

# THE FORESTER

Volume 3 Issue 56

JUNE-May 1996

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

## NEWS FROM THE PIT

by Bill Goldthorp



At TFAD's December Board of Directors Meeting, Mr. A. V. Powell made a detailed presentation of his company's Comprehensive Financial Advisory Services to Continuing Care Retirement Communities, Assisted Living, and Nursing Care facilities. Using actuarial tables, he put into perspective where TFAD started, where it stands today, where it's headed, and what problems we might encounter on the way. He made an excellent presentation and gave us a much better understanding of this complex subject. It was decided it would benefit all our residents to hear the same talk. Management has arranged to have Powell here on August 28th at 11:00 AM in the Auditorium for your further understanding of his subject. So mark your calendars; I encourage all of you to attend this most interesting presentation.

Helen Albrecht reports that your donations to the Employee Appreciation Fund, as of today (6/6/96), total \$20,816.00. We're running a little behind at this point and ask those of who haven't done so, to write your checks so we don't have to disappoint our most deserving staff members.

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## REPORT ON THE BENEVOLENT FUND

A report from Residents' Association President Bill Goldthorp discloses that the Benevolent Fund has accumulated a total at present of \$22,000, fueled by contributions and appreciation from well-invested money. The Fund's committee believes a good start has been made.

Seeking further financial support for this project from residents, the committee plans to approach fund growth on two different levels. In September, an outside speaker, will be at The Forest to talk about additional plans for making gifts. After this meeting, there will be continuing low-key solicitation of financial support for the fund. Meanwhile, the committee will gratefully accept gifts of cash or securities. Gifts should be directed to the attention of Vicki Barringer, our Director of Finance. Residents are reminded that all gifts are tax-deductible, since The Forest is a non-profit charitable corporation.

Although the Benevolent Fund has been the subject of both public and private discussion since it was conceived, the committee believes that there may be many who are unsure about its origin, purpose, and application to the individual. A further explanation is in order.

The Disclosure Statement, Section VIII.F spells out the Provision for Financial Hardship, as follows: "It is the intent of the Forest at

Duke to admit only those persons who are able to pay the established rates. Once persons are admitted to The Forest, The Forest is committed to the policy that no resident will be dismissed from The Forest solely because of the resident's inability to pay the Monthly Service Fee. If, upon reviewing the resident's financial resources, it is determined that, through no fault of the resident, the resident is unable to pay a part or all of the Monthly Service Fee, The Forest may subsidize the resident's Monthly Service Fee. Residents who have intentionally dissipated or liquidated their assets would not be eligible for subsidization."

From this statement of purpose came the creation of the Benevolent Fund. TFAD's Board, recognizing the need for such a fund, voted to launch one with a \$100,000 contribution from its corporate coffers. That was in September 1990. Later, it was Russ Campbell's idea to encourage residents to increase the fund by making charitable contributions. A committee was formed, with Russ as chairman, and including Bruce Burns, John Goshorn, Ralph Kent, Nelson Strawbridge, Chris Hamlet, and Bill Goldthorp.

This committee, on November 1, 1995, issued a general information letter and followed it with a

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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.

**Publisher:** Bob Dunham

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**Art and Word Puzzles:** Bob Blake

**Photographer:** Ed Albrecht

**Publishing Assistants:**

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**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 200 words or less. Views expressed in letters are those of the writer and are not necessarily those of *The Forester*.

**To the Editor:**

For myself and my family, I thank our many good friends at TFAD for your expressions of sympathy and the wonderful support you have given me. We are grateful for the cards, memorials and other kindnesses you've shared with us.

Your caring attitude has brought us much comfort during the past weeks and your thoughtfulness has lessened our burden.

Kay Ann was fortunate to have

enjoyed three and a half wonderful years at The Forest at Duke. You all made this possible. Your concern is greatly appreciated.

—John Friedrich

**To the Editor:**

The Health Committee of the Residents' Association is very concerned that the women of TFAD are not making use of the services of Dr. Chrystie Timmons, our gynecologist. She is here every Wednesday morning. If she does not have more TFAD patients, she feels her practice here will have to cease. We are so fortunate to have her available for us. We do not want to lose her. TFAD women, please make use of her services if you have a need.

Dr. Timmons accepts Medicare assignment.

—Peg Lewis, Chairman  
Health Care Committee

**To the Editor:**

I'd like to thank the Forest residents who invited me to become their yoga teacher this past September. During the past 9 1/2 months, I have enjoyed sharing in the delights and challenges of yoga with such exceptional people. And I mean exceptional -- committed and willing to attend, try, learn, and be patient and open to growing better and younger. It is my belief that yoga is the best available technology for maintaining mobility and agility and an overall feeling of calm and liveliness -- at any age. My students often surprise me at what they are willing and able to do. My hat is off to them all! Thank you.

