

THE FORESTER

Volume 3 Issue 7

October 1996

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

SEARCH FOR NEW DIRECTOR BEGINS

In a letter to residents, TFAD Board Chairman Joe Harvard announced that the Board has appointed a Search Committee, consisting of Dr. George Maddox, Alex McMahon, Bill Self, and Barbara Anderson, who will be chairwoman. TFAD's Board has hired the consulting firm of Mainstream Access, Inc., to conduct the search. Their representative, Patrick Rowe, made his initial presentation to the TFAD Board on Sept. 25 and supplied the first advertising copy to be used in starting the process.

It was suggested that the Residents' Association appoint an Advisory Committee to work with the Search Committee, and President Bill Goldthorp has appointed Hope Sellers, Bob Northwood, Chris Hamlet, and Bruce Burns (chairman) to constitute that body. Rowe met with the



Residents' Association Advisory Committee on October 9 and heard residents' views on what the description should include. The TFAD Board's Search Committee was to meet our Advisory Committee on October 15. President Goldthorp feels that this is a positive approach to the problem which shows the TFAD Board's understanding of the

TFAD To Host Annual Meeting of CCCR-NC

On Thursday this week, TFAD residents will play hosts and hostesses to the annual meeting of CCCR-NC (Continuing Care Community Residents of North Carolina) and a capacity attendance is expected. The TFAD committee in charge of the event wants to give Forest residents maximum opportunity to share in all the activities and mix with the guests.

Expecting a probable overflow audience in the auditorium, the committee has arranged for live coverage on in-house Channel 8, from 10:30 to noon, and from 1:15 to 3 p.m. Highlights of the program will include an address at 11 a.m. by Harvey Cohen, MD, Director of the Center for the Study of Aging and Human Development At Duke, speaking on "Aging Well: The Work of the Duke Aging Center"; and at 1:15 p.m., Bill Darden, manager of the Continuing Care Retirement Facilities Section of the State's Department of Insurance will speak.

importance of residents' input, but he emphasizes that our part in the process has to be strictly advisory. The final selection will be made by the Board. Goldthorp believes the proper steps are being taken, and is optimistic that the process will produce the right person to guide us into the future.

He will be followed by Tom Schoenvogel, Executive Director of the North Carolina Association of Non-profit Homes for the Aging.



At noon a lunch will be served in the TFAD dining room, and a limited number of tickets will be available for residents, who may buy them at the Lunch Ticket Table in the foyer, beginning at 9:30 a.m. (The cafe will be open for lunch as usual.) Cost of the lunch will be \$5, and includes fruit cup, Caesar salad, grilled chicken breast and dessert, with beverage.

Most visitors will park along the perimeter road (Forest at Duke Drive), and the committee would appreciate it if residents (except those with handicap IDs) will avoid using parking spaces in front of the main building as much as possible. Additional space will be assigned for handicap parking for guests. Many attending will be coming in their residences' buses, which will be parked in the rear of the building.

As a final request, the committee asks residents to wear their name tags, for the benefit of visitors who will be circulating everywhere on the premises during the day, and will want to talk with TFAD people.

The Forester

The newsletter of the Residents' Association of The Forest at Duke, Inc., 2701 Pickett Rd., Durham, NC 27705-5610.

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Publisher: Bob Dunham

Managing Editor: John Tebbel

Editorial Assistants:

Charlotte Cassels, George Chandler, Ellen Dozier, Evebell Dunham, Pauline Gratz, Florence Manning, Jean Weil, Woodchuck and Dorothy Zutant.

Art and Word Puzzles: Bob Blake

Photographer: Ed Albrecht

Publishing Assistants:

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

NEWS FROM THE PIT

by Bill Goldthorp



In the wake of Hurricane Fran, we can count ourselves among the more fortunate survivors. We had little physical damage and no one suffered from lack of care, either from staff or resident. True, our communications were hard hit, our power was off for too long in the middle of a heat wave, and our menus were slim. But somehow the dining room crew managed to tide us over. Our emergency generators were off for hours, and elevators were stalled for the duration, causing real problems for some residents on upper floors. During all this turmoil, our TFAD staff performed for us over and above the call of duty and we say, "Thank you, thank you, thank you!"

We can learn from emergencies, however, and we are already studying how better to meet the next one. Our Safety Committee, whose chairman is Harry Owen, with help from Creighton Lacy, has taken under consideration all the excellent suggestions from residents. With these in hand, Harry has already met with Tom Fourqurean and Kathy Crapo and they have started planning new emergency procedures.

Meanwhile Kathy has assured me that while every problem can't be solved immediately because of budget constraints, all items of concern are on a prioritized list and will be addressed promptly. Kathy will be prepared to discuss this problem and answer your questions at the Meet the Directors session Wednesday, October 16, at 2 p.m. in the Auditorium. Please put this date on your calendar.

On a personal note, Ginny and I have just returned from a two-week trip through our national parks, which included the Grand Canyon, Zion, Bryce Canyon, Salt Lake City, Yellowstone, Mt. Rushmore and Grand Tetons, winding up in Denver. We had a wonderful time and found that flying to Las Vegas and taking a deluxe bus trip was the best way to go. We highly recommend it to everybody.

Finally, let me remind you that we still need your support for the United Way drive. We're behind in our goal to raise \$22,000.

—Bill Goldthorp

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:

I wish to express to all my wonderful friends at The Forest my deepest appreciation for all the countless offers of assistance, your heartfelt prayers, the continued flow of messages and cards—all full of hope, assurance and good wishes—were a constant source of inspiration to me.

—Shirley Day

NO COINS IN THE FOUNTAIN

Nostalgic for Rome and wishing for who knows what, people have been dropping coins into the fountain at the Center. The good news is that these bribes to the fountain gods are retrieved and go to good causes at TFAD. The bad news is that metal in the coins is raising havoc with the fountain's interior lining, causing serious corrosion, and Tom Fourqurean hopes supplicants will return to tea leaves or tarot cards before expensive repairs are necessary. The fountain can't take much more of this well-intentioned bad luck, he says.

In Memoriam

June 18 to October 13, 1996

Flora Stanley	June 23
Dorothy Christianson	June 29
John Hawkins	July 5
Kendrick Few	July 27
Eugene Day	July 22
Wilfred Malenbaum	August 23
Lynne Campbell	October 1
Jessie Shipp	October 5

GROUNDS COMMITTEE HAS FRAN REPORT

The Forest escaped from Hurricane Fran with only minor damage, according to Bruce Burns, Grounds Committee Chairman. Bruce reports that a few trees were uprooted and several required staking back to an upright position. In the pond area, two large trees and some debris fell into the water, and many limbs and branches came down in parts of the wooded areas. By the Tuesday following the storm, this damage had been cleared away.

A drainage ditch in the retention basin area opposite the pool has been dug out, straightened, and lined with large stones. This is expected to solve the washing and flooding problem in that area, and also provide an improved appearance. The berm will be covered with either Blue Pacific or Blue Rug juniper to hold the bank and provide an evergreen maintenance-free appearance. A few shrubs and a specimen weeping willow are planned.

In the garden area, Parsoni junipers will be planted around the Bradford pear tree that sits in the open area, which is now pine needles and seeds. The area will be seeded with grass.

We will soon have a Grounds-keeper, helper, truck, and equipment for a half-day each Monday and Friday, to take care of the many miscellaneous items that the large grass-cutting crew doesn't get. All this should improve the appearance and quality of our grounds. We still need a TFAD employee to oversee the quantity and quality of work, mulch, fertilizers, and spraying, but the committee believes it's a good start.



HERE'S TO YOUR HEALTH

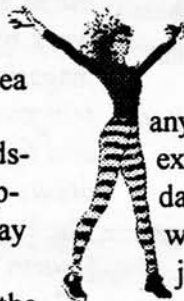
In the broadest sense, fitness describes our ability to rise to life's challenges. What it means to be physically fit is different at varying stages of life. While it is evident that fitness declines with age, it has been demonstrated that the appropriate exercise program can minimize this decline.

According to the Surgeon General's report published in July of this year, by exercising enough to burn 150 calories a day, we can become moderately fit. Even a sedentary person can increase fitness by accumulating at least 30 minutes of any moderate-intensity exercise on most days.

The key is to get up and get moving and not worry about intensity. It's the total energy spent in physical activity that is most important. We can spend 150 calories running a mile and a half in 30 minutes or we can spend it in three 10-minute walks throughout the day.

The benefits are comparable.

The bottom line is that any exercise is better than no exercise. Try for 30 minutes a day of moderate activities like walking, bicycling, dancing, jogging, calisthenics, swimming and golfing (riding in a cart does not do it). The evidence is good that exercise can lower the risk of heart disease, lower insulin levels, lower blood pressure, increase resistance to colds, help keep extra weight off and lower the risk of colon and perhaps breast cancer. Some preliminary evidence suggests



VOLUNTEERS OF THE YEAR HONORED

Four residents have been selected as Volunteer of the Year for exceptional volunteer service in the TFAD community. Named at a Residents' Association meeting on October 7 were Ed Albrecht, Bruce Burns, Minnie Mae Franklin, and Priscilla Squier, who were cited for having "shown initiative and involvement without consideration of personal award...and having donated a considerable amount of time, energy, wisdom and effort to making The Forest a better place to live."

