

THE FORESTER

Volume 3 Issue 8

November 1996

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

PRESIDENT ISSUES YEAR-END REPORT

Fellow Residents:

Our fiscal year ended on October 31, 1996, and although we had a few bumps in the road and lost several of our resident friends, I am happy to report that working together, our efforts have accomplished the following:

Established permanent TFAD Residents' Association files.

Celebrated TFAD's fourth birthday in September.

Eliminated caskets and urns at memorial services in the auditorium and memorial plaques on the grounds.

Incorporated TFAD Residents' Association.

Authorized setting Association dues of \$10 to cover expenses.

Continued to improve the excellent care in both Holbrook and Olsen resulting from the fine rapport of our Health Committee's co-chairpersons, Peg Lewis and Georgia Campion with TFAD's Director of Health Services, Leslie Jarema and Nursing Director, Diane Long.

Greatly improved communications among our twelve caucuses through John Friedrich's efforts.

Established regular and frequent meetings with both Management and TFAD's Board for voicing residents' thoughts and concerns.

Generously supported our Employee Appreciation Fund last De-

ember and again this past May.

Persuaded TFAD's Board to permit our Residents' Advisory Search Committee, chaired by Bruce Burns, to offer help with the search process and to give residents' views about what the new Executive Director's job description should be.

Finally, it is a pleasure to remind you that we are full, with a solid backlog and in excellent financial condition.

On November 1, we started our new year, and the officers and board members, who will guide us through the coming year, are listed with their committee assignments and phone numbers on a separate insert in this issue which you can remove from *The Forester* and attach to your directory.

I would much appreciate your phone calls to me on Association business be on my office phone, 414-4015. You were very cooperative the past year and Ginny and I most appreciated it.

Informationally,

—Bill Goldthorp

Happy Thanksgiving



ENCORE STORE OPENS SOON

In the wake of last month's highly successful Silent Auction, residents will have a more permanent opportunity to dispose of reusable home furnishings when the Forest Encore Store opens in January, on the main building's first level, by the Maintenance Shop.

The store will be operated by a committee of the Residents' Association, and all proceeds will go initially to the Benevolent Fund until further action. The store is asking residents to donate for resale such home furnishings as kitchen items, dishes, glassware, pictures, paintings, furniture, lamps, accessories, draperies, rugs, and similar items.

Only home furnishings in good condition will be accepted, and the committee reserves the right to accept or reject any item. It will price them for resale. No items will be taken on consignment and no appraisals will be made. Donors will be responsible for deliveries to the store, and items unsold within a reasonable time will be disposed of at the committee's discretion.

Donated articles will be acknowledged in duplicate and recorded in the store ledger. Tax letters will be sent to donors by our Finance Director's Office, listing the items donated. Donors assume re-

See STORE on page 9

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

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.

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 think there is a very definite need for a small convenience store at TFAD. Perhaps the Residents' Association could fund the start-up and any future profits could go into the Benevolent Fund.

—Florence Manning

In Memoriam

Clyde Casady October 17
Margaret Sledge November 11

NEWS FROM THE PIT

by Bill Goldthorp



Many thanks to Creighton Lacy, our retiring secretary, for his hours of dedicated work during the past two years. Much thanks also are due retiring Board member, Bill Fine, whose leadership in Buildings and Grounds inspired much accomplishment. I was pleased to be able to thank Clyde Casady while he was in the hospital for all he did for TFAD. Clyde's passing leaves a void difficult to fill, but he left us with high standards to follow.

**CAPTAIN'S TABLE:
A REMINDER**

Since June 1, when the system of having two Captain's Tables went into effect, the plan has appeared to work and to be appreciated. Recently, however, usage seems to be uneven, according to a log kept by the Dining Room staff. TFAD's Dining Room Committee reports that we will lose one or both tables if they are not used more frequently.

The tables are open to everyone--singles, couples, long-time residents or newcomers. They are places where it's easy to get acquainted with your fellow residents. Ask the hostess to seat you, anytime between 5 and 7 p.m. The staff has agreed to take each person's order upon being seated, without waiting for the entire table to be filled. Staff will also reset the place settings for a second sitting to accommodate those who come later. It may be necessary to wait a few minutes for the reset.