—Sally K. Norton

**EDITORIAL**

So another year of *The Forester* ends---our third. Like most of us Foresters we're amazed and happy to find ourselves still alive and relatively well, looking forward to Year Four. Producing a single issue takes the time and energy of a number of people, who do it willingly, and for the most part, happily. We're always conscious of our imperfections, and aspire to do better with every issue. Fortunately, our success isn't dependent on either advertising or circulation, as it is in for-profit publications. All we have to go by is what our readers think of us. We've said it before, but we'll say it again: It's your paper, so tell us what you like, what you don't like, and what you'd like to see that you're not seeing. If it's possible, we'll try to provide. And please contribute, whatever and whenever you can. We have staff writers, but it's your contributions that make *The Forester*.

See you in October.

—John Tebbel

**MARK YOUR CALENDAR FOR THE SILENT AUCTION**

Remember October 26, 1996, our Silent Auction date! What a great way to share our summer travels by returning to TFAD with that unusual (or otherwise) item as a contribution to the Silent Auction. Remember your contributed items are tax deductible and all monies are given to the TFAD Benevolent Fund. Have a wonderful summer!

**In Memoriam**

Roy Snyder	May 26, 1996
Lucille Petrea	May 27, 1996
Delmar SeEVERS	June 10, 1996



## RESIDENTS ASKED TO CURB YOUR KEYS

Serious security problems have arisen because of the prevalence of The Forest's buildings keys which are circulating in the general population outside the institution. The Administration is asking cooperation in curbing this problem.

The Forest's policy is for each resident to have one key to the Community building and one to the residence. Additional keys are to be distributed only in the case of loss. Each key is signed for and recorded, but it appears that many extra keys have been distributed. Since it would cost thousands of dollars to re-key all locks, residents are being asked to return all extra keys to exterior doors.

If family members or friends want to enter through an exterior door, they should phone ahead and be met at the door. If they need to enter after the front doors have been locked, they will need to follow the instructions at the telephone just outside the interior front door.

When they page the security officer, they will need to hang up the phone and allow time for the page to go through, and for the officer to go to the nearest telephone—usually a matter of minutes. If there is no response in a reasonable amount of time, it means the officer is busy with another security matter, or that the page didn't go through. They may then call the operator by dialing "0" and ask to be connected to Security by radio.



## HERE'S TO YOUR HEALTH

by Pauline Gratz

In the grand scheme humans are a lot like the Energizer bunny. We keep going and going as other mammals fall by the wayside. Yet such longevity is a mixed blessing. By outliving our reproductive years we are subject to aging, which experts define as "the autonomous deterioration that adults undergo with increasing chronological age."

Although the "old gray mare ain't what she used to be", she isn't aware of it. It is humans who are thought to be aware of aging and its physical effects. Until the late nineteenth century, that awareness didn't bother us much. People were concerned with getting to middle-age rather than beyond it. It was not until the advent of antibiotics and improved maternity care that the average life span pushed into the sixth decade and scientists began to answer the question of why we grow old.

Most gerontologists agree that our major organ systems change in certain ways as a natural result of aging. The picture would be pretty bleak if all our systems declined at the same rate. Fortunately each system ages according to its own timetable, and these schedules vary from person to person. Systems that age slowly can often compensate for those declining at a faster rate. For example, a good set of lungs can cover for a declining heart, and a durable digestive system may process calcium efficiently enough to prevent bone loss.

Although we can't reverse

the effects of age, we can avoid hastening the process by taking the "wellness" mantra to heart. Avoid sun and cigarettes, limit alcohol and fat intake, eat lots of vegetables and get some exercise.

The logic is simple. The sun's ultraviolet radiation increases skin aging. Smoking speeds lung and bone deterioration. Excess alcohol consumption disturbs metabolism. And fat promotes weight gain. On the other hand, vegetables are good sources of antioxidant vitamins C and beta-carotene. Exercise increases lung capacity and weight-bearing activities increase bone and muscle mass.

We all know the familiar lament, "If I had only known I was going to live so long, I'd have taken better care of myself." Now that most of us know that we're likely to keep going and going, perhaps well into our eighth decade, we can't plead ignorance any longer.

### Hugging: a Prescription

Hugging is healthy: It helps the body's immune system; it keeps you healthier; it cures depression; it reduces stress; it induces sleep; it's invigorating; it's rejuvenating; it has no unpleasant side effects... and hugging is nothing less than a miracle drug.

Hugging is all natural: It is organic, naturally sweet, has no pesticides, no preservatives, no artificial ingredients, and is 100 percent wholesome.

Hugging is practically perfect. There are no movable parts; no batteries to wear out; no periodic checkups. It offers low energy consumption, high energy yield; is