This year's award selection was done by a seven-member ad hoc committee, chaired by Harry Owen, which solicited nominations from the entire community. Final selections by the committee were made from the pool of nominees submitted.

Recipients of last year's awards and current members of the Association's Board of Directors were not eligible for the award, and volunteer work outside The Forest was not considered.



that exercise can reduce the pain of arthritis and relieve depression.

Those who are not accustomed to exercise should check with a physician before starting any exercise program. A sedentary person accumulating at least 30 minutes a day of any moderate intensity exercise, even gardening or housecleaning, can increase life expectancy and add to the quality and enjoyment of living.

AMONG THE TREES



With all the rain, what a great summer at The Forest for green grass, healthy trees, and spectacular blooms. The roses were lovely, the lilies flourished but the thing that impresses the Woodchuck most on our grounds is the Crape Myrtle.--- With a sunny west side exposure Joan and Gus Englund have each acquired a healthy tan on their porch. After spending his first sixteen years in frigid northern Sweden Gus says he loves to absorb all the warm sun that is available. Joan has a large collection of golf trophies won during her younger years.---Speaking of porches Bill Bennett must have a super green thumb with all the thriving greenery on his.--- After a long absence it's great to see Louise Calvin back in the dining room accompanied of course by Jim.---Happy to see more of talented Dora Ramm's paintings hanging on our corridor walls.---Old timers from Duke remember when the glamour couple on the campus was handsome Coach Jack Persons and charming Dean Elizabeth Anderson. They still are a good-looking and gracious pair.---Much credit is deserved by Regina Andolsek's son for the landscaping job he did inside his mother's stone wall.---Did you know Judge Henry Bane emigrated to Durham from Lithuania when he was eight or nine without knowing a word of English?---We're fortunate to have the beautiful Duke Gardens near us. They are badly in need of funds for necessary building addi-

tions and improvements and are soliciting financial help, a worthy cause for lovers of the environment and nature's beauty.---Two of our better athletes were slowed down this summer with injuries. Bloss Vail, noted in golf and tennis and John Gray, an accomplished golfer, tennis player and swimmer. Happily, both are rounding back into tip top shape.---Our residents show great interest in and support for the North Carolina Symphony. It takes both of our buses and a large transit bus to get all our eager listeners to their Durham Concerts.--- Bill Rohrhurst and Chuck Fields keep our Ping Pong table warm with their spirited matches.---The Woodchuck would like to know what your reaction would be to having a small convenience store somewhere in our central building. A place where one could buy such items as soap and bathroom supplies, nonprescription drugs, two or three kinds of cereal, milk, snacks etc. Possibly an outside source such as a small drug or grocery chain would be interested in operating it. If you have any feelings on this *The Forester* has a Letter to the Editors column. Write in!



—Woodchuck

TITANIUM POWER

Hal Muncaster got a new titanium driver last summer and says it has really improved his golf game. The first ten games he played with it he shot his age(83) or less on five games.



SUSAN ROSE WINS TWO AWARDS

Susan Rose has won two honorable mention awards in recent poetry contests. "Cemetery in a Field" received the award in a Write Us a Poem contest sponsored by the Osler Literary Roundtable at Duke University Medical Center. Entries dealt with the practice of medicine, death and dying, the experience of illness and recovery and the healing process, by a poet with ties to Duke University Medical Center. "Cemetery in a Field" was displayed at Duke North during the month of September and all 108 poems submitted will be published in a chapbook later this year. The winners were read on September 6th in the Duke South Medical Center Boardroom. Susan's "Michael O'Foghludha's Soliloquy: A Villanelle" won in the category of traditional forms in a contest sponsored by the Poetry Council of North Carolina. Winners will read at the Annual Poetry Day held in conjunction with the meeting of the Council on October 19th in Asheville. The poems will be published in *Bay Leaves 1996*. Susan's work has appeared in numerous magazines and journals, in TV presentations and in a collection, *Me and Effie*, published by the St. Andrews College Press and available in The Forest at Duke library.

(Susan's award winning poem, "Cemetery in a Field" is printed on page 7. —ed.)

Everyone complains of his memory, no one of his judgment.

—La Rochefoucauld

CASSETTE CRITIC'S CORNER



Last month's black-out, brought about by Hurricane Fran, should have provided convincing proof of the advantages of having on hand a few good recorded books--and a battery operated cassette player. As darkness descended, Marjorie and I were able to relax and enjoy a superb reading of Jane Austen's *Mansfield Park*, read by Flo Gibson in a version available from both Recorded Books, Inc., and Classic Books on Tape.

For this month, however, our discussion will be of more scholarly matters. I would like to introduce Foresters to the vast resources of Recording for the Blind and Dyslexic (RFB), America's principal producer of recorded books for print-impaired school and university students. Don't be turned off by RFB's main emphasis on textbooks. Students need a lot more than texts.

Professors can assign, and students may want to read, everything from classical fiction to the latest in microbiology and quantum physics. There are even college courses in mystery fiction, and RFB offers, just for instance, the complete works of Dashiell Hammett and Dorothy Sayers.

As an example of RFB's extensive catalog, consider the works of the talented Borroff sisters, to whom we were so pleasantly exposed last summer. Several books by TFAD resident Edith Borroff are available on tape from RFB, including her most erudite, *Music in Europe and the United States*. Non-

SILENT AUCTION REMINDER

Saturday, October 26 is the big day: our Silent Auction. Time is getting short! You've all received the notices so you know the drill. Now is the time to select the items you'd like to donate and get them to your committee. They'll cheerfully accept your donations any time. Call Ginny Goldthorp, Martha Gambill or Marjorie Jones.

specialists seeking an introduction to musical matters should try Edith's *Music in Perspective*, co-authored with Marjory Irvin, also available from RFB.

Those who enjoyed hearing Marie Borroff read and discuss poetry in her video presentations would enjoy her widely acclaimed metrical translations from medieval English of two landmark late fourteenth century poems, *Pearl* and *Sir Gawain and the Green Knight*. RFB's readers are volunteers, not professional actors, but the RFB versions of these two works are well worth listening to.

RFB's books are recorded in the same format as those distributed by the Library of Congress, so their tapes must be played on specially adapted equipment, such as that loaned by the Library to subscribers to its Talking Books program. To be eligible to receive books from RFB, one must have low vision or a reading disability. There is a one-time enrollment fee and a modest annual charge which permits the withdrawal of an unlimited number of books. Books can be kept for as long as a year. RFB's address is Recording for the Blind and Dyslexic, 20 Roszel Road, Princeton, NJ 08540. Its toll-free number is 1-800-221-4792.

VISUAL SUPPORT GROUP TO RECORD THE FORESTER

Making it possible for residents with less than perfect vision to enjoy *The Forester*, TFAD's Visual Support Group has arranged to have this month's issue read onto standard cassette tape. Depending on the demand, at least one copy will be provided in the library, and another in Holbrook. Tapes can be borrowed and listened to on any standard cassette player. If you know someone who would like to listen to our paper, please inform him or her about this new service.

The Visual Support Group meets once or twice every month. Sessions are organized and chaired by Maryanne Zabrycki, social worker at the Duke Hospital Eye Center. She's full of good ideas for helping people with low vision to make their lives easier and more pleasant. Group meetings provide an opportunity to share problems and solutions with friends and neighbors who have learned to cope with similar problems. Members say no one should be shy or embarrassed about low vision, and no one should assume that nothing can be done. Discussions with an expert like Maryanne, and with others who have to deal with the problem, can be rewarding.

CHANNEL 8 UPGRADE

Technical changes in Channel 8 equipment and programming are being made to improve picture quality and to provide audible announcements for residents with low vision. This will take some time and may often be a bit painful to viewers.

Please bear with us.

—Bernie Bender and Bob Dunham

BOOK NOTES

BY JOHN TEBBEL

Let's see, where were we? Summer has come and gone, and now it's the fall publishing season, with more than 4,000 titles being published between

September and the end of December. Everyone hopes sales will be considerably better than they've been so far this year, when book sellers report returns (unsold books) are higher than anyone can remember. Aside from the big-names that probably can't lose—Tom Clancy's two million first printing, for example—here are a few that may intrigue TFAD readers.

If you're looking for a Christmas present that doesn't think sentiment died with the passing of Shirley Temple, try *The Angel Dolly*, by Jerry Bledsoe. It has the added advantage of a North Carolina background; the state seems to be very big in the bookstores this year. The narrator is a ten-year-old boy who lives in a small town, probably far away from Durham. The time is the 1950s. The boy and his friend share a paper route, and the boy's friend has a sister who's a polio victim and all she wants for Christmas is an angel doll. If this plot sounds like too much Disney on an empty stomach, remember that the author is best known for his true crime novels, and this charming novella doesn't sink into molasses but somehow becomes extremely moving without ever being preachy. (October)

Balletomanes will want to read *The Joffrey Ballet: Robert Joffrey*

and *the Making of An American Dance Company*, by Sashah Anawatt. Written with love and care by a noted dance critic, this is the story of how Joffrey, in 1952, with Gerald Arpino, founded a company that had a profound influence on ballet in America. By the time he died in 1988, at 59, this immensely creative choreographer had left an indelible impression on his art. For lovers of ballet, this one is not to be missed. (October)

David Brinkley probably won't be with us much longer on Sunday mornings---this season is alleged to be his last---but he intends to leave a few memories with us in *Everybody Is Entitled To My Opinion*, a selection of 180 commentaries from his fifteen years of broadcasting on the Sunday show. It's a cross-section of American politics, served up with David's usual acerbity. (October)

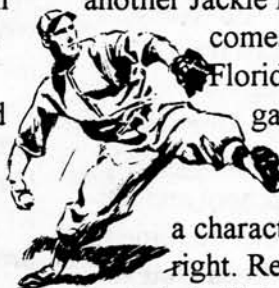
Men and women. What a great idea for a book! It turns out to be one, though, in Kennedy Fraser's *Ornament and Silence: Essays on Women's Lives*. Fraser, a magazine writer for *Vogue* and the *New Yorker*, among others, is talking here about the relationship between creative women and the men in their lives. The women run the gamut from Virginia Woolf to Edith Wharton, if that's a gamut. Matisse also makes an appearance, and Kennedy tells of her own experiences working at the *New Yorker* with William Shaw. (November)

Absolutely guaranteed to be the best of its genre, John Le Carre's new novel, *The Tailor of Panama*, is once more the spy novel at its best. Frankly inspired by Graham Greene's *Our Man in Havana*, the setting for this thriller is the

Zone just before the Canal treaty runs out. Harry Pendel, a former convict, has set himself up as a tailor to cover his less legitimate activities. He falls into the clutches of the British spymaster, Amby Osnard, and the tale takes off from there, a cynical tragedy told in Le Carre's best manner. (October) BOMC, 300,000 first printing.

Another Jackie Robinson is another nostalgic yarn set in North Carolina, and also in the 1950s. In the small town of Alma, we have another young boy, 14-year-old E. Z. Poole, an orphan who's an infielder on a Class D baseball team. Improbably sent by the team's owner to beat the bushes and find another Jackie Robinson, E. Z. comes back from Florida with Josh Loganberry, who will never be Jackie Robinson but is a character in his own right. Readers will be reminded of Mark Twain in this bath of nostalgia. (October)

Finally---and you'd thought we'd never get to it---there is a book that could well be one of the season's best reads: *The Architect of Desire: Beauty and Danger in the Stanford White Family*, by Suzannah Lessard. Stanford White, the author's great-grandfather, was the noted and notorious architect whose highly original work is still visible at various points in Manhattan. As many recall, his career was brought to a sudden end in 1906 in the old Madison Square Garden, when he was shot and killed by the jealous Harry K. Thaw, whose wife, the glamorous Evelyn Nesbit,



See BOOK NOTES on page 11



WISDOM IN NUMBERS

Why was Solomon so wise?
And so soft-spoken too?
Because he had so many wives
Who told him what to do.

—Citrus Colony Ledger '95

7 am

A morning walk at TFAD,
I greet the day God grants to me!
The breeze upon my face is cooling,
The clouds in beauty gently moving.
The green of nature all around,
The promised sunshine on the ground.
The songs of birds along the way
express praise - God ushers in my day!

—Hildur Blake

Cemetery in a Field

She hounds me, Annie keeps telling me
to come home, to plant the early corn,
to break up the summer garden, keeps telling me
that standing beside the mound of soft red earth
will not bring her Mama back.
The flowers bend like a work-worn back,
the mound sinks like a toothless mouth, and still I go.

Before the winter wheat was full
I sat on a folding chair under the tent,
black pants, a tie, an ironed white shirt.
The tent, the chair are long gone.
I lean one foot on the hickory stump,
stare at the cape jessmas, hydrangeas,
at the marble lamb on the small grave.



I remember how she stood beside me then,
held my hand, and I knew
that she would warm my chill
like the patchwork quilt on a winter's night.
Since she's gone, the bed stretches wider than a field.
When I held her, I wish that I had told her
how much I loved her
but something kept a shackle on my tongue.

Annie tells me, "Mama always said,
'take your Papa this cool water,
he's plowing the field over the creek.'"

If tomorrow is right for sowing, after supper
we can go plant marigolds on her grave.

—Susan Rose

ART WORK

It was vital to our soldiers
that camouflage be applied
to cover them from exposure
to the eyes of the other side.
I, too, find this essential
as I face the mirror each day
to camouflage the best I can
with cosmetics from my tray.
Those powders, paints and creams
are the dearest things I own,
take my diamonds, pearls and rubies
but leave my Elizabeth Arden alone.
For I can not draw nor sculpture
nor a masterpiece create,
but those magic lotions allow me
an aging face to manipulate.

—ellen cheek dozier

For My Wife,
the Water Volleyball Player:

She was not really sure that she oughter
Play volleyball half under water;
But the spectators clapped,
As the waves 'round her lapped,
And they hailed her as King Neptune's daughter.

—George Chandler



WELCOME NEW RESIDENTS!



Richard Capwell

Apt. 2039 419-9501

Came from Greenville, NC. Originally from Rhode Island, graduate of Brown U., has Yale M.S. and Duke Ph.D.. Went to East Carolina U. in 1957 for 30+ year career. He taught English and was Dean of Arts and Sciences. Dick, widowed, has two sons. Enjoys travel, exercise, walking, and bridge.



Caroline Long

Apt. 3043 489-0427

Came from Durham. Originally from Missouri. Attended Missouri U., Vanderbilt for chemistry degree, M.D. at Johns Hopkins, internship and residency at Duke. Professional career was at UNC Chapel Hill Medical Center, in epidemiology. Active Board member of Eno River Association.



Iva Rutenberg

Apt. 4020 402-9151

Came from New York. Grew up in northeast North Carolina. A Duke graduate, she taught school a year, then married. Her husband was an attorney who worked in New York. Mother of two sons, both Duke graduates, she has 5 grandchildren. Iva enjoys walking, bridge and volunteer activities



Lou and Jerri Swanson

Apt. 1039 489-2691

Longtime Durham residents. Both grew up in St. Paul, MN. Lou is a graduate of Hamline U., studied at Duke, then worked at Duke Medical Center 38 years, was Director of Physical Planning. Jerri worked at Duke Pre-major Center and as homemaker. Have 3 children, 4 grandkids. Enjoy Elderhostels and RV camping, Lou is woodworker.



Arthur and Lois Watts

67 Forest at Duke Dr. 403-9096

Came from River Hills, SC. Art was originally from Boston area, Lois from Erie, PA. Art is graduate of Bates College, Lois of Smith. Art was 37 years with Aetna, was V.P. of marketing. They lived in MI, CT, IL. Have 4 children, 7 grandchildren, a greatgrandchild. They enjoy travel. Lois likes bridge, genealogy; Art golfs, builds wood ship models.

Psychiatric Hot Line

"Hello, Welcome to the Psychiatric Hot Line;

- If you are obsessive-compulsive, please press 1 repeatedly.
- If you are co-dependent, please ask someone to press 2.
- If you have multiple personalities, please press 3, 4, 5, and 6.
- If you are schizophrenic, listen carefully and a little voice will tell you which number to press.
- If you are manic-depressive, it doesn't matter which number you press; no one will answer.
- If you are paranoid, we know who you are and what you want. Just stay on the line so we can trace the call."

—Anon.



ARTY FACTS

A CULTURAL CALENDAR

by Charlotte Cassels

Because we have so many goodies to choose from on our local cultural platter, I am listing the treats we can look forward to tasting. I hope it will help tie together dates and times of select performances during the 1996-7 season.

Let's start with the **North Carolina Symphony**:

Ballet Series in Raleigh: (8 pm) Memorial Auditorium
Saturday, January 25: *Coppelia*, N. C. Dance Theater
Friday, May 16, *Sleeping Beauty*, New Jersey Ballet.

Durham Concert Series: (8 pm) Carolina Theater
Saturday, November 2: Brian Ganz, piano
Friday, December 6: Holiday Pop Concert.
Saturday, January 11: Lynn Harrell, cello.

At Duke University Chapel:
Friday, April 4: Brahms' German Requiem, with Chorales.

1996-7 Duke Artists Series (8 pm)

Tuesday, October 15: Marc-Andre Hamelin piano.
Sunday, October 27: The Canadian Brass.
Friday, November 15: Czech Philharmonic Orchestra.
Saturday, February 1: St. Paul Chamber Orchestra.
Sunday, February 9: Ruth Ann Swenson, soprano.
Wednesday, March 12: Moscow Festival Ballet, *Giselle*.

The Showcase Sampler:

Sunday, October 27: The Canadian Brass (2 pm). Tuesday, February 11: Ruth Ann Swenson, soprano, (8 pm)
Thursday, March 13: Moscow Festival Ballet, *Giselle* (8 pm).

Broadway At Duke 1996-7: At Page Auditorium
except February 19, 20 at Carolina Theater
Monday and Tuesday, November 11, 12:

Stieglitz Loves O'Keeffe.

Wednesday and Thursday, January 22, 23:

The Who's Tommy?

Wednesday and Thursday, February 19, 20:

Having Our Say.

Monday and Tuesday, March 3, 4:

Kiss of the Spider Woman.

St. Stephen's Chamber Orchestra (3 pm)

Sunday, November 17, Location to be announced.
Sunday, February 23, Baldwin Auditorium, Duke East Campus
Thursday, May 15, Carolina Theater

Raleigh Little Theater: (301 Pogue St., Raleigh, 27650 (919/821-3111)

October 25-November 10: *Woman In Black*.

January 31-February 16: *Crimes of the Heart*.

April 11-27: *The Glass Menagerie*.

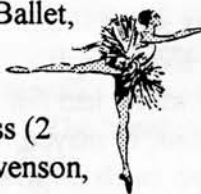
June 6-15: *Pirates of Penzance*.

And for gourmet treats, don't forget to visit the Duke Museum of Art on the Duke East Campus which has frequent new exhibits. Currently showing is The museum's own outstanding collection of mid 19th century first-edition tinted lithographs, *Jerusalem and the Holy Land Rediscovered*, *The Prints of David Roberts (1796-1864)*, continuing through December 29. Open 9 am to 5 pm, Tuesday through Friday, 11 am to 2 pm Saturday, 2 pm to 5 pm Sunday. (free)

Also, the North Carolina Museum of Art, 2110 Blue Ridge Road in Raleigh is open Tuesday through Saturday, 9 am to 5 pm, Fridays until 9 pm, Sundays 11 am to 6 pm. The delightful Museum cafe is open Tuesday through Thursday, 11:30-2:30 pm, and on Fridays for luncheon from 11:30-2:30 with dinner from 5:30 to 10 pm (final serving at 8:30) and Saturday and Sunday from 11 am to 3 pm. For information regarding the new outside theater soon to open, call 919/839-6262.

Finally, a special treat!

The Crucible, which we know through Robert Ward's opera as well as Arthur Miller's play will be coming to the movies in November. The screenplay has been written by Miller and is being produced by Miller's son, It will star Winona Ryder.



LIFE ON A FREIGHTER

OR

Around the World in Four Months

by Mary Ruth Miller

Since my return from a trip on the Bank Line's *Foylebank*, a number of persons have asked questions about what it was like to live on a cargo ship for four months. On the whole, it was a relaxed, lazy life with plenty of time for passengers to entertain themselves. The ship, though, had problems.

The first one occurred when I was told to board the *Foylebank* in Hamburg, Germany, instead of the *Arunbank* as originally scheduled in Hull, England. That change necessitated a delay in departure as well as a switch in airlines. When I reached Hamburg on a weekend and took a sightseeing tour of the harbor before the shipping agent's office was open, I was dismayed to see the *Foylebank* in dry-dock, getting a new propeller. On Monday I learned we would sail on Tuesday, a one-day delay. The Hamburg stop was needed to replace the old propeller of the ship, which had originally been built in Finland in 1983 for use by the Russian navy as an Arctic icebreaker. The new propeller would increase our speed in tropical waters.

This was the first delay and the first of many problems arising from the imperfect conversion of the ship from Arctic to tropical sailing. These included plumbing problems, engine problems, a valve blowout that flooded some of the cargo, water

leaks, inadequate ice and drinking water purification, and several others. We also had a broken crane which had to be repaired, and communication problems between the British and Russian crew.

For me and the other passengers, as well as the crew, the worst was the lack of adequate air conditioning for the tropics. Before we reached Panama, the system broke down. From Panama to Tahiti we used floor fans. Even after repairs in Tahiti the system just could not cool the hot equatorial air sufficiently for comfort. Many times I had to go out on deck to cool off. Yet I could not stay out long in a deck chair because my skin does not take the sun well, and there was little shade.

The *Foylebank*, named for a lough and river in Northern Ireland, was making its second voyage for Bank Line. Evidently the first trip during the winter had not had so many problems, or maybe the company had too much cargo business to allow the ship to return to the shipyard in England which had done the original conversion.

That shipyard had had a strike, which perhaps contributed to the problems. Bank Line's older ships, now converted to tramp steamers, had a good reputation for taking care of passengers.

The registry of Bank Line is Douglas, Isle of Man. Its captain and five chief officers are British; the other officers and crew

Russian. The Russian officers could speak English, and were well trained in navigation, but the crew members knew very little English. One of the Russian officers gave me a good

tour of the bridge with its complicated equipment. Passengers were generally welcome to visit the bridge except when the pilot was on board.

The bridge afforded a good view, with windshield wipers to clear the windows.

Officers and crew totaled 31. The captain's wife and 3 1/2 year-old daughter were aboard, plus three Russian stewardesses. My stewardess, Galina, served me at the table and took care of my cabin. When we were in Antwerp, she disappeared, much to every-one's distress. Later, we heard that a family emergency had called her home to Russia. I was glad when she re-joined the ship in Panama, for she was an excellent stewardess and earned a good tip.

Although the passenger accommodations were four single cabins and four double, on our trip we had eight single passengers. I was one of the fortunate ones assigned to a double cabin. The other passengers were two men, a Frenchman named André and a New Yorker called Skip. The other older women included two from New York: Doris, a retired advertising executive, and Lillian, a Czechoslovakian immigrant and health care worker; Dorothy, a grandmother from San Francisco; and Irmgard, a German-Canadian petroleum geolo-



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ist. The only one of us not retired was Odile, a young French woman on her way to Tahiti to join her boyfriend there. Not one of us wanted to play bridge. We did enjoy happy hour, though.

Of the eight original passengers, some of whom joined us in Antwerp or Le Havre, only four finished the trip. The two men abandoned us in Panama, complaining that their heart conditions would not take the heat. Although Skip rejoined us in Fiji after he heard the air conditioning had been repaired, he left us again in the heat of Papua New Guinea. Lillian had the misfortune to slip on a wet deck and break her knee in Fiji. She had to be flown home. Odile left as scheduled to work with her boyfriend in a museum near Papeete.

When I was shown to my cabin, I was pleased with my accommodations. In the living room were a sofa, coffee table, fresh flowers, short-wave radio, an electric coffeepot, refrigerator, TV/VCR, tea, coffee, sugar, dishes, silverware, a bowl of fresh fruit on a low shelf, desk with drawers, chair, lamps, bookcase, full-length mirror, pictures, clock, and a window. The bedroom had two comfortable beds with fluffy down comforters (which we needed part of the time!), a dressing table with hair dryer and telephone, more drawers, closets, chair, and a night reading light. It also had a window. The tiled bathroom had a shower and the usual furnishings. We did not lead a spartan existence!

(To be concluded in the November issue of The Forester. —ed.)

A SPECIAL PLACE

My special place is Mohonk Mountain House, a 120-year old resort set in the Shawangunk Mountains, amazingly close to New York City. Mohonk is built like a fantasy castle, with nooks and crannies, towers and turrets. It has a huge porch looking out towards a craggy cliff face that sheers down to a mountain lake.

I imagine myself sitting on the lake-side porch, in a rocking chair. It's early morning and I'm just about to go on a hike. The fresh, cool air is so clean it smells and tastes sweet. I feel relaxed and renewed--and just slightly awed--by the grandeur of nature around me. Somehow being at Mohonk puts things in perspective. My mental skirmishes become less important in the context of such serenity.

—Contributed by Chris Hamlet

BOOK NOTES from page 6

"The Girl in the Red Velvet Swing", was having an affair with White. Not only is this tragedy vividly recalled, but more importantly, the book is full of wonderful stories about the White family, living a luxurious life in mansions at Box Hill, Long Island, and in the Hudson River Valley. It's a story of genius, sex, and great wealth, a fascinating evocation of old New York.

The Lord gave you two ends: one for sitting and one for thinking. Your success depends upon which you use!

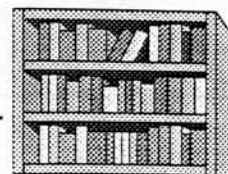
Heads you win,
Tails you lose.

—Anon.

Library Bookends

by Jean Weil

The Library has been doing very well this summer. Many of our residents have given us recent books and we often have four or five books that are available on the New Book list.



When you come to meetings in the classroom it could be to your advantage to stop on your way in or out and take a look at our collections. We try to get information for everyone and if you do not find what you want, ask us.

One of the ways we serve our residents is through our Tape Collection. Most of the programs in the Auditorium are put on audio tape so that if you miss a lecture you will be able to borrow a tape and keep up with what has gone on.

Look at the collection of books on tape and at other educational items whenever you are in the Library.

On October 29 at 2:30 p.m., the Visual Resources group is inviting everyone who has difficulty reading smaller print, to a meeting in the Classroom. At that time we will play a tape of *The Forester* so that you can hear what this great newsletter is all about. Also we will ask you if there are other materials from TFAD that you might like to have on tape. You may borrow these tapes from the Library. Please join us October 29 if you have problems reading.

Grow old gracefully, graciously and gratefully.

Bob Blake's

PUZZLE

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

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

SIGHTS SEEN ON A WALKAROUND

AUTOMOBILES	COTTAGES	GREENHOUSE	PATIO	SMILES
AZELEA	DOGWOOD	HOUSEKEEPERS	POND	STREETLIGHT
BARNs	EVERGREENS	IMPATIENS	RAILING	STORM SEWER
BEGONIA	FENCE	LAWN	RAVINE	STOPSIGN
BENCH	FIRE HYDRANT	MAINTENANCE	RECYCLING BIN	TOBACCA BARN
BIRDS	FLOWERS	MEN	RESIDENTS	TREE
BUGS	FOUNTAIN	MAILBOX	ROCKS	UMBRELLA
BUSH	FRIENDS	MOVING VAN	ROSES	WALKER
CARPORT	GATE	NEIGHBORS	SKY	WORKERS
CLOUDS	GAZEBO	NEWSPAPERS		