**SILENT AUCTION SETS
NEW HIGH MARK**

On September 30th a letter to residents and staff asked, "Can we do it again? Can a second Silent Auction raise another \$6300 for the Benevolent Fund?" With the receipts from October's event all counted, the answer to both questions is a resounding "yes!" Marjorie Jones, who again chaired the event, reports that the items donated by residents brought in a new record total of \$7000 and counting.

At the Friday evening preview, Ed Albrecht shot a roll of film, and the results will be on display this month in the lobby. The committee estimates that nearly 90 percent of the items donated were sold. Employees were authorized to return the following week to pay for and collect their purchases.

TFAD's new Encore Store, opening in January, has accepted many unsold items which fit into their stock plan. Donors were called by the committee and agreed happily to the acquisitions. Eight residents also made direct contributions to the Benevolent Fund through the auction, in amounts ranging from \$25 to \$500. Vicki Berringer will be sending IRS letters for the total sale price of donated items.

The auction committee: Dorothy Zutant, Martha Gambill, Ginny Goldthorp, and Marjorie Jones extend their most grateful thanks to the forty resident volunteers who gave their time and energy to making the auction a success. "We couldn't have done it without you," they say.



HERE'S TO YOUR HEALTH

by Pauline Gratz

Some of us frequently say, "I just can't remember anymore" or "My memory has gotten so bad." We may have given in to the myth that aging and memory loss go hand in hand.

In fact, it is the belief in this myth that keeps many older people from even trying to remember. People of all ages complain about forgetting, but older people often worry about getting senile when they can't remember a friend's name, or where they put their keys. There are changes in memory as people age, but for almost everyone, memory can be improved with training and practice.

When we cannot find a word or name we want, we begin to feel anxious. Tension interferes with the memory process; relaxing lets the memory come to mind. Everyone has experienced searching for a book or movie title that seems harder and harder to find until you stop worrying about it. Then the title suddenly appears. This happens frequently when we are about to introduce someone and our minds "go blank". The solution is to take a deep breath and relax; often the name will come to us.

Another relief for tension is laughter. When we start to tell a friend about a book we are reading and can't remember the title, admit that the title just escaped our minds and laugh. Everyone knows the feeling and can empathize. Laughter breaks the tension and keeps a little memory lapse in the

proper perspective.

We can never totally eliminate forgetting but here are some suggestions that may help:

Give yourself plenty of time. People of all ages forget more easily when they are rushing. Giving oneself enough time to conveniently get to an appointment means less likelihood of forgetting something we intended to bring.

Use all of your senses. When we want to remember something well we should use as many senses as possible. When we say something out loud, we hear the sound. When we write something down, we see the words. If we want to remember the size or shape of something, we use our sense of touch.

Keep the mind active. Games such as crossword puzzles, Trivial Pursuit, Scrabble, chess, bridge and acrostics are good exercises that sharpen the mind and keep it alert to details.

No one can remember everything. People of all ages must make choices about what to remember and put effort and energy into those areas most important to them.

America's first bathtub was built in Cincinnati in 1842. Constructed of mahogany, lined with sheet lead, it was exhibited at a Christmas party. The next day the local newspapers denounced it as a "luxurious and democratic vanity." Doctors warned that the bathtub would be "a menace to health." The next year, in 1843, Philadelphia undertook by public ordinance to prohibit bathing between November 1 and March 15. Two years later Boston made bathing unlawful except when prescribed by a physician.

—*The Complete Toastmaster*

Library Bookends

by Jean Weil



Because we have gained so many new residents over the past few months we would like to bring to their attention some of the features of the Library.

The people who work in the Library think that we have the best recreational reading facility of any Continuing Care Community in our area. With the help of our residents, we keep up to date with many new books and magazines.

Our collection consists of gifts from our residents; all books in the Library were donated by someone who lives, or lived, here. We have no money to buy books. Our small budget goes to buy supplies for the Library, such as cards, typewriter ribbons, pens, etc.

Books may be donated at any time. Sometime during the year, the donor will receive a letter from The Forest at Duke and the Library thanking them for their donation which may be considered a charitable deduction for tax purposes.

Any books not usable in The Forest's Library are donated to the Durham County Public Library for their book sale.

We also have a good collection of magazines, many of the health letters, video tapes, and audio tapes. The Audio tape collection consists of recreational tapes, books, music, etc., and of tapes of lectures that were given in the auditorium. The tapes may be checked out the same as books. They all have cards.

Come visit us; it is a great place to spend some time!

AMONG THE TREES



Kudos to the workers of Channel 8 for adding the audio; it is appreciated by many--- Almost worth tuning in just to listen to the dulcet, resonant voice of Bernie Bender--- Many communities have the Welcome Wagon, TFAD has Helen Albrecht. She does a superb job in graciously making new arrivals feel at home and comfortable with us. This is in addition to her duties in handling and organizing an independent group of bridgies--- Many enjoy the poetry of Ellen Dozier in our publication. Did you know that she has a lovely soprano voice? Listen for it in our Chorus--- The woods here are full of many talented piano players. Among those that immediately come to mind are Ruth Phelps, Waldo Beech, Ruth Lifton, Edith Borroff, Mary Light, Fran Lacy, and Brahms specialist Betty Ropp--- Some people are born with a natural charisma. Guess that's why all the ladies are attracted to Gus Eliason. Am told that in his younger years he had the same effect on children--- If you enjoy conversing with a person with a great sense of humor and quick wit talk to either Phil Sellers or Gene Whittle--- Things are humming in our woodworking shop with P.J. Burns, Gene Ringwald, Hank McKay, and Phil Eshelman busily turning out Christmas trucks and this years newly added wagons. Production is way up over last year due to efficiencies designed by engineer Phil--- Due to storms and cold

not many got to the seashore this summer. One thing the Woodchuck always enjoyed was studying the seagulls. They are loud, noisy, and at times much too numerous, but when observed individually, beautiful and almost perfectly proportioned--- Am told by some in Caucus B that they feel somewhat adrift the past month or so without the guidance of Julian Price. They are fortunate in having a good leader in Charlotte Cassels and benefit from the sage advice of Julian Rosenthal but still will be happy when the Colonel is back in the saddle--- This brings to mind the thought that almost everyone capable of living independently should be willing to serve as Chairperson on their caucus. This is the only way we can have any sort of decent communication with other residents and Management--- One of Duke Hospital's assets is its active Auxiliary, generally recognized as being among the best in the country. Many TFAD residents are volunteers, and contributing greatly to its rise to prominence are two past presidents, Ruth Nash and two-termer Julia Negley--- In this area it's said that Dottie MacMillan and Carl Beery are crack short-order cooks using their skills in the Hospital snack bars--- Marjorie Jones and many active workers did an outstanding job at the Silent Auction. From his hole, this critter wishes that some of the funds from our money-raising activities could go to the Residents' Association for purchase of needed items.



—Woodchuck

CCCR-NC ANNUAL MEETING WAS GREAT SUCCESS

TFAD played host last month to more than 200 members of the Continuing Care Community Residents Association and did itself proud, Hope Sellers, organizer of the event, reports.

About 220 people from residences besides TFAD, and five administrators (besides our Kathy Crapo) were also present. Three of the latter drove buses from their facilities. Members came from as far away as Columbus (near Hendersonville), and from Morganton, 220 miles distant. They filled the auditorium to overflowing, spilling into the Living Room and Billiard Room and watched the program on in-house television, as did many TFAD residents.

At noontime, our dining room staff served 202 people with a splendid lunch and got them out in time for the afternoon program. Others were served in the cafe. Eighty members found time between sessions to tour our facilities, visiting apartments and cottages, the new Wandering Garden, the library (where they watched a slide show), the Studio (where they admired the work of our residents), and the Gift Shop, which did a brisk business.

About sixty residents and senior staff members were involved in the committees that organized the event and made it run smoothly. And that doesn't include the other staff people who painted, pruned, polished, cooked, guided traffic, and did other chores to keep the day running smoothly.

See CCCR-NC on page 12

CASSETTE CRITIC'S CORNER

by George M. Chandler



Sometimes some of the best things can be found closest to home. A couple of weeks ago I stopped by the Southwest Branch of the Durham County Public Library just to get a general idea of the extent of their cassette books collection. The list is pretty impressive.

The Southwest Branch itself, and it is the one closest to The Forester, has on hand only a very small stock of books on tape, most of the titles being at the main library. They are very popular, and the book you want may well be in circulation. Thus the best move would appear to be to order any titles you want and have them held for you at the local library when they become available.

The library's computerized catalog is really quite easy to use, and it has the advantage of showing you at once whether a particular book is available on tape, or in a large-print edition, and whether a copy is available on the shelves for immediate check-out. If the thought of using a computer catalog frightens you, not to worry. The branch libraries have printed catalogs of books on tape arranged alphabetically by author.

One advantage of recorded books from the library is that they can be played on standard equipment, and those not subscribers to the Library of Congress Talking Books Program can enjoy them. Another is that they can be obtained through the public library's "Oasis" service. The Oasis staff can tell you if a particular title is available in audio cassette form, and will have it

delivered to TFAD's library for you to pick up. Call them at 560-0156.

So what kinds of book are available? First, fiction predominates, although there are plenty of non-fiction titles, too. I noticed, for example, that you can listen to the excellent McCullough biography of Harry Truman which came out not so many years ago. There is plenty of standard fiction. Dickens is well-represented, for example, as are Herman Melville and Joseph Conrad.

There is lots of detective fiction, with the popular contemporary authors well covered. You will find goodly supplies of Sue Grafton, Patricia Cornwell, Colin Dexter, and Lillian Jackson Braun's *Cat Who* books. I was pleased to find quite a few books from what I consider the golden period of English mystery fiction production: Margery Allingham, for instance, and Ngaio Marsh, including her early *Artists in Crime* where her detective hero, Roderick Alleyn first meets his wife to be, Agatha Troy.

The County Library can also provide many other good reads. Most of the popular series of sea adventures by Patrick O'Brian, featuring Captain Jack Aubrey and Dr. Stephen Maturin, are available. If you are in the mood for romances, there is an abundant supply of the Regency period tales of Georgette Heyer. On a totally different tack, if you should wish to try self-education, the library has a remarkably large collection of teach-yourself language cassettes. There is no doubt but that a trip to your public library to explore the books-on-tape collection is well worth the effort.

CLARIFICATION OF PROTECT SYSTEM ARTICLE IN NOVEMBER ISSUE OF *ECHOES IN THE FOREST*

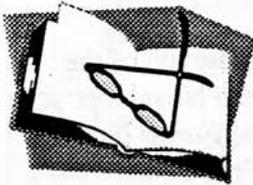
In the second paragraph of the article on page 3 of the November issue of *Echoes in the Forest* on the effect of Hurricane Fran on the Protect system, it is stated in the last sentence that "The Protect buttons have batteries which operate during a normal power loss, but because of the unusual length of the power failure after Fran, the batteries also went down." Clarification of this statement was obtained from Tom Fourqurean, TFAD Director of Environmental Services, by the chairperson of the Residents' Association Safety Committee.

The correct situation is that the batteries in the individual Protect buttons located in each apartment and cottage did *not* go dead due to the power failure, since they are not connected to the regular power system, but are powered by their internal battery. What *did* go dead were the batteries in the power supply in the Olsen computer which are intended to carry the computer through short power outages, but not the long outage due to Fran. However, since it was close to the time of their normal periodic replacement, the batteries in all of the Protect buttons were replaced after the storm by TEAD personnel.



BOOK NOTES

BY JOHN TEBBEL



With Christmas little more than a month away, people who still have that old-fashioned urge to give books as presents are already scanning the late fall lists for possibilities. Here are a few suggestions for the most varied tastes.

Not everyone likes stories about animals who behave like humans, but even those who don't were enchanted a few years ago when Richard Adams published *Watership Down*, about a rabbit kingdom in which remarkably human things happen. His publishers think a lot of people want more and they're betting a 200,000 first printing that they will buy a sequel, *Tales From Watership Down*, coming this month. These are nineteen interconnected tales, carrying on the adventures of those remarkable rabbits in the first book. We meet new, vivid, charming descriptions of the rabbit society, in which some are manipulative, ignorant, defiant, or self-satisfied, while others are noble, loving, and brave. How very human of them!

Here at The Forest we're all Southerners now, whether native or transplanted, and it turns out we're living in a revolution, as Peter Applebome describes it in *Dixie Rising: How the South Is Shaping American Values, Politics and Culture*. (Nov.) The author, former Atlanta bureau chief of the *New York Times* and a transplanted Yankee himself, describes most entertainingly how the New South is shaping American thought in politics, race,

and religion. This is creating a new popularity for the old Confederacy, he argues, all the way from revived Selma to Nashville's music, and South Carolina's firebrands, not to mention Southern Baptist conventions and the rehabilitated George Wallace. All this is seen through the eyes of Southerners themselves, who tell their stories to Applebome. An advance reviewer calls this book "compelling, disturbing, and inspired." A find for America watchers.

Don't be put off by the title of Roy Saunders new book, *Blood Tells*. It isn't gory, and it is about the Outer Banks. Here, in a charming village, the mayor is upset by a series of brutal murders because he's afraid they will hurt the tourist trade. A young police lieutenant from New Jersey moves in to solve the crimes, but the intriguing cast also includes a wild feral child, the notorious pirate Blackbeard, and a seductive doctor. Just to be sure you don't lose interest, the author throws in a big hurricane for good measure. This one is already published.

Another fascinating look at our beleaguered country is given us by Nick Hartshorn, who had the very odd but successful idea that he could find out a lot about the country by talking to people while playing catch with them. As an interview technique, it worked splendidly. Hartshorn played his game of catch with Americans across twenty-nine states, asking them questions like, "What do you need to get through this world?", and "What would you like to be remembered for?" A few celebrities got into his act, including Spike Lee and Bob Costas, but the general result is

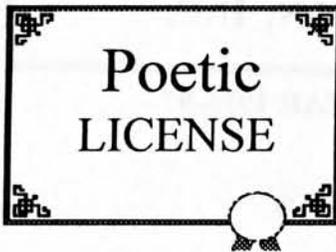
a set of revealing candid camera shots of ordinary Americans. The name of the book? Why *Catch*, of course.

Talk shows. You either love 'em or hate 'em. Either way you'll enjoy *Can We Talk: The Power and Influence of Talk Shows*, by Gini Graham Scott just published. Ms. Scott, a former talk show host herself, covers this American phenomenon with a no-holds-barred account of the genre from Rush Limbaugh, Larry King, and Howard Stern to the late retiree Phil Donahue, Geraldo, and the omnipotent Barbara Walters. It's an amazing story, viewed whole, one likely to produce all kinds of reactions from readers.

Christmas inevitably generates Christmas books and this year is no exception. One of the most entertaining will certainly be Stephen Nissenbaum's *The Battle for Christmas*, which gives us an overall view of what this holiday has meant in American life. Nissenbaum, who is a professor of history at the University of Massachusetts, gives us a solid but non-academic history of the holiday, beginning with its vigorous persecution by the Puritans, who banned it. Christmas was never Christmas as we know it until the 1820s in New York City, where it came to be celebrated in what was to be the traditional way. With charming and often amusing illustrations, the book charts the course of Christmas from that day to this---a veritable stockingful of holiday lore. (Nov.)

Here's a basic premise for a book most Foresters will understand at once. In *Marrying Mom*, by Eliz-

See **BOOK NOTES** on page 12



(Editor's Note: this is the second of Susan Rose's prize-winning poems. The first was published in the October issue.)

Michael O'Foghludha's Soliloquy: A Villanelle*

As court-appointed lawyer I will say,
 He's one of hundreds like him I have seen.
 The truth is I was late for work that day.
 A knife held out is his M.O., his way.
 Now, what's for breakfast? Hope this day's routine!
 As court-appointed lawyer I will say
 I never thought that he would run away,
 No need to hold this screwed-up, mixed-up teen.
 The truth is I was late for work that day.
 To miss one hearing, fail to show! It may
 or likely will not change the future scene.
 As court-appointed lawyer I will say
 Our justice system's used to such delay.
 Nobody asks the lawyer where he's been.
 The truth is I was late for work that day.
 I cannot anguish, only feel dismay
 That Sharon Stewart happened to be seen.
 As court-appointed lawyer I will say
 The truth is I was late for work that day.

*(In Fayetteville NC in 1985, Public Defender Michael O'Foghludha's tardiness to work resulted in the release of his client, who nine days later murdered Sharon Stewart.)

—Susan Rose

LIMERICK

Durham has potholes so grand, it
 Seems likely some demon has planned it.
 In the one near the Kroger
 There dwells a small ogre
 Who comes up each night to expand it.
 —George Chandler



Blackbirds

(seen from the Natchez Trace Bridge)

distant filaments undulate
 to wind's caprice,
 low streamers and
 feeder-wisps merge
 and add substance
 to blizzard-mainstream of
 blackbird pluses and minuses

overhead....
 susurrations of wings mingle
 with blackbird chatter,
 as thousands upon thousands
 spun from somewhere
 recede to compulsive nowhere

—florencia manning

A MOMENT IN TIME

In the twilight of my life
 I remember blackberry time;
 A berry for me- one for the bucket;
 Sucking on the finger stuck by
 a briar;
 The sun on my back, the dry, red
 dirt on my shoes;
 The hot tub bath when I reached home
 so the chiggers never
 had a chance,
 to bore into my flesh;
 One time I made a cup of wine, never
 had alcohol before;
 I wondered why I felt so good
 And now I know...

—ellen cheek dozier

THE FOREST AT DUKE RESIDENTS' ASSOCIATION, INC.

ROSTER OF OFFICERS AND BOARD MEMBERS FISCAL YEAR 1996-97

OFFICERS	OFFICE	PHONE
Bill Goldthorp	President	419-4015
Peg Lewis	Vice President	493-7708
Dan Lacy	Secretary	490-8575
Jenn VanBrunt	Treasurer	493-4780
Chris Hamlet	Past-President	489-7298

BOARD MEMBERS	COMMITTEE CHAIR	PHONE
Beth Upchurch	Activities	493-7011
Bruce Burns	Buildings and Grounds	493-2401
Bill Heroy	Budget and Finance	493-8894
John Friedrick	Caucus	489-3861
Bert Dube	Costitution and By-Laws	493-0773
Helen Albrecht	Food Services	493-9184
Peg Lewis and Georgia Campion	Health Care	493-7708 490-3275
Ethel Foote	Housekeeping	493-7729
Georgia Campion	Library	490-3275
Jenn VanBrunt	Residents' Services	493-4780
Harry Owen	Safety	489-2934

WELCOME NEW RESIDENTS!



Donald and Betsy Bernard
74 Forest at Duke Dr. 489-5724
Came from Pinehurst. Betsy is NC native; Don is from Texas. Betsy went to Sarah Lawrence for economics degree; Don graduated from Duke (where they met) as mechanical engineer. His career with Shell Oil was in many places including Japan, Scandinavia. They have 3 children, 9 grandkids. Like golf, travel, bridge, computers.



George and Geneva Boguslavsky
71 Forest at Duke Dr. 403-7617
Came from Troy, NY. George born in Russia, grew up there and China. Attended U.of.WA, Chicago (where they met and married), Yale and Cornell for Ph.D. in psychology. Geneva is Grinnell psychology B.A., was on Manhattan Project. George taught at Rensselaer 20 years. Together they tested airline pilots. She likes music, math, gardening; he likes woodworking, mahjong.



Herman and Donna Nordstrom
Apt. 2018 489-3815
Came from York Co., Virginia where they lived 47 years. Herman grew up in Spokane, WA, Donna in Michigan. Met at U. of MI where Donna studied anthropology, Herman naval architecture, then got business degree at Babson. He was head of Plant Protection and Safety Engineering at Newport News and at Bethlehem Steel shipyards 44 years. Have a son. Like outdoors activities, bridge, cultