

THE FORESTER

Volume 1 Issue 2

May 1994

A Newsletter by and for the Residents of The Forest At Duke

NELSON'S NOTES

It has been suggested that I'm on the side of management. I confess that I am. I'm also on the side of the Board, on the side of the residents, and on the side of Nelson and DeEtte. Nothing strange about this. Everyone connected with The Forest at Duke is on the same side—we all have the same goal: to provide the best quality of life that can be furnished at an affordable cost to 375 retirees averaging 77 years young and looking forward to many more years of rewarding activity. No one in the loop has any incentive to do otherwise.



So who decides what is best for us and what we can afford? Each of us residents would be pleased to be put in charge of those decisions, but on a lot of subjects we would end up with something less than 375 differing opinions. The one who stamps his foot the hardest and the loudest should not thereby always have his way. Therefore we have the Neighborhood Groups, the Executive Council and the various Residents' Association committees to determine suggestions, concerns and complaints, to evaluate them and to present those

1992 Income Tax Refund Reminder

Tax refunds for residents who moved to The Forest in 1992 may be available if they file for them properly, according to a reminder from Hal Muncaster. A letter dated April 25, 1994, from Kathy Crapo provided all the information necessary to file amended 1992 income tax returns.

Since instructions on income tax are seldom easy reading, Hal points out, some residents may have concluded that it wasn't worth the trouble to amend their tax returns. A sample, of what can be done, however, may be convincing.

Some residents have already applied for refunds, and they are substantial. They vary with the size of the residence, whether there is single or double occupancy, the level of taxable income, and other factors. For example, considering federal and state taxes together, in rounded figures, a two-bedroom apartment with den might be eligible for an \$8,300 refund, while a two bedroom apartment without den might qualify for \$6,200.

Management has furnished prepared statements and the dollar amounts for each resident, making it easier to apply. Although the decision to file must be the resident's, Hal urges residents not to overlook

the opportunity, since there is good reason to hope that refunds will be made. A copy of IRS instructions and the forms for amending the 1040 and state taxes are in the library copier room.

FORESTER PROFILE

MEET PRISCILLA SQUIER

Thanks to Priscilla Squier and her team at TFAD Gift Shop, the books currently show a profit, which has been turned over to the Benevolent Fund. Many volunteer hours were logged by Priscilla and her helpers, who include Saralee Watson, Terry Bronfenbrenner, Mary Brown, Bernice Bergson, Harriet Fine, and Ruth Lifton. Together they have created a place to browse, meet friends, and shop for inexpensive items.

Priscilla's management experience began in McLean, Virginia, where she was the proprietor of an upscale establishment which carried fine crystal and china, as well as unusual seasonal gift merchandise and elegant paper products. Forest residents are grateful to Priscilla for starting the gift shop with so limited a budget and achieving success in so



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EDITORIAL

On large newspapers, editorials represent the opinions of the management, or more properly, the opinions of an editorial board responsible to the management. On small papers, like ours, editorials are more likely to be comments on the life of a community. Sometimes these small-town essays are designed to point fingers of approval or disapproval. Otherwise, they fall into the category of what are known in the trade as Arbor Day editorials, meaning that they heartily approve something about which there is no argument.

Here at *The Forester*, we cling basically to a statement of principle enunciated in 1851 by Henry J. Raymond when he founded the *New York Times*: "We do not mean to write as if we were in a passion ---unless that shall really be the case; and we shall make it a point to get into a passion as rarely as possible." Coming as it did at a time when the press was reflecting a country being torn apart by passion, this was a truly remarkable statement, and a policy adhered to by the *Times* from that day to this.

There are a few (but not many) passions at *The Forest*. We do not mean to promote them. Instead, we hope to mirror the life of this remarkable community, made so by its remarkable residents, as thoroughly and ably as we can. That can only happen if the community opens its minds and hearts to us with what the residents contribute. Together we can make *The Forester* the *New York Times* of Greater Durham.

—John Tebbel

LETTERS TO THE EDITOR

Residents are invited to write letters to the Editor for publication, subject to space limitations. Topics should be of general interest to our readers. Letters must be signed and should be typewritten and limited to 100 words or less. Views expressed in letters are those of the writer and are not necessarily those of *The Forester*.

Editor, *The Forester*:

I noted with interest your story about naming the new newsletter "The Forester." It reminded me of one of the ideas submitted to my local town paper in Columbia City, Indiana.

It was necessary to combine the titles of two local papers because of a merger. One paper was called "The Commercial Mail"; the other was called "The Evening Post." A local humorist said, "Just call it 'The Compost'."

Congratulations to the staff of *The Forester* on your new contribution to *The Forest* at Duke!

Margo Langohr

To the Editor:

I am pleased that we have people able and willing to produce *The Forester*. However, my reaction to Issue 1 is deep concern. "Our purpose is to be newsy and entertaining, not controversial." Question: Are we still live citizens of the USA, or have we already gone to heaven---at the Forest at Duke no less?

"Letters to the Editor" must be typewritten and 100 words or less. I have written for publication, but I do not type. Does handwriting impose a substantial extra burden on editors, or what?

In short, I am disturbed that *The Forester* seems to discourage serious discussion. Surely, the TFAD needs more openness, not less.

Keith Burkett

(We're not yet in Heaven, but under some earthly restraints. We imposed a word limitation on letters only to be sure the paper would not be exclusively Letters to the Editor. But we will be glad to print longer ones if space permits. We prefer typed letters, but if we can read the handwriting, as we did Mr. Burkett's legible script, we will do our own typing. Finally, we do not discourage serious discussion. We only hope to save the Letters column from becoming a Personal Gripes Department. ---The Editors)

RINGWALD HONORED

Eugene Lee Ringwald, TFAD resident, was honored for 50 years membership in the American Chemical Society at a meeting of the North Carolina Section of the professional society on April 16, 1994. At the meeting, a Section member received the Marcus Hobbs Service Award for outstanding service. The award was established some years ago in honor of TFAD resident Dr. Marcus Hobbs, to recognize his years of exceptional service to the Society on both local and national levels. Dr. Hobbs presented the service award.

The Forester

The newsletter of the Residents' Association of the Forest at Duke. Published monthly except July and August by and for the residents.

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Art and Word Puzzle:

Bob Blake

Photographer: Ed Albrecht**Publishing Assistants:**

Bess Bowditch, Madeline Hawkins, Jane Jones and Carolyn Vail.

the savvy traveler

by Dagmar Miller

They say you can't go home again. But you can -- if you do it right. I've just returned from my first visit to Key West since moving to The Forest. Having lived there for fifteen years, I saw it change from a simple, southernmost outpost to a resort town. Enough of the old



fishing village remains, however, to make it at-

tractive to visitors seeking sunshine, balmy air like no other in the world, excellent restaurants, many sights to see, and the feeling of being in a foreign land. The weather year-round is the

best I've ever experienced. A cold wave in the winter means a dip in the temperature to 55 or 60, lasting only a day or two. And, though I have a hard time convincing friends that summers are cooler than in many other places, in my fifteen years' residence, the highest temperature was 95. The breezes almost always blow across that 2 mile by 4 mile island, and our 125-year-old "eyebrow" house had no airconditioning -- only ceiling fans. Winters average 70 - 80, summers 80 - 90.

So the time to visit is almost any month except December, August, and September. December is jammed with tourists and often experiences unsettled weather around Christmas, and the August/September period is rather still and hot -- what we used to call "hurricane weather."

This island city was once a pirate haven, later it became the cigar-making capital of the country, and finally it was a Navy stronghold until the mid-70s. The population for many years was divided among Cubans, Bahamians and native-born Key Westers, known as Conchs (pronounced "konks") whose ancestors came from the Bahamas as well as from New England. In recent years, there has been an invasion of "foreigners" from other parts of the country and abroad. They have been responsible in large part for the restoration of many 19th century houses clustered in the historic district known as Old Town. Add to that, many writers (a dozen Pulitzer Prize winners have wintered there), artists, gays, and

would-be beachcombers --all contributing to a unique ambience. The architecture is fascinating, running a broad gamut. There are cigar-makers' cottages known as "shotgun houses" because of the narrow hall that extends the length of two rooms and ends in a large all-purpose room, and "eyebrow houses," which have slanting roofs supported by columns, jutting out over the second floor windows. There are the gingerbread mansions often with a widow's walk atop their roofs' serving in the old days as a lookout for shipwrecks. After many old houses were demolished, the Island Restoration Foundation was organized in 1960, and it has been the moving force behind the saving and restoring of many of the buildings in Old Town.



While the palm tree brings Florida to mind, it is a rarity in Key West except for the beach areas. In fact, walking down the streets reminds one of a New England village -- pastel frame houses with shutters, white picket fences, and huge shade trees. Our garden had a sapodilla whose fruit is the source of chicle chewing gum; a tamarind, with seeds used in making chutney; and two magnificent avocado trees producing enough fruit to keep us and our neighbors and friends happy for weeks. Oh yes, we did have one palm, looking distinctly out of place.

(Next month I'll tell you where to sleep, where to eat, what to do, and how to do it.)

ARTIST-IN-RESIDENCE

Bob Blake

By Charlotte Cassels

A spider, which he did not see, crawled by his chair, but even if he had seen it he couldn't kill it, for Bob Blake is a gentle man.

The root of his caring about all things, both great and small, is his devotion to serving in many capacities. During the ten years since his retirement from a career as a medical illustrator at Duke University he has delivered Meals on Wheels, chauffeured cancer patients for treatments and served as an Elder, at Trinity Avenue Presbyterian Church in Durham. Bob spent twenty years as a Boy Scout Master. He was awarded the Scouts' highest honor, the Order Of the Silver Beaver.

That's one part of the life of TFAD artist-in-residence Bob Blake. But the residents of the Forest have also seen Bob and Hildur demonstrate their great skill at square dancing, and know they are co-chairmen of TFAD ballroom dancing group. They do a mean cha-cha-cha or rhumba!

Some TFAD residents know that all the inside plants at the Forest were a gift of Bob and Hildur. Asked about the location of his castle which was needed to house so many beauties, Bob laughs and admits he used a small greenhouse, and then took over his son's bedroom and bath (after the boy had gone to college) to put his other treasures within easy-care range before we received them to enjoy here. And, after watering all the TFAD plants, he relaxes by creating word-

puzzles for *The Forester*.

Bob Blake was born in Pleasantville and raised in Medford, N.J. He was always The Class Artist but his first job was as a men's fashion photographer. He then became a part of Civilian Public Service, sponsored by the "grace" churches such as the Quakers and Mennonites, which sent him to Duke in Durham in 1942, ("a place I'd never even heard of"). Bob immediately showed his tremendous talents as a medical illustrator and became a member of the Duke Medical Faculty in 1949 where he



served until his retirement in 1983 as head of the Art Section and Division of Audio-Visual Education.

"During that time I illustrated approximately 500 scientific articles for medical journals, as well as numerous medical drawings for over 50 textbooks," Bob says.

Now at TFAD, Bob does about three pictures a month. He likes watercolors because they are quick and spontaneous and there is little preparation or clean-up time. Sometimes a watercolor takes an hour, sometimes as much as five hours to complete. He says he hasn't much affinity for modern free-style art, and feels his talent lies in realistic details. Once, he laughingly admits, his wife, Hildur, went to Korea for 18 days, and he painted

"A ROSE IS A ROSE. . ."

Bess Bowditch has been named Chairwoman of the Rose Garden Committee. Serving with her are Deborah Carey, Minnie Mae Franklin, Marjorie Jones, Bee

Lemen, Gertrude Merritt, Dottie Naumann, and Dick Watson. Two members will be responsible for "dead-heading" and weeding each of the four beds. The Witherspoon company will spray, fertilize and prune. If you would like to join the group call Bess at 490-0511.



18 pictures! Twenty-three of his paintings at TFAD are hung by elevator 7 on the second floor, and two larger ones flank the main lobby.

One of his greatest joys is the Christmas scene showing an old-time farm, which he has been creating for 45 years; he now shares it with us at the holiday season. The tradition began with his grandmother and he calls it "the miracle of Christmas" as it always appeared at the foot of the tree on Christmas morning.

But Bob Blake has a great hidden treasure. He has done 50 pictures in watercolor of downtown Durham in painstaking detail. He began this project during a vacation week in 1959. He remodeled his car to make it a studio, and painted the stores and people on sight. Occasionally he took photos to supplement details. These paintings are an artistic record of the late 40's and 50's but all of them have never been exhibited together.

As soon as you feel too old to do a thing, **do it!**

—Margaret Deland

LIB'S TIPS

BY LIBBY GETZ

Is your favorite chair showing wear and tear? Are you thinking about slipcovers for summer? If so, you should go to Decorative Fabrics at 1105 Main Street, Durham (a short distance before you come to Brightleaf Square). If you aren't bowled over by the hospitality of the ladies who help you, you will be by the stunning fabrics strewn everywhere. Lovely tassels and braids, too.

You have the fabric, who will put it on the chair? I have had good luck with Billy Honeycutt, Upholsterer. He does excellent work and delivers almost on time.

His number is 732-2257. Billy will remind you of Buddy Ebsen as he lowers his head to come through your front door.

Do you have a lamp that needs a new shade? Do you have a vase you want converted into a lamp? Lamps Ltd., 229 North Gregson, Durham, will either make or order what you need.

With your home all gussied up, how about you? When I feel the need for a new outfit, I give my husband a good breakfast, a big kiss, grab my plastic and head for Fine Feathers in Chapel Hill. Fine Feathers is **not** an aviary. It is reputed to be the best dress shop in North Carolina. This is no bargain basement, but they do have great sales and lovely clothes. It is located at the Carrboro end of University Square

(not to be confused with University Mall). University Square is on West Franklin Street. Take Franklin Street into Chapel Hill, pass the campus and campus shops, and one block past the longest traffic light in the world look left and you will see a branch of the CCB Bank and a block of shops. You have found University Square. Ironical that the bank is on the opposite end of the Square from Fine Feathers, because one undoubtedly empties into the other.

If you don't spend all your money at the Feathers, go to Peacock Alley on the lower level just behind Fine Feathers. They have exquisite gifts, linen, china and a wonderful "grandmother's corner".

Not everything in the Square is expensive. You can find bargains at The Painted Bird. They have the tiny Guatemalan worry dolls that I love to give friends old and young for \$1.50. Remember those pictures of lovely people in white playing croquet, and the men in those white Panama hats? The Painted Bird has these for \$38.

There's a good barber in the Square, but he'll clip you in more ways than one. If you need a light lunch Swensen's Ice Cream Factory is here, too.

And are all you aging preppies aware that Brooks Brothers has opened a shop in Crabtree Valley Mall in Raleigh?

That's all for now - see you in October.

Ah, don't the days seem lank and long, when all goes right and nothing goes wrong,
And ain't your life extremely flat
With nothing whatever to grumble at?
—Gilbert and Sullivan

PROFILE

Continued from page 1

short a time. She acquired her expertise during years as the wife of Ted Squier, a foreign service diplomat with posts in Munich, Germany; Tripoli, Libya; Geneva, Switzerland; and Bogota, Colombia. During those years, Priscilla learned to speak French, German, and Spanish as part of her daily life, which included raising a son, David.

New England was her childhood home. In college, she studied theater arts and languages as her majors. One season as a model in New York was a prelude to her later career.

More recently, Priscilla held a position in the corporate headquarters of the Washington Post Company, but on a visit to Highlands, North Carolina, she became enchanted with that area and purchased her "Tree House" home there. Now, her busy life includes the Library Board, Condominium Board, music, theater, pursuing hobbies of cooking, sewing, needlepoint, and enjoying a large circle of friends. She will soon be going to the Carolina mountains for the summer.

—by Molly Simes

GOLFERS UPDATE



At Croasdale, Hal Muncaster recently matched his age again, shooting an 81. Bob Guy shot an 88, which included an eagle (2 under par) on the 17th hole, and had two other birdies in his round. Bill Goldthorpe scored a 75; he didn't shoot his age, but says he is getting closer.

Gardening in the Forest

by Edna Wilson

CONTAINER GARDENING

If residents have a choice about the treatment of the strip of earth between the apartment patio slabs and the low wall, it would be a wise decision to fill the space with ornamental gravel. With a gravel base, container gardening could be the answer to planting material in that space. This is accomplished by removing enough of the soil to allow the gravel level to be even with the concrete.

Planting in the existing area has its problems, primarily drainage. It could also be messy trying to keep mulch confined to the strip. If you decide to plant in the soil, consider construction of a raised bed to provide the necessary drainage.

Container planting has many advantages: movability, seasonal color and added accent to the bare wall. Permanent containers with shrubs and groups of pots with annuals in the summer provide a cooling effect. Use clipped evergreens, bamboo or vines on trellises. Choose containers carefully for their growing space and style. Whatever you choose, make sure that the containers have drainage holes and that crack shards are placed in the bottom.

In selecting plants you need to know what they require including light, sun or shade, water, moisture, soil and fertilizer. The most common causes of container plant decline are lack of nutrients in the soil and soil compaction. If the plant is "permanent", after a season or two the soil should be rejuvenated. Turn the soil and add com-

post, also some perlite or vermiculite to create a friable, well-aerated medium.

If you plant hardy evergreens, the larger the container, the better the chance for survival. Remember to water in the late fall as well as in the spring and summer, a period when it's often necessary to water several times a day.

Plants in small containers are subject to root damage if the soil becomes too hot. At 90 degrees the effective root growth stops, consequently it's necessary to provide some means of shading.

NELSON'S NOTES Continued from page 1

that seem feasible to management. Management would like to please each of us, (what an assignment!) but they have a contract with all residents to provide a certain level of services at a certain fee schedule, and all residents must be protected in both areas.

Management and the Board of Directors have a further responsibility, to the State of North Carolina and to the Bond Trustee, to keep The Forest at Duke financially sound. Certainly this responsibility is also for the benefit of us residents. Some of us know former residents of Retirement Centers that have gone bankrupt and discontinued operation.

It is the function of the Residents' Association to present our suggestions and requests to management in the most logical fashion, to furnish background information, to negotiate, and by other methods, convince management that what we are seeking is for the good of The Forest at Duke. Each of us wisely agreed before we

Library Bookends

Our Library at TFAD is a well used room and we want to make it important to everyone here. One of the latest improvements is a few audio books (on cassette). You need a cassette player to use them. If you have difficulty reading, perhaps these may help you. Several are mysteries. There are also a few video tapes of books and items of interest. All of these may be borrowed, but please leave the card in the file box. Additions are welcome.

Magazines are now stored in the main room on a rotating carousel presented to the Library by the administration. Julia Chu and Jane Jones are custodians of the magazines and request that you put new (donated) and returned copies on the desk. They will replace them on the carousel. When you borrow magazines it is not necessary to leave a note; you may keep them as long as you like. —Jean Weil

came here that "the absolute right of management is reserved to The Forest". As residents, therefore, our task is to convince, not to demand or browbeat. We have been and will continue to be successful at times; on other matters, management has reasons not to comply with our suggestions; and on many other matters, management eventually will agree that the time has come to implement requested changes.

A lot of progress has been made in eighteen months and progress will continue, because we are all working toward the same goal.

—Nelson Strawbridge

COVETED BOARDERS

By Evebell Dunham

Aggressive guests aren't usually welcome but one that we go out of our way to invite is the Ruby-Throated Hummingbird. Spring migration has begun and now is the time to lure this sparkling bird--with jewel-like colors--to your feeder. The Ruby-Throats fly non-stop across the Gulf of Mexico, having stored enough fat beforehand to make this over-water crossing from their winter homelands in Mexico and Central America. They move north as the flowers they feed upon come into bloom.



A ruby-throated hummingbird weighs less than a penny and can consume 50 percent of its weight in sugar each day (without getting fat, envy, envy!)

It can fly in any direction without turning its body and is the only bird that can fly backward. It is perhaps best known for its ability to hover apparently motionless in the air while feeding, wings beating at 78 beats per second.

Unlike most birds which form a pair bond and raise their young together, the male and female associate briefly during mating; then the promiscuous male leaves and the female raises the young on her own. Much of the time hummers, both male and female, behave aggressively toward one another. The reason that they become territorial and defend an area is not known. Occasionally they feed together and are somewhat tolerant of one another.



ABOUT YOGA

That regular appropriate exercise is important to good health is now an accepted fact of life. An ancient form of exercise, hatha yoga is catching on in Western cultures, especially among seniors. TFAD is fortunate to have a resident volunteer yoga teacher; Helen Snodgrass has been teaching yoga here since her arrival in 1992. A former health and physical education teacher, Helen has taught yoga and aquatic exercises during the past twenty years in the Washington D.C. area and at Asheville, N.C. For her efforts she was awarded the Volunteer of the Year Award in the Northern Virginia area.

Yoga is performed in a series of rhythmic slow motion stretching movements, progressing from a sitting position to a standing position and finally lying down.

Most times an intruder is flown at and chased persistently, including other hummers, bees, butterflies, and other bird species as large as blue jays.

Hummingbirds are strictly a New World family composed of 341 species but only the ruby-throat is found east of the Mississippi.

Invite this fascinating bird to your yard or patio feeder with a large splash of red tubular flowers such as fuchsia, salvia, begonias, or geraniums near your feeder. Here's hoping your colorful invitation is accepted and you enjoy watching the antics of this tiny summer visitor.

Deep breathing is coordinated with the yoga movements, all under the specific directions of the yoga teacher. Each session culminates in a period of total relaxation. More than just an exercise, the practice of yoga provides an experience of positive thinking that carries into all aspects of daily healthful living.

The class meets in the Exercise Room each Tuesday and Thursday morning for an hour, beginning at 8:30. There is no charge, and it is not necessary to sign the Count Me In Book. All residents are invited to observe and/or join the class. For further information, telephone Helen at 493-6175.

—Aileen Schaller

GRANDPA'S HOUSE

After a holiday, a teacher asked her students to write about what they did. One little boy wrote the following: "We always spend Christmas with Grandma and Grandpa. They used to live up here in a big brick house and then Grandpa got retarded and they moved to Florida. Grandma says Grandpa worked a long time and very hard so he could get retarded. They live in a place with a lot of other retarded people."

"My grandma used to bake cookies and stuff but I guess she forgot how. Nobody cooks there; they all eat at the club. They play golf and bridge and tennis. They also go swimming, but they just stand in the water with their hats on."

"When you go to the place, there is a little house with a man sitting in it. He watches all day so they can't get out without him seeing them. I wish they would come back home but I guess the man in the little house won't let them come out."

BOB BLAKE'S

PUZZLE

reading up, down, forward, back-ward or diagonally.

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M A R G N I L N O R T H K Y R N E H
T S E B F V T R G N J M Z T E G O P
X U D S A C U E E C I R P T R T Q E
A Y N N I M A K O R N E G A Y U G U
L F N R C C L S S I V A D L C H U H
A K E E H C O G A P N A M U A N N O
H C B L G Y K P Q D E E S L L E T N
T E E T W D S E E H Y I Z E E O E O
N O K U L A I R I L K T J N E H R D
E N A B J C S R P P A R T O P C S V
S A L C D O T Y B R V N G B S S X E
O H B D M B N A G W S R D C N E W O
R H C F S I B E H Y A D A J I M R H
L A S I N U T Q S I P R L O M I E C
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T A F C T T E B R O C I N E N I F P
H S A N S D L E I F S K G N U O Y U
  
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Albrecht	Cebe	Fine	Kent	Peach
Anderson	Cheek	Friedrich	Kern	Perry
Austin	Cook	Frank	Kornegay	Price
Bane	Copeland	Getz	Lacy	Ringwald
Bennder*	Corbett	Graichen	Latty	Rosenthal
Best	Dalton	Gratz	Lee	Schoenhut
Blake	Davis	Guy	Lewis	Simes
Bone	Day	Gunter	Mins*	Skolaut
Burkett	Dees	Hamlet	Nance	Strawbridge
Burns	Donohue	Henry	Nash	Tebbel
Cady	Ellis	Ingram	Nauman	Trapp
Carey	Eshelman	Jones	Owen	Upchurch
Casady	Fields	Kamin	Parker	Vann
				Young

*Unusual spelling