

CAROL CARSON

President of Our Residents' Association

by Shannon Purves

Carol Carson, who began her term as President of our Residents' Association in November 2021, has been deeply involved in its concerns and mission since her arrival here eleven years ago. She and her husband, Wes, are both holders of advanced degrees (Carol has a PhD in Economics; Wes has a JD in Law), both longtime federal government executives, and parents of two daughters (one a lawyer, the other a university professor). They chose to move here after Wes's extensive survey of Continuing Care Retirement Communities. His search involved a spreadsheet listing particular aspects of interest including an international airport, the benefits of a university town, and access to top healthcare facilities.

Almost immediately Carol became involved in activities that enhanced life in their chosen community, one of the first of which was a six-year stint as photographer for the Residents' Association's annual *Pictorial Directory*, a publication every one of us relies upon mightily. In addition, she has served as secretary of the Residents' Association Health Committee and as chair of the Finance Committee.

Carol's keen vision of both what residents need and of how to help meet those needs has led to substantial benefits to the Forest community. In 2007 she took a leading role in surveying residents about their need for help with technology, and then she organized a group of tech-savvy residents willing and able to help other residents with their cranky computers or the new iPhones urged on them by well-meaning kids. In the same year, she was one of a group of residents who arranged "Getting Your Ducks in a Row," a series of presentations by experts about preparation for illness and end of life—will writing, organ donation, funeral and burial arrangements, and the like.

A year later, Carol, as Chair of the RA Finance



Committee, was inspired to introduce a new program, "Listening About Services." Over the course of two months, she organized and conducted 25 sessions at which residents of each caucus and each RA standing committee were asked what additions to—or improvements of—TFAD's services would make their lives here better.

A total of 314 suggestions were gathered and shared with the Residents' Association, The Forest at Duke Board of Directors and, of course, the Administration. For a list of these, see the truly extraordinary notebook, "Listening About Services," on the Special Collections shelf in the library. Every suggestion, from "more microphones for meetings" to "wash outdoor windows," is listed in administrative groupings by category along with the number of votes for each.

When she is congratulated for this remarkable undertaking, Carol replies, "Well, we're still working on some of them—like "Outdoor Lighting" and "Gate Security." Though this report is unattributed, there's no question that it is the work of someone with

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The Forester

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In Memoriam

Betty Leach

March 13, 2022

Calling All Dogs!

The Forester is planning a series on pets at The Forest, starting with dogs. Join Community Life's pet celebration April 11, and if you have a winsome photo of your pet, please send us a copy for publication. Please email electronic photo files to Managing Editor, Sharon Dexter. Or, send her a photograph that we may copy, returning the original to you. Please tell us Fido's name, predominant breed, noteworthy tricks, and favorite activity. ♣

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

President's Podium



by Carol Carson

At the February Residents' Association (RA) membership meeting a resident proposed, with strong support by others present, that the RA officially commend TFAD administration and staff for keeping us residents healthy and comfortable during the pandemic. In response the RA Board drafted a resolution, complete with the formal "whereas" and "therefore be it resolved," as an expression of appreciation. But appreciation can be expressed in more than one way! Asked what they were grateful for, residents respond more informally and with specifics. Here's a roundup worth sharing:

- Meals arrived at our cottage doors even in the freezing rain, and those young men in black even waved back to us.
- Loaning us fitness equipment such as weights so that we could stay fit without risking exposure was a great idea.
- For those of us who quarantined following positive COVID tests, assistance from the clinic and dining staff carried us through.
- Word puzzles, mandalas to color, and do-it-at-home projects from the Community Life staff helped keep our minds active.
- Security staff were there in a crunch—e.g., helping with dead car batteries, making midnight runs to the ER, ferrying heavy packages delivered to the front desk to our apartments.
- Anita, working with the Medical Team and the rest of the Leadership Team, pivoted quickly and decisively as Omicron swept into North Carolina. TFAD fared well, escaping any loss of life among residents and team members.
- Somehow team members—housekeepers, nursing staff, maintenance guys, everyone—managed to keep smiling from behind the masks!

As *The Forester* deadline neared, the official Resolution of Commendation and Appreciation had been signed by RA Board members. The plan is that it will be in the Community Center so that residents can add their signatures to the surrounding display board. The framed Resolution will be a permanent reminder of residents' gratitude for all that the Administration and staff did to care for us during the Coronavirus Pandemic of 2020–2022. ♣

Library Science 101

by Carol Reese

GREAT AMERICAN NOVELS OF THE 20TH CENTURY – PART 2

The March issue introduced the library exhibit for March/April, a set of great American novels of the 20th century identified by **Carol Goldsmith** from our own collection. The exhibit continues through April.