See HUGGING on page 9

## AMONG THE TREES



Marie Russell, Grace Homeyer, Dot Naumann, and Kay Boyd have been enjoying themselves twice a month tripping the light fantastic with the Blakes and other friends, encouraged by an audience of Bill Ingram, Will Malenbaum and several others. All men with just a slight sense of rhythm are encouraged to come down to Holbrook Center from 7 to 8 p.m. every second and fourth Tuesday. Of course all ladies are also welcome to come down and join in the fun--- Ada Donahue says she still loves to walk and engages in it as regularly as she always has---The Woodchuck feels that we Foresters owe a debt of gratitude to both the City and County of Durham. We have been enjoying and taking advantage of municipal services. It seems fair that we and management should make most of our purchases from local tax paying businesses. Also as much as possible we should participate in some community volunteer activities outside The Forest. Durham is treating us more than fairly so let's be assets to Durham---Andy Blair, George Nance, Ernie Swiger, Frank Mazuy, and Bob Mervine were classmates at Duke a few years ago---Members of the Health Committee say Peg Lewis is organized to the last detail and runs unusually efficient and productive meetings---Phyllis Owen sure has a radiant and sunny smile---For a steady supply of jokes and funny stories see Bess Cebe---Norm Hinton has a great

idea with his hot plate---Babs Hickson and Ruth Firm seem to have survived in good condition three weeks in the Soviet Union---Wish Pat Ringwald would eat in the Dining Room more often. She always seems to be enjoying herself there---Don't know about gold and silver but we have a lot of brass in our midst with Admiral Northwood, Captain Guy, General Goshorn, and Colonel Price. Also John Ondek commanded a navy ship during the hectic Pacific campaigns of World War 2----- Never knew anyone more willing to go out of his way to help someone in need than Grey Kornegay---Roger Anderson has to be a busy man keeping his house and extensive grounds in tip-top shape while also keeping up with Forest activities---Carl Beery is still the fastest man on foot in covering our perimeter, but Carl and Loma Young can't be far behind---Too bad we don't have Bingo any more, Bernie Bender was a great caller - - A suggestion to car owners in apartments who park facing sidewalks-please do not pull in so far that the front of your car extends over the curb into the sidewalk area as this can cause a problem to some of our low vision walkers ---There are a lot of outstanding art galleries in this area and right in the Forest an impressive one in Marjorie Jones's apartment---When making next year's budget for buildings and grounds, a sturdy shelf installed next to exterior apartment entrances would be most convenient for placing parcels and groceries while groping for and using a key.



—Woodchuck

## WELCOME NEW RESIDENTS



**Mildred Brouwer**

**Apt. 4016**

**490-1830**

Came here from Florida. Born in Michigan, went through high school in Kalamazoo, college in Grand Rapids, is a graduate RN, worked as a nurse. Married 47 years, has three children. Lived also in Ohio and Massachusetts. Interests are church and hospital volunteering and golf.



**Betsy Close**

**Apt. 1035**

**403-9339**

Came here from Ferrington. Born in North Carolina. High school in Goldsboro, attended Greensboro College, then a degree and post graduate at Julliard School, specializing in vocal training. Married 46 years, three children. Lived in NYC and Boston. Interests are travel, Duke Chapel choir and congregation, art museum docent.



**Forester Profile**  
**LINDA VANAMAN:**  
**A NEW GIRL ON THE BLOCK**  
*by John Tebbel*



Growing up in her native Lexington, Kentucky, in a region renowned for its horse farms, Linda Vanaman couldn't have imagined that she'd wind up in a North Carolina continuing care center, an establishment unknown in those days. Since May, however, that's exactly where she's been, as The Forest's Director of Human Resources---or, as the title was known in more literate times, personnel director.

After her early education in Kentucky, marriage brought Linda to Duke, where she put her then husband through college, returning afterward to Duke to complete her own education, while he went on to become a professor at the university. One of her sons, Thomas, has just graduated from UNC-Chapel Hill, while her younger son, John, is still a student there.

After graduation, Linda found an immediate home in Research Triangle Park, where she first worked successively as a secretary, office manager, and Director of Human Resources for the Foam Design Company, makers of boxes to house IBM computers.

From there she went to the Sumitomo Electric Company, specialists in fiber optics, where she was a recruiting staffing specialist. Then, still in the Park, she came to Northern Telecom, makers of switching equipment. Part-time work at the Hospice of Wake County, where she was Human Resources Manager, led her to a final job before she

**PRATT GIVES PAPERS TO  
 TFAD LIBRARY**

Phil Pratt, who was Professor of Pathology at Duke Medical Center from 1966 to 1990, has presented a bound volume of his papers published between 1943 and 1990 to The Forest's library, where those interested in the field will be able to examine them. In an introduction, "and advice to the casual reader," Phil reminds us that he has provided explanatory notes for the benefit of non-physician readers.

Besides papers written from Duke and the VA Medical Center, there are contributions from previous work at Johns Hopkins, the Trudeau Sanatorium and Saranac Laboratory, Ohio State University and Ohio Tuberculosis Hospital, as well as miscellaneous papers on odd topics. Chapters in books are also included.

came here, as Personnel Director of Piedmont Health Services, in Chapel Hill.

You could say that Linda is an old Durham hand since she's lived in the city since she came from Kentucky. Now she shares a house with her cat, named Mozart, who no doubt purrs in harmony. The name reflects her love for classical music, which is at the opposite pole from her other interest, hiking and camping. For that, she belongs to a group which is an offshoot of the Sierra Club. Members are from her old campus, RTP, twenty to forty outdoors enthusiasts who hike and camp together.

Like nearly all the personnel Linda directs at The Forest, she's fallen in love with the place and its residents, and hopes to stay here at least until Mozart goes to the Met.

