punished by the boss or the system. Other factors would have to be weighed as well: the difficulty of turning on our community, embarrassing

our superiors, endangering our careers or even our lives. Furthermore, such acts of conscience can be seen as heroic by some and subversive by others. Each of these true stories engages the mind and the emotions and makes the reader wonder, "What would I have done?"

The book invites us to think about responsibility in other cases as well, including the Deepwater Horizon workers who saw unsafe practices and didn't report them, as well as the U.S. soldier at My Lai who refused to fire his weapon but didn't try to stop others. In spite of the fact that whistleblowers were lauded by TIME in 2002 as "Persons of the Year," surveys show that most Americans value loyalty and conformity and that a high percentage embraces "my country, right or wrong."

Nevertheless, stories like those of John Lewis and these lesser known resisters in *Beautiful Souls* touch something deep inside us. Susan Sontag said, "At the center of our moral life and our moral imagination are the great models of resistance: the great stories of those who have said no." Even smaller acts of saying no to injustice are important. Lewis encourages "young people and not-so-young people" to get involved in civic and community life. That doesn't necessarily mean doing anything heroic, but maybe writing a letter or making a phone call or attending a virtual meeting—and sometimes having what Lewis calls an "executive session" with oneself. Here's the example he gave in an interview in 2017: "You could say: Listen self, listen John Lewis, you are not going to get lost in a sea of despair. You are not going to be down. You are going to get up."

I'm telling myself right now: "Listen self. Things are bad now, a lot of things are wrong, but you are not going to be down. You are going to be up." OK, let's get up and do something. Let's all get up. ¶

Ellen Holmes Baer is from Mississippi. She and her husband, Phil, lived in France, Canada, Italy, and Tennessee before moving to North Carolina in 1987. The author of several collections of essays (two in collaboration with Phil), she is a frequent contributor to The Forester.