We hope you are enjoying this exhibit of great American novels. Personally, I have enjoyed reading many of these books. One such book is *All the King's Men* by Robert Penn Warren. Warren's main character, Willie Stark, is a study of human fallibility in politics – how he is transformed by power and how those around him are also transformed. The narrator, a political reporter, presents Stark's compelling story and kept me engaged throughout the story. I'm sure you will be, too.

If you decide to read Edith Wharton's *House of Mirth*, published in book form in 1905, you will find that the story is basically the struggle between who we are and what society tells us we should be. While the main character's outward beauty should have served her well in finding a suitable husband, her inner desire to become free of society's social conventions, to have love as well as money and status, prevented her from succeeding despite having many suitors. Her personal desires bring her into conflict with her class and the rules she was supposed to follow; therefore, she must lose all.

Moving from the society of the early 20th century to the late 20th century, the *Great Santini* by Pat Conroy (published in 1976) is a semi-autobiographical novel which details the life of a Marine Corps fighter pilot and his family. Bull Meecham is well named – basically a bully who must have his own way whether with his Marines or his family, especially his eldest son, Ben. Bull Meecham is someone that you will probably hate and love at the same time.

You will discover many more great American novels in this exhibit to enjoy.



A few of the books selected by Carol Goldsmith. Find them at the entrance to the Library.

IN-HOUSE AUTHORS (IHA)

Especially for all the residents who joined our community within the last two years, I wish to make you aware that the Library has a section where it houses copies of publications written (even as a contributor) by residents. They are housed on the bookshelves on the back wall against the conference room. Currently we have over 60 publications by residents. The topics covered range from books on our region such as *The Kirklands of Ayr Mount* by **Jean Anderson**. Then, we have books on music by **Paul Bryan**; books on neural development by **Dale Purves**; novels set in Burma and India by **Prem Sharma**. As you can see, our residents cover a wide range of topics and I haven't even mentioned the study on the Supreme Court or the book that helps one to learn to like Muktuk. If you have some publication you would like added to the collection, just leave a copy at the Library desk with a note that you are donating it to our IHA collection. We will add it as soon as possible.

FOR OUR JIGSAW PUZZLERS

If you haven't done so already, try out the new jigsaw puzzle rotating tabletop. It is set up on the table by the back windows in the Library. It will hold any puzzle of up to 1500 pieces. The rotating top will make it easier to reach distant pieces and should make it easier for residents to work together on these large puzzles. Enjoy! 🌀



Long-time Gardeners Retire

by Jo Mooney

Health issues have forced two of the Forest's most dedicated gardeners into retirement: Harold Dunlap and Lois Fussell. Harold began helping in his mother's garden in a small town in Oklahoma in the 1930s, continued as a physician in the U.S. Public Health Service in Kansas and later as a general surgeon in Tulsa OK. Lois has gardened in east-central Texas and Pittsburgh PA. Both began gardening at The Forest shortly after their arrivals in 2008 and 2012, respectively. I talked with Harold, then Lois, about their gardening in our Community Gardens.

Harold Dunlap

JM: Harold, you were an experimental gardener?

HD: I didn't think of myself that way. I did want to try unusual things—so I did try sesame seeds (laughs), popcorn—that kind of thing. But, I've had a vegetable garden off and on most of my life.



Sesame

JM: I'll never forget seeing you plant last year. You were working in your garden, I was resting on the bench, and you did things so easily. You just reached down, made the row with your stick, and dropped the seeds in. And it grew!

HD: Well, that's the way of a garden!

JM: You were planting Blue Lake stringless beans. I also remember sesame and cotton.

HD: I had brown cotton as well as white cotton. Peanuts. I tried to grow things that were related to North Carolina.

I think it is so rewarding, so fulfilling, to be able to enjoy just the plants, the beauty of the plant, and not worry whether you're going to have it for dinner. You put a tiny, what looks like a rock, in the soil and it turns into a tall, beautiful plant. It's certainly striking to me and makes you grateful.

JM: I know you are a person of faith and that's what took you to Iran and elsewhere in this country to serve as a medical missionary. Places where you also planted gardens.

HD: Yes. It does make a difference whether you live in a place or not. It changes your attitude about yourself, your culture, and other people, so I'm glad I had that opportunity.

JM: You told me that you were having health issues.

HD: Well, I know I have cancer of the pancreas, which is pretty much incurable. I didn't pay much attention to death until recently,

JM: Do you have any advice for people facing issues such as you are now?

HD: About death and dying? (pause) Well, I would encourage people to review their lives, be grateful for the good things there are, thank God for all the things you've known and witnessed, and for friends and family. You never know whether you have accomplished very much; you have to leave that up to the Lord.



*Harold's Garden in Summer 2021:
string beans and corn*



*Harold and his daughter Susan,
a Presbyterian minister*

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Long-Time Gardeners...

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JM: That's a good statement. I am very grateful for your insight.

Lois Fussell

Like Harold, Lois has focused on vegetables more than most plot holders. With Lois, that vegetable is the tomato. Failing eyesight has put an end to her experiments but not to her determination to discover and enjoy the world's most flavorful tomato. As a volunteer at Duke Gardens soon after she came here on Labor Day 2012, Lois devoured a book in their library about growing tomatoes in North Carolina, where she learned "tomato growers are the most opinionated people on earth."

LF: I wrote to Johnny's Seeds at one time and asked them which tomatoes they thought were the most tasty, and so I got a reply back from about five people. Basically I tried all their tomatoes, they were all nice, and they all died in July or June like all the other large-tomato types growing in our Community Gardens. They were tastier than the ones they sell in the grocery store, that's for sure, and they were not the ones for sale at the farmers market because they have to make money, so the farmers sell Celebrity and some of the others, beautiful tomatoes, but that doesn't mean they taste perfect. Of the ones Johnny's sells now, I remember Defiant was one of the best tasting.

I used the bed 10-C [near the east end of the gardens, shaded and with tree roots] for my "sacrificial lambs" and if I wanted to try something on the tomatoes, I tried it on those tomatoes first. I struggled with the big tomatoes, because I had grown big tomatoes in Pennsylvania and I didn't see why I couldn't grow them here. I read every book about diseases of tomatoes, and I talked to all the master gardeners. We had people come talk to

Lois with her milk-carton seedlings



us, maybe from Duke University, where they had students who had never seen a tomato growing and didn't know anything about gardening and probably thought chicken came in plastic bags,

too, I guess. She came and talked to us one day, but I never learned for sure why our tomatoes all died.

I bought soil from Home Depot and put it in a pot and grew a tomato in there, and it died right on schedule. I had four big pots out in the garden—two were in the shade and two were in a sunnier bed. I grew cherry tomatoes, and I grew a tomato in pure compost, and it died right on schedule. And then two or three years ago I went back to a tomato that I had grown in the old days called a Whippersnapper, and it was a cherry tomato, open pollinated, so I could save the seed and grow it again, and one of them lasted until October, and I've saved the seed, and I've got some in my refrigerator if anybody wants some. It grows up, and then it cascades over like you would put it in a hanging basket or something.



Pots of tomatoes sharing a sunny bed with a row of radishes

Lois is pretty sure that tomatoes fail here because of the curly top virus, transmitted by the beet leafhopper, a tiny wedge-shaped insect, light green to tan or gray in color. And Lois is pleased that **Pat Thompson** has taken over her sunny plot. Harold's near neighbor, **Marge Nordstrom**, is the lucky new owner of Harold's plot. 🌱



Whippersnapper tomatoes

Talking about Types

by Ellen Baer

Let's talk about personality types, because we all sometimes wonder why other people act the way they do. Sometimes we even wonder about ourselves. In the world of work, I found that the Myers–Briggs Personality Test, based on the work of Carl Jung in the 1920s, provided some keys to understanding how people act and think. Later, in the wider world, I found the Enneagram (pronounced ANY-a-gram) to be even more helpful. It's a guide to human nature that combines ancient wisdom and modern psychology, and I find myself going back to it now, when old habits don't always work and people struggle to understand one another.

People have been curious about personality types as far back as Greek philosophers including Hippocrates in the 5th Century BC, and some scholars contend that the origin of the Enneagram goes back much further, maybe to Babylon 2500 BC. No one knows for sure. But we do know that *Ennea* means *nine* in Greek and *Enneagram* refers to an image representing nine types, with three groups of three based on the fundamental psychological orientations of Feeling, Thinking, and Instinct (i.e., Heart, Head, and Gut). The types are based on natural human tendencies, and one is not intrinsically any better than the others.

Although individuals are not just one type, everyone has a predominant type, and it's possible for even a quick overview to give us clues for understanding ourselves and others. When we realize that people are acting according to their type, we can be more understanding and more compassionate. The same goes for ourselves when we see our automatic responses to situations as being in accord with our primary type. This knowledge lets us understand our natural tendencies without being limited by them, and, most important, it gives us the freedom to act differently when we choose. As psychologist Carl Rogers said, "When I accept myself just as I am, then I can change."

In this highly oversimplified introduction, here are the nine types in a nutshell, or nine nutshells, including what each type naturally seeks to achieve—and to avoid.

Type One: THE PERFECTIONIST/REFORMER

Individuals of this type seek improvement, striving to make everything better. They are conscientious and purpose driven, and, in their zest for correcting errors, sometimes critical and judgmental. What they most seek to avoid is making mistakes.

Type Two: THE HELPER

Their focus is to take care of others. They are generous, supportive, and empathetic: and sometimes, in their need to be needed, they tend to neglect their own needs.

Type Three: THE ACHIEVER

They are talented, ambitious, and image-conscious, with a focus on winning, and what they want to avoid is failure.

Type Four: THE ARTIST/INDIVIDUALIST

Creative and sensitive, with an eye for beauty, they are highly attuned to emotions. As consummate romantics, they seek to avoid ordinariness.

Type Five: THE INVESTIGATOR

Perceptive and cerebral, they have an ability to focus and a passion for knowledge and ideas. What they want most to avoid is uselessness.

Type Six: THE LOYALIST

With an ability to stay the course, they are trustworthy, dutiful, and committed. They value security, follow the rules, and can sometimes be suspicious or skeptical as they try to anticipate and avoid risk.

Type Seven: THE ADVENTURER

Joyful, playful, and spontaneous, they have a keen ability to savor the richness of the world. They seek to avoid pain and unpleasantness, and they are impatient with routine.

Type Eight: THE LEADER/CHALLENGER

Intense and confident, they like to take control. They have the most energy of all the types, and what they want to avoid is weakness.

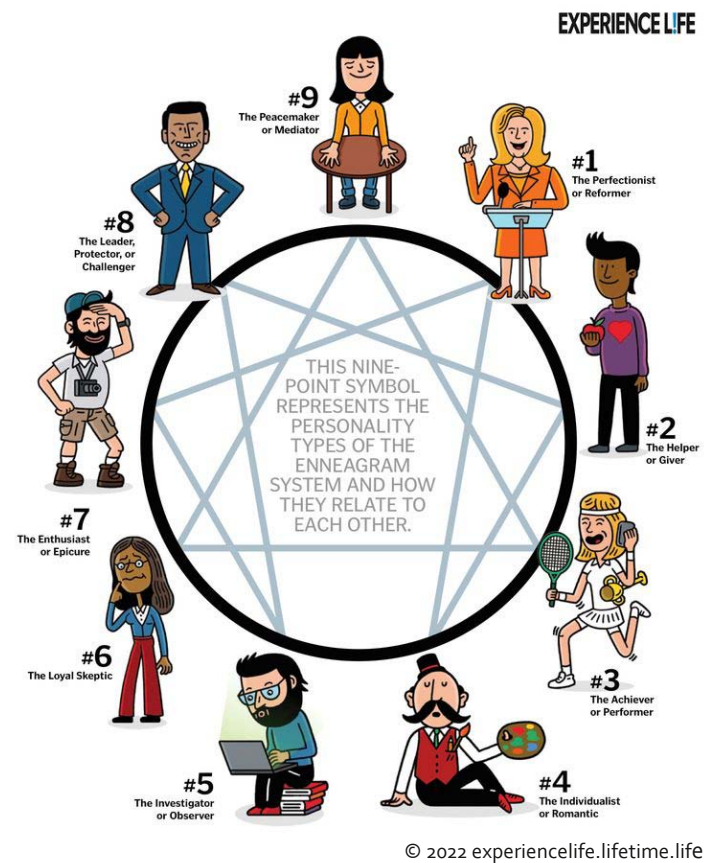
Type Nine: THE PEACEMAKER

Easy-going and pleasant, they seek peace and harmony and common ground. They rarely rock the boat because what they most want to avoid is conflict.

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Enneagram Types...

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Do you recognize yourself? Your spouse? Your children? Your best friend? Any of your neighbors? If you want to go deeper, there are tests available on the Internet for identifying your primary type and plenty of books on the subject at the public library. The best part about taking an Enneagram test is that there are no wrong answers!

My grandmother used to say that, as people get older, they become more and more who they really are. This may mean that in retirement (or in a pandemic), when we can design our own path more easily than we could when we had more demands on our time and energy, most people look for more chances to act in accordance with fulfilling the needs of their type, whether it's gathering more information, trying more kinds of art, volunteering for more committees, looking for more adventure: or maybe just taking more naps. 🌱

Carol Carson ...

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extensive experience and skill in data collection and presentation. We know who that is.

Asked if she has specific goals for the Residents' Association's next two years, Carol pauses, then offers a metaphor she says she's kept in mind ever since she and Wes selected TFAD as their retirement home. "To preserve your health, you look for the best possible doctor. Once that doctor is located and engaged, *you* must be engaged to make the most of your medical care."

Carol continues the discussion of how best to lead the RA by expressing her strong belief that the Residents' Association's success in preserving the high quality of TFAD's service comes by way of its nine standing committees. Each of them meets regularly and is led by a member who is in close touch with the relevant TFAD staff director. **Bennett Galef**, for instance, as chair of the Dining Services committee, meets regularly with Brian Adornetto, Dining Services Director. **Richard Ellman**, as chair of the Finance committee, meets regularly with Karen Henry, Director of Finance, Treasurer, and Chief Financial Officer. And so on.

Carol describes the overall plan for her term as RA's President in a single phrase: "To make sure it stays strong, stable, vibrant."

Clearly, with Carol at the helm, we can count on that. 🌱

Wanted: One Cave

by Rachel Hamilton

Prefer cave *au naturel*,
Little frequented by local residents,
Near pure water supply.

Old fallout shelter will do
If caves are few.

A Nutshell Version of February's "Trailing Spouses" *ForestSpeaks* Program

On February 28, 2022, ForestSpeak sponsored a program featuring four TFAD wives who had "trailed" their husbands to foreign opportunities. Introduced by moderator Judy Jo Small, each of these Trailers spoke for ten minutes about the experience. Due to microphone problems, some of what they told went unheard. So as not to lose at least some of the best bits of those four revealing accounts, here are Judy Jo's introductions followed by as many excerpts as could be squeezed into this space.

Judy Jo Small:

Most of us agree that travel, especially foreign travel, expands our horizons. There's a big difference, though, between *touring* a foreign country and actually *moving* there and *living* there. Our speakers today are all wives who, when their husbands accepted work in other countries, went along with them. That's pretty much what's been expected. They went with high hopes: "Let's explore the world; let's have adventures, live and learn!"

The four speakers today have lived in six different countries as well as the U.S., and they have fascinating stories to tell.

The first speaker is Shannon Ravenel Purves. From 1971 to 1973, she and her husband Dale lived in London, England, with their elder daughter who was still in diapers (or "nappies," as they learned to call them). Much later on, in 2009, Dale took a job in Singapore. Shannon went with him. Here is her story.

Shannon Purves:

I trailed twice—two expat experiences separated by almost 40 years. The first time, in 1971, I trailed my scientist husband (when I met him, he was planning to be a surgeon; by the time we finally got married, he'd decided to be a brain scientist). Our first daughter was one year old when Dale landed a post-doctoral fellowship at University College London. So, we packed up and left Boston to spend Sara Blake's second and third years in England, where she learned to talk with an upper-crust British accent. I didn't at all mind spending those two new-mom years in England. I was learning to be a parent without having to combine that with job conflicts as my own career

was still in the very early stages.

The second time was different. By 2009, I was deeply involved in what had, over those 36 intervening years, become a full-time career in publishing. I was 71 years old and very conscious that my colleagues were wondering if I would *ever* retire... or at least go part-time. So, when Dale told me he was being recruited to establish a Department of Neuroscience at Duke/NUS in Singapore, I saw this might be a convenient way to head me in a timely reverse career direction...and maybe to avoid a dreaded ceremonial retirement party.

So we went. Dale's administrative work and research burst into bloom and he worked almost around the clock. I wasn't busy. I did eventually find good museum programs that introduced expats to Singapore and its part of Asia. We did travel to China, Vietnam, Thailand, Cambodia, Taiwan, Borneo, and Nikoi Island. And I did have a manuscript here and there to edit online, and that helped make me feel I still had a finger in my life's work. BUT—what I was feeling all too soon and all too unexpectedly was, well, *useless*. And, as I put it in the diary I kept those long three years, "feeling useless is the pits."

So. Am I glad or sorry I went? Both.

Judy Jo Small:

At about the same time that Shannon was headed to London, her future neighbor and caucus member, Ellen Baer, was leaving her native Mississippi and trailing her husband Phil to Montreal, in Canada. After a couple of years in Canada, Ellen and their children followed Phil again, this time to Milan, in northern Italy. She'll tell you *her* story:

Ellen Baer:

The truth is that I never felt like a trailing spouse until I had to follow Phil to North Carolina in 1987. We had been living in Memphis for more than a decade and I was happy in my career and felt deeply rooted in the community. But Phil badly needed a change so when he got a job at Glaxo I was shocked. He was too old to start a new job and so was I. (We were both 45.) But we did it with glee (his) and gloom (mine). Obviously it turned out OK, better than OK,

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Trailing ...

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since we are still here in NC.

Now I'll tell you about trailing that never felt like trailing. We had spent the first years of our marriage in Jackson MS, where Phil studied with a world-renowned physiologist, and I taught French and had babies. When he got his PhD and looked for a post-doctoral fellowship, we decided together that we wanted to go to Montreal. There, Phil worked for McGill University, the boys (ages four and two) went to a half-day bilingual Montessori school, and I worked on a paper about French theatre. Life was easy and fun in the summer and fall, but winter was snow and ice and blizzards and learning to dress for the cold and to drive in snow that kept getting deeper and deeper until the swings and slides in the park completely disappeared. Nevertheless, we loved the beauty of the snow. And we loved the European-ness of the city.

But when, at the end of our second winter, an Italian professor offered Phil a job in Italy at the University of Milan, we said: How soon can we go? We arrived there in August 1973 and managed to find a furnished apartment. The landlord, introduced to us as Il Capitano, was reluctant to rent to us because he thought American women were poor housekeepers and American children were loud and unruly. I kept the children quiet and Phil used mucho politeness to persuade Il Capitano that we were acceptable. Actually, Italians are generally welcoming to children and it made me feel good when the local pasta maker put pictures drawn by the neighborhood kids on his wall and included our kids' drawings, telling customers about "gli bambini americani" who lived down the street.

I loved our years in Italy and I admit that I probably see them through rose-colored memory glasses. Phil has to remind me of some of the difficulties, like the fact that the salary he negotiated on paper before we went turned out to be meager in real life. Luckily, I was able to get a part-time job teaching English at a well-known British Institute (in spite of my American accent) and that was both a financial and an emotional boon. I was the only working wife among the American women we knew,

and I took it as a badge of honor.

Judy Jo Small:

A few years later, in 1987, Sharon Dexter headed off with her husband Dave to a place still more exotic—Izmir, Turkey—when he received a grant through the Fulbright U.S. Scholar Program to lecture for an academic year at a university there. Let's hear her story:

Sharon Dexter:

My husband, Dave, received a Fulbright grant to teach computer science at Ege University in Bornova, Turkey (a suburb of Izmir on the Aegean Sea) during the 1987-88 academic year. We arrived in August with our two children, 13 pieces of luggage, and no housing. None of us could speak the Turkish language.

After much consideration and discussion, we decided to rent an apartment in the same building where Dave's English-speaking boss lived. This was a major advantage for us. Very few other people we met spoke fluent English, and the University was a 20-minute walk away for Dave.

Our son, Scott, was a junior in high school and, because he had to take his SATS that year, he attended the DOD [Department of Defense] school in Izmir, about a 20-minute ride away on public transportation. Our seventh-grade daughter, Kathy, attended the same private Turkish school as Dave's boss's children, who were ages 11 and 14 and took Kathy under their wings. Fortunately for Kathy, the seventh-grade students had just had a year of English and welcomed her as someone with whom to practice their English.

When I'd agreed to go, I had looked forward to the adventure, but for the first two weeks I was totally freaked out. Everything was a struggle. By Christmas we had become somewhat accustomed to (even though we didn't necessarily like) day-to-day living. To give you an idea of why we struggled, let me describe our apartment, a three-bedroom cold-water flat heated with two kerosene heaters. I used cylinders of natural gas for cooking and to heat water for dishwashing; hot water for showers was provided by an instant water heater—which had to be lit by a

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Trailing ...

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match. Electricity, water, and phone service were intermittent and unpredictable.

One of our goals was to visit the location of each of the seven churches mentioned in the Book of Revelation in the Bible. We knew that all those churches were in Asia Minor, i.e., Turkey, and within driving distance of Izmir (which is actually the ancient Smyrna, one of the seven churches). We managed to find the locations where each of them had been, but all that was generally left were ruins, if that. Still, it was a good way to explore the local countryside.

Looking back, even with all the difficulties, I'm very glad that I went. We really bonded as a family, and the kids matured in ways that they would not have if we had not gone. It truly did change our lives.

Judy Jo Small:

C'Ann Saterbak is the most-traveled member of this panel. From 1979-1983, she went with her husband Bob and their children to Saudi Arabia. Then, in 1994, she followed him to Singapore, where they lived for two years. After that, they lived for three years in Thailand. The children were pretty much grown up by then.

I'll let *her* tell you her story:

C'Ann Saterbak:

My fellow panelists have talked about specific in-country activities. I'd like to give you the trailing spouse's view from this distance.

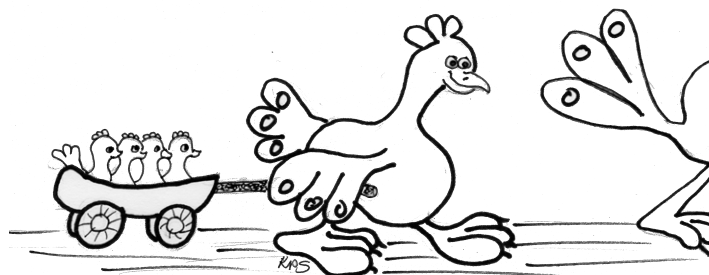
First and foremost, I'd like to say that we've been incredibly blessed to have had the opportunity to spend nine years living in three foreign countries. Bob worked for what is now known as ExxonMobil. He was on-loan to Aramco, Esso Singapore, and Esso Thailand. This meant he always had a "next job, either back in the U.S. or overseas.

One of the best things about being an expat trailing spouse was that I could re-invent myself with each move. And I did just that! (Come to think of it, I even re-invented myself when we moved to The Forest by changing my name!) It was much more challenging returning to our point of origin than it had been moving to Saudi Arabia. We had been forever changed, but those we'd left behind hadn't changed at all.

We found that, by living and working in three diverse cultures and spending time learning about those cultures, we were able to become fairly culturally competent. We made this a high priority. We celebrated different holidays and customs, always remembering to act as the *guests* we were in each location. We understand, at a deeper level than most, about the practice of several major world religions. We were able to make life-long friends among the "natives" as well as the expatriates. I didn't move into a new environment with my mind set about what I needed to be happy. I remained open, flexible, and I looked for—and found—opportunities available wherever we were. This approach worked very well for me. I can, however, give you my much-practiced lecture that I shared with other expatriate wives who kept talking about "back home this and back home that." "Home is where one is currently residing. Thrive there! Fake it until you make it."

I've talked about how these expatriate experiences affected me, the trailing spouse; in fact, our children too benefited tremendously from having the opportunity to live overseas. They "grew up on an airplane," as our middle daughter likes to quip. And, happily, this travel bug, this spirit of adventure, has been passed on to our grandchildren. A takeaway from sharing this information about being a trailing spouse is that I realize that all in our family have become better people from having had these experiences as global citizens.

And, should anyone want to read the full ten-minute-long presentations from which these excerpts are lifted, ask the Trailers to share them with you. 🌿



Welcome New Residents

VAJIRANANI (Ellen Mooney)

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A warm welcome to Vajiranani, who is a "first" at The Forest, as she joins her mother here, Jo Mooney. She also has the unique distinction of being a Buddhist nun.

Born in Chicago, Vajiranani is the second of four children. Her sister, Jane Mooney, a retired teacher, and her brother Tom and his wife, Elene, retired MDs, live in Boulder CO. Her brother Richard, a scientist, and his wife, Julie, live in Durham.

Vajira went to high school in Northfield IL. She attended New England Conservatory as a cello student, as well as Boston College, where she majored in classical studies and English, and also the University of Massachusetts (Amherst) Graduate School of Management, where she earned a master's degree in accounting. Vajira received the *Wall Street Journal* Award for accounting graduate students in 1990. Between degrees she worked as a computer programmer and became interested in meditation.

Vajira felt called to find a more harmonious existence through meditation. She was ordained in 1991 at Insight Meditation Society (IMS) in Barre MA under the preceptorship of Sayadaw U Pandita (1921-2016). He gave her the name of Vajiranani, "*one who has knowledge that is like a diamond*." She followed him to Yangon, Myanmar, and lived at Panditarama Meditation Center for 26 years. Being a nun allowed her to put aside material goals and focus fully on spiritual ones. She practiced meditation and studied Buddhist scriptures, eventually teaching other nuns as well as local children. She states that she was blessed with the job of translating for her teacher from 2011 until his death.

Vajira looks forward to hearing speakers at ForestSpeaks, joining hiking groups, and viewing non-fiction films. 🌿



ANNE RILEY

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We are happy to welcome Anne Riley, who moved to The Forest in February and is enjoying life here! A California native, Anne was born in Oakland and also lived in Piedmont, Sunnyvale, and Walnut Creek CA, as well as in Reno and Zephyr Cove NV and in Birmingham AL. She attended San Jose State College with a major in education. Earlier in her life, she studied piano for nine years as well as cello; these studies gave her a lifelong love of music.

Anne's vocation has been raising her family, but she is also a former executive secretary for the Building Products Department of Kaiser Aluminum. Active in her Catholic church in Reno, she assisted in many duties as a volunteer. Her daughter Jennie Riley is a Research Interventionist for Duke School of Medicine in Durham, and her daughter Lynne Fiorindo is in marketing in Moraga CA. Her son, Mike Riley, works in sales in Granite Bay CA.



Long active in sports and outdoor activities, Anne was a Campfire Girl Counselor and did lifeguarding, and she calls herself a former "tennis bum." She's an ardent fan of both the San Francisco 49ers and the San Francisco Giants. But she also looks forward to attending the many concerts in Durham on and off The Forest campus. She is greatly interested in bridge as well as all table games, and she is eager to use our gym equipment and join the handwork group with her love of knitting and sewing. 🌿

Flowers along the Eno

by Bob Shaw

With spring approaching, we look for flowers along our trails. Here are my favorites: Trout Lily (though I call them Dogtooth violet), found lots of places in the woods in early March; the delicate little Blue Iris, found briefly in mid-to-late April along the New Hope Creek and below the Rhododendron Bluffs trail in Duke Forest; and the Golden Lady Slipper, found just off the Pump Station trail along the Eno River in late April.

Mountain Laurels give us spectacular wild flower shows, and the best in our area are on the Occoneechee Mountain trail on the north side, stretching from the banks of the Eno up to the top of the mountain along the Brown Elf Knob Trail. In a recent year they bloomed in early May, but take an early trip to make sure you don't miss them.

Penny's Bend, east of Durham just off the Old Oxford Road, has the best (most and most varied) wildflowers in our region and fine opportunities for birding: you may see warblers, woodpeckers. Alas, I also saw a drowned owl—caught in an abandoned fishing line. The trail there is narrow, and it becomes overgrown with lurking ticks starting in late spring. So go early. Geology there is unusual for our region (some signs, now decayed, used to tell us); hence the special flowers.

Some years ago, in early April, I discovered a Pinkster Azalea (a native, as our agricultural extension agent explained to me) on the Cox Mountain Trail right across the Eno from the Holden Mill (the best preserved mill ruins in our area). And until last year, that lovely azalea stood alone. Then last year I spotted five along that trail, the last right by the charming pedestrian suspension bridge where the trail begins. Perhaps I happened by just in time for their brief flowering period.

Walking along the Eno and the New Hope Creek in Duke Forest, I see Mountain Laurels, but few Rhododendrons. So why so few Rhododendrons and wild Azaleas? Could, over the years, thoughtless people have dug them up and carried them away? 🌱

Photos of early Spring wildflowers found along the Eno. From top: Trout Lily (or Dogtooth Violet, from the shape of its bulblike corm), Round-Lobed Hepatica, and Rue Anemone.

Flower photos by Bob Shaw



Find maps of our wonderful Eno River State Park at

<http://www.ncparks.gov/Visit/parks/enri/directions.php>

and of Occoneechee Mountain State Natural Area at

<http://www.ncparks.gov/Visit/parks/ocmo/directions.php>



Bob and Barbara Shaw frequent our local parks. They have been active promoters of our nearby Sandy Creek Nature Park. One recent Monday morning they introduced that park to a group of Forest residents. Bob promises to tell us more.

Photo by Walton Smith