**CASSETTE  
 CRITIC'S  
 CORNER**

*by George M. Chandler*



In the first article in this series, which appeared in last month's issue of *The Forester*, I limited my discussion to recorded books produced by the Library of Congress Talking Book Program. This month we will take a look at some other sources of high quality books on tape.

One does not have to have vision problems in order to enjoy recorded books. A great many people now have taken up listening to recorded books while driving their cars. If you enjoyed being read to during your childhood, try it again as an adult.

Believing that many TFAD residents attended and profited from Ed Cady's recent lectures on *Huckleberry Finn*, I thought that the availability of Mark Twain's books on cassettes might provide a reasonable reference point around which to build a framework for a discussion of available recorded book sources.

A number of commercial firms produce high quality talking books in complete and unabridged versions. You will have to pay for their services either by renting or purchasing the tapes you wish to read. However, they have the advantage of being playable on any kind of normal equipment from your hi-fi system down to your portable Walkman type player or the player in your car. Library of Congress recorded books, on the other hand, must be played on specialized equipment.

The two largest American com-

**See CASSETTES on page 8**

## BOOK NOTES

BY JOHN TEBBEL

Just in time for summer reading, wherever you might be summering, here are a few choice titles you may not see on the best-seller lists but nevertheless merit attention.



*Sister*, by A. Manette Ansay, is a different kind of family novel, of which the lists are full right now. It's an intense, deeply affecting story about loss, human relationships, and religious faith, and an attempt to understand the value of life. Against the backdrop of a small Wisconsin town in the late '70s, this is the story of a brother and sister growing up and making sense of their lives in spite of a dysfunctional family---as though there were any other kind in current fiction. (July)

If you're tired of troubled family lives, try an entirely different kind in *Home: Chronicle of A North Country Family*, by Beth Powning. The author and her husband, Peter, left their native Connecticut twenty-five years ago to live on a farm near the Bay of Fundy in the Canadian Maritimes Province of New Brunswick. How much they love it is very clear in Beth's lyrical account of their life in this remote place. You can almost feel the slow passing of the seasons, smell the wild flowers, sense the fields and forest that make up the farm, taste the vegetables and the wild fruit. If you've loved Annie Dillard's books, you'll love this one. More than 70 color photos. (July)

This has been a banner season for books about golf, several of which have been noted. Now here's another one for The Forest's numerous golfers, with a title that should

especially appeal to them: *Bad Golf My Way*, a takeoff on a much more famous volume, Jack Nicklaus's *Golf My Way*. Leslie Nielsen, the author, with the ghostly hand of Henry Beard on his, says this one is for duffers. The duffer, he asserts, has only three enemies: the ball, the course, and his opponents. Don't let the chapter titles fool you. For instance, the one called "Driving" is about the golf cart not the club, including such tips as letting your partner off on the wrong side in deep rough. There are scores of photos of Nielsen at work on the course. (June)

William Martin's *Annapolis* is not about the famed Academy, some of whose distinguished graduates are Foresters, but a novel about the town itself and its role in our seafaring history, as seen through the eyes of the Parrish clan, a pretentious family whose sons have fought in all of America's naval wars since the 1700s, and noted for their defense of slavery. Their town rivals are the Staffords, of equally lengthy lineage. Woven into this multigenerational family novel, is the entire history of the Navy, from the Revolution, through the Civil War, the Spanish-American War, World War II, Vietnam, and right up to the present. It's a tremendous canvas, painted in vivid colors, and seen through the eyes of a modern descendant, Susan Browne Parrish, who is trying to put together a PBS documentary about the Staffords. This may be the historical novel of the decade. (June)

You may not want to be reminded this summer, but we all have our memory problems, don't we? Now Daniel Schacter, a Harvard psychology professor, has done

## TICK ALERT

If you feel something in your hair, it may be a tick, the Wellness Center advises. They are prevalent right now, and they can cause trouble through infections. Residents who walk around the circle, or linger by the pond, or otherwise expose themselves to the pesky insects, are especially vulnerable, as are owners of pets. If you find a tick anywhere on your person, says the Center, the first thing to do (besides eliminating it) is to write down the date of discovery, which will be useful to a doctor if a later illness occurs.



Tick, much enlarged

something about it. He's written a fascinating and completely accessible book called *Searching for Memory: The Brain, The Mind, and The Past*. Using the latest research, illuminated by case histories, Professor Schacter tells us how memory works. He demonstrates why memory is not a single faculty, why aging reduces it, and how it suppresses what we don't want to remember. In short, as the advance reviewer says, it's a "full, rich picture of how memory works." (June)

And now for a slightly different kind of memoir, Alan King's *The Life and Lies of Alan King*, (with Chris Chase). This is not the usual tell-all celebrity confession. The book is a collection of amusing, entertaining anecdotes about people we know and love: Marlon Brando, Harry Truman, Dean Martin, John Wayne, Judy Garland, both Robert and Ted Kennedy, Jack Benny, and so on-- a truly mixed bag of those the veteran comedian has encountered during his career in show biz. (June)

Happy summer reading!



## Poetic LICENSE

### THE WELL KEEPER

Storm clouds dropped heavy rain  
that fell throughout the night,  
hail against the windows  
a reminder of its might;  
awakened by morning's sun  
sleepy eyes met pure delight,  
grass and trees thicker, greener,  
flower hues stronger and bright;  
air was purer and sweetened  
for man and beast to consume,  
dark skies were changed to blue  
and happy moods resumed;  
master hands had supervised,  
cleansed the well and supplanted,  
now man could refill his pail  
with fresh bounty that He granted.

—ellen cheek dozier

### Faces

Young faces  
resilient and smooth,  
crow's-foot-living  
yet to be earned.

Old faces  
lined and sagging  
gives credence  
to spurs hard won.

—Florence Manning

(Written after meeting  
our 4 great granddaughters  
for the first time! Ages  
18 months to 3 1/2 years)

Said an ancient Blue Devil named  
Marty,  
"I am still feeling wonderf'ly hearty  
"Growing old's not so bad  
"Because here at The FAD  
"Life is just one perpetual party."

—George Chandler

### It's All Your Point of View

That ripe old age of 52 (62-92)!  
Old you say, why it's a  
matter of a point of view;  
you're simply adding to  
what's already there—  
enhancing? it could be  
if it's all done gracefully.  
A line here--a bulge  
there--Temples with a  
few gray hairs--it can be  
made charming with  
the proper aire.

--Ruth Smiley

(Written many years ago,  
given to Ellen Dozier  
with permission to print.)

### UN - BEE - LIEVABLE - FACTS

On a good day, an Orchard Bee will  
visit 1,600-2,400 flowers, pollinating  
over 95 % of them.

Orchard Bees do not  
swarm, do not sting and  
feed within 100 yards of  
the nest.

Bees fly at about 15 miles per hour.  
An average worker bee only makes  
about half a teaspoon of honey in its  
lifetime.

That's why there can be as many as  
50,000 worker bees in a colony  
North Dakota is the largest honey  
producing state, followed by South  
Dakota, California, and Florida.



## Chuckles



by Dorothy Zutant

If you laugh a lot, when you get  
older, your wrinkles will be in the  
right places. —Heart Warmers 1989



"Actually, being married to a pollster isn't  
50% bad, 83% of the time."

A woman told her husband,  
"I am dying for a hot fudge sundae.  
Will you be a dear and run down to  
the corner and get me one? But take  
your pad and write down exactly  
what I want." He said, "I can re-  
member." She continued, "Please  
write it down; vanilla ice cream, hot  
fudge, nuts and whipped cream. Do  
you have it written down?" He said  
he had and off he went. He was  
gone longer than usual, and when he  
returned he handed her a brown bag  
containing a hot dog in a roll.

"See!" she said, "You should've  
written it down. You forgot the  
mustard."

—James Michener-Recessional

THOSE HAZY GOLDEN YEARS  
Memory loss has its consolations.  
While some important matters

I've forgot.  
I also don't attend to a lot of things  
Which I anyway would have rather  
not.

**CASSETTES from page 5**

mercial producers of talking books are Books on Tape, Inc., of Newport Beach, California (1-800-626-3333) and Recorded Books, Inc., of Prince Frederick, Maryland (1-800-638-1304). Both have extensive catalogs that are particularly heavy on current fiction. A third supplier of talking books that may interest many Foresters is a small firm in Washington, D. C. called Classic Books on Cassettes (202-363-3429). Almost all of its titles have been read by the firm's owner, a retired actress named Flo Gibson, and are excellently read. Its small but selective catalog runs the gamut of significant English and American fiction.

Now, for the sake of comparison let us see what these various suppliers can do for the person who wishes to follow up on TFAD's recent lectures on Huck Finn and explore further the writings of Mark Twain. All three of the commercial firms just mentioned have recorded *Tom Sawyer*, *Huckleberry Finn*, *The Prince and the Pauper*, and selections of Twain's short stories. Recorded Books, Inc., and Books on Tape, Inc., can also provide you with *A Connecticut Yankee at King Arthur's Court* and *Life on the Mississippi*. In addition, Recorded Books, Inc., offers *Roughing It* and *Padd'n Head Wilson*, and Books on Tape, Inc., offers *Innocents Abroad*, *Tom Sawyer Abroad* and *Tom Sawyer Detective*.

For those who are visually impaired and eligible to receive talking books from the Library of Congress talking book program, that will probably remain the primary source of recorded books. Their tapes are

**BENEVOLENT from page 1**

solicitation letter on November 2. The results were gratifying. Priscilla Squires' Gift Shop shared some of its profits, and Marjorie Jones, with help from many residents, including Julian Price and Nelson Strawbridge, ran a successful yard sale. Evebell Dunham and her committee contributed more money from house tours. A large boost came when Marjorie Jones, Martha Gambill, and Dorothy Zutant held a highly successful Silent Auction in March 1994. (Another will be held in October this year.)

With such a beginning, the committee hopes Foresters will continue to build a fund that might conceivably be needed by any one of us.

well produced and almost without exception are read by experienced narrators with clear diction and pleasant voices. Moreover, they are free of charge to those eligible.

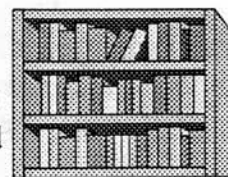
Although Library of Congress recorded books can be read only on special equipment adapted for their use, the Library supplies such equipment free of charge for eligible subscribers. But the special nature of the tapes means that you cannot play them on your car radio unless you have some rather sophisticated adaptive equipment, not furnished by the Library. The Library of Congress offers almost the same collection of Twain titles as do the major commercial suppliers. In addition, the Library of Congress has a cassette version of Twain's autobiography and a volume of his letters.

And don't forget that the Durham County Public Library has a substantial collection of recorded books. Their catalog also includes many Mark Twain titles.

**Library Bookends**

by Jean Weil

Our Library is doing well; our collection has many new books, thanks to our residents who buy and read all the latest



literature and then give them to the Library for the rest of us to enjoy.

We have a new computer friend, Bob Dunham, who has installed more memory, which makes the computer work much faster. You can now use the computer for word processing and soon will be able to search the Duke and Durham Libraries' catalogs for reference material you may need. Thanks to the Residents' Association for providing the money for the new memory upgrade.

Please remember that Oasis will be coming throughout the summer and that they will bring 50 different books, about half of which are Large Print books. They come on the second and fourth Thursday every month. If you wish a particular book, you can contact Oasis at the Main Library to see if it is available or to reserve a book, and they will bring it out for you. This is a wonderful resource for The Forest At Duke and we appreciate it.

Again, thanks to all of our Library Ladies who take in books, re-shelve them, clean up the Library, paste in pockets, stamp books and answer questions. Without them the Library would not be as nice a place in which to relax. Tell them you think they do a great job when you see them in the Library.



## NILIFER COUTURE LEAVES THE FOREST

When we profiled Nilifer Couture two months ago in *The Forester*, we observed that she didn't know how long she was going to be with us, since her husband had just graduated from Duke and didn't yet know where he was going to work. Now he knows, and unfortunately for us, it's a teaching position in the Modern Language Department at Western Carolina University.

Nilifer will be joining her husband there, along with the newest member of the family, her first child, due on July 17th. After his (or her) arrival, Nilifer will look for a part-time job as dietician.

As noted before, she has been on the Dining Services team since July 1992. Nilifer will be missed by all of us, residents and staff, and we send her westward with all our good wishes.

## NEWS continued from page 1

Updating my letter of May 13th regarding the Joe Sontag affair, in my last sentence I said, "Can we overcome an occasional stumble on the way?" Many of you thought the word "stumble" should have been "disaster" or maybe even something stronger like "catastrophe". It has been my experience that getting nasty or using strong language when an unfortunate happening has occurred only exacerbates the problem. In this case, I don't mind your second guessing my actions, but then you're not on the firing line trying to hold an excellent organization together, and you don't have all the facts. Management presented its case and the Board approved the action. In my letter to you, I told

you that I conveyed your shock, dismay and anger, both verbally and by handing over your letters to Board Chairman Joe Harvard. Since then the following has taken place:

1. The Executive Committee, consisting of Joe Harvard, Chairman; Barbara Anderson and Alex McMahon, had an in-depth discussion with Joel Sontag.

2. The Executive Committee interviewed key staff personnel at TFAD.

3. The Executive Committee met with the Residents' Association Board of Directors and their ears were filled by direct comments from all Board members and officers.

4. The Executive Committee read your more than 100 letters.

I made certain the Big Board was aware that this incident would not go away until some kind of further action--a change in procedures or personnel or further justification was given to residents.

The next Big Board meeting will be held on August 21. Between now and then many small meetings will occur and much interplay will take place between our TFAD Board and the Big Board members. What will come out of this, if anything, I do not know except to say that it is receiving my full attention.

Until August, there is nothing further that residents need to do. I encourage you to keep cool, both from the summer temperatures and the fall-out of this incident. I have nothing more to tell you at this time, and ask you to respect that. PS: Since we have welcomed many new residents recently, I think it is helpful to wear your TFAD name tags, particularly during evening hours.

## RESIDENT'S SON NAMED TO HIGH DUKE POST

Berthe Kuniholm's son, Bruce, has been appointed Duke's Vice-provost for Academic and International Affairs. He takes the post on August 1. A professor of public policy and history, Kuniholm is a specialist on United States policy in the Middle East, and is expected to lead Duke's international efforts into the next century.

Kuniholm has been on leave from the university to conduct research in Turkey during a two-year sabbatical, during which he was also a senior fellow at the Nobel Institute in Oslo during 1994. Most recently he has been visiting professor of international relations at Koc University in Istanbul where he has been studying United States-Turkish relations. He will return here in July.

## HUGGING from page 3



inflation-proof, non-fattening; and there are no monthly payments, no insurance requirements.

Hugging is theft-proof, non-taxable, non-polluting, and, of course, is fully returnable.

—Author Unknown

## OOPS!

Last month we published an address to contact for reducing unwanted mail by having your name removed from national advertising mailing lists. George Harrell informs us that the address we had is no longer valid and the NYC postoffice would not forward his request. If we can obtain the current address we'll publish it. Sorry for any inconvenience.

## TO RUSSIA: WITH CURIOSITY AND ELDERHOSTEL

by Babs Hickson

Ruth Firm and I started off to Russia with cautions from Elderhostel about inadequacies in the country, and admonitions from Forest residents about our foolhardiness to attempt such a trip.

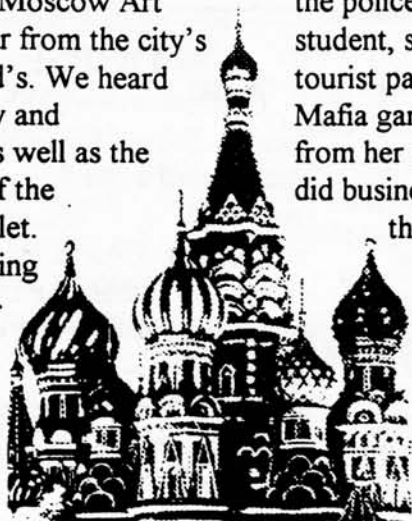
I do admit that I encountered more stairs than I had envisioned: churches, concert halls, museums—all came equipped with long flights of stairs, some without railings and very dimly lit.

Broken pavement popped up unexpectedly, and we learned to call out "oncoming hazard" to our thirty-eight fellow travelers.

Our hotel was in the center of Moscow, near Red Square and the Kremlin. We marveled at the vastness of the Square and the golden domes and treasures of the Kremlin but saw inside only one church, the Assumption Cathedral, with its bright picture columns and floor-to-ceiling saints and icons. Then back to the gypsy mothers and babes, begging and clinging to us at the hotel.

Most mornings were devoted to lectures at the Moscow Art Theater, not far from the city's first McDonald's. We heard about Chekhov and Stanislavski, as well as the present state of the theater and ballet.

Guiltily bypassing queues of Russians, we traipsed into museums to find Schliemann gold,



our favorite Impressionists, Chaliapin's house, Novodevichy Convent, with its early gory history, even the Moscow subway on a Sunday when we were able to view the marbles and the mosaics without too many stares from curious leather-jacketed men and the women with their inevitable shopping bags.

We attended the ballet one evening, at dizzying heights in the fourth or fifth balcony. As I contemplated the treacherous steps after the performance, a Russian grabbed my arm, took me down step by step, hugged me, kissed me on both cheeks, and disappeared.

Seldom were there any programs in English. The concert halls were crowded with young people and children. Concerts seemed as popular as the Moscow Circus.

Our hotel, we soon realized, had Russian Mafia connections. There was a lively casino and a prostitution ring. Trying to clean up the city for President Clinton and his entourage, the panhandlers and the prostitutes were hustled off the streets. At our hotel, the girls were herded up to third floor, where Ruth found them when she went to buy our mandatory bottled water. Even the police are corrupt. A young art student, selling her watercolors on a tourist parking lot, told us that Mafia gangs demanded payment from her so often that she seldom did business on any spot for more than an hour.

The six-hour train ride to St. Petersburg was through a flat, desolate landscape. Occasionally we passed a small, bleak industrial community, then a tiny cluster of village

houses of one- or two-room shacks, with no electricity. We had left Moscow at an unbelievable 70 degrees to arrive at St. Petersburg in snow showers after midnight.

St. Petersburg's buildings are all the same height—cream, soft green, pink and turquoise—a pastel harmony beside the Neva River.

Morning lectures on Romanov history, the theater, and architecture were in one of the minor palaces, now in bad repair.

We spent a delightful morning watching a class of young students



show off the skits they had created in a beginners' class in acting. They were outgoing enthusiasts, who told in mime hilarious stories of athletes and animals.

Museums were, of course, a must, and the Hermitage on our final day was to be the climax of our tour. We found a baroque glitter, crystal chandeliers and mosaic floors, a massive treasure trove of paintings and precious objects. We were told it would take eight years to see it properly. Setting off at breakneck speed, we raced miles through halls and corridors to cover the "highlights". In our mad rush, we would suddenly glimpse a familiar painting, but there was no time to deviate from our appointed course, and there was the fear of being lost. On we rushed, from early Renaissance to neo-Classicism and Romanticism. We romped through the "Hidden Treasures of Germany"

See RUSSIA on page 11





## GOLFING NOTES FROM ALL OVER

Mark May 8, 1996 as a historic day. On the Number 2 hole at the Lakeshore Golf Course in Durham,

Hubert McKerracher saw his drive from the tee go in the hole. The No. 2 hole, of course. The length of this par 3 hole is 172 yards, over a corner of the lake. Witnesses who saw the event were Sam Burdge, Carl Young, and Gene Ringwald. It was only the fifth time this year that the course has given up (if that is the phrase) a hole-in-one, none of them made on No. 2.

The event will be acknowledged by the posting of Hubert's name on the bulletin board at Lakeshore, and also by sending his name to national golf organizations. Hubert is too young to give his age, according to Gene, who reported the feat.

## RUSSIA from page 10

exhibit and were given twenty minutes to "browse" through the Impressionists rooms. By 3:30, we had the option of going back to our hotel or staying another hour-and-a-half. I opted to go home and fall into bed; Ruth bravely continued.

The climax of the trip for me was a performance by the Kirov ballet at the Mariinsky Theater. The curtains opened on a swirl of color against a brilliant backdrop, and the dancers came to life with a perfection of movement I've never seen before. The excitement between stage and audience seemed to mount to the thunderous applause---a memory to treasure of a fascinating country.

If I were twenty I'd go back tomorrow!

## CCCR-NC Convention Scheduled for The Forest

On Wednesday, October 17, The Forest will be host to members of the Continuing Care Community Residents of North Carolina at their annual meeting. The day-long event will take place in the Auditorium.

Registration will be from 9:30 until noon, with \$5 luncheon tickets available, and the membership desk will also be open until 3 p.m. Those who missed breakfast will find coffee and Danish available until 10:15.

At 10:30, the annual meeting will open with welcoming remarks by President Woody Sugg. Vice-President Hope Sellers will be introduced, as will Cathy Crapo and Bill Goldthorp. The report of the nominating committee and elections will follow. Speaker at the morning session will be Harvey Cohen, MD, Director of the Center for the Study of Aging and Human Development at Duke. He will speak on "Aging Well: The Work of the Duke Aging Center." His remarks will be followed by luncheon in the Dining Room. Afterward, guided tours of The Forest will continue until 1:15.

Afternoon speakers, introduced by Bill Heroy, include Bill Darden, Manager of the Continuing Care Retirement Facilities Section of the North Carolina Department of Insurance; and Tom Schoenvogel, Executive Director of the North Carolina Association of Non-Profit Homes for the Aging. Committee reports conclude the afternoon session, after which guided tours will again be available if desired.

The Cottages of Priscilla Squier and Julia Lewis will be shown to visitors, as well as the apartments of Bruce and Helen Guyselman, Mary

## MYSTERIOUS DOINGS AT THE FOREST

Now that "Murder She Wrote" has itself become a network homicide victim, and PBS's "Mystery" is on summer re-runs, you may be feeling a certain lack in your life. Don't worry. Strange things are happening here, too.

First, there's the Case of the Missing Raincoat. Last month, while Catherine Blair's memorial service was taking place in the Auditorium, or immediately afterward, Gene Ringwald's dark blue London Fog raincoat disappeared from the closet next to the Auditorium. A common mistake, you say. But if so, why was a woman's black raincoat left in its place? Surely the mistake must have been discovered almost immediately, but nothing has been heard from the certainly unintended switcher since then. Gene wants his raincoat back, and would appreciate any clues. If that isn't mysterious enough, try this one?

Those who pass by Jewell's beauty shop when it's closed must have seen the sign advertising that fact on the door, sometimes with other signs. Recently someone passing by turned the signs around, leaving blank faces. Jewell turned them back but a few days later, the same reversal happened.

A teenage prank? At The Forest? Paging Hercule Poirot, Inspector Morse, et al.

Jones, Ruth Dillon, and Marjorie Jones. Tour guides are Dick Foote, Ethel Foote, Mary Ward, Ginny Putnam, June Northwood, Dot Heroy, Edna Wilson, Carl Beery, Ruth Firm, and Ginny Goldthorp.

Bob Blake's

**PUZZLE**

Each word below can be found by either reading  
up, down, forward, backward or diagonally

D R I B G N I K C O M A L L A R D N  
 E R J B U E L A N I D R A C D J O V  
 E E I O L V U L T U R E O C R H P E  
 D H H B L A N O R E H P E K I L E E  
 A S J W K R D O V E W I R H B W K S  
 H I K H O C N U J O E P I G E O N U  
 C F P I N T A I L F B D V P U M E O  
 I G Y T X U D L Q K C N L J L P L M  
 H N K E K B A E B J Y A O L B L G T  
 C I R W S W A N D D W S T C I V A I  
 N K A J S N E R W I E H X B L K E T  
 I H L G N I L R A T S G S L I A S D  
 F C W A R B L E R F O S N U A R F E  
 E B O B O L I N K G O K U I R E D T  
 S A D E L O I R O R G C R O W H T F  
 U Y A J E U L B C M P U Q V F D T U  
 O F E O W L H C N I F D L O G U E T  
 H U M M I N G B I R D L I A U Q R R

FOR THE BIRDS

BLUEBIRD	DOVE	HUMMINGBIRD	OWL	SANDPIPER
BLUEJAY	DUCK	HOUSEFINCH	PEWEE	STARLING
BOBOLINK	EAGLE	JUNCO	PIGEON	SWALLOW
BOBWHITE	FALCON	KILLDEER	PINTAIL	SWAN
CARDINAL	GOLDFINCH	KINGFISHER	QUAIL	TEAL
CATBIRD	GOOSE	MALLARD	RAVEN	THRUSH
CHICKADEE	GULL	MEADOWLARK	REDWINGED-	TUFTED TITMOUSE
CROSSBILL	HAWK	MOCKINGBIRD	BLACKBIRD	VIREO
CROW	HERON	ORIOLE	RUFIOUS-SIDED-	VULTURE
			TOWHEE	WARBLER
				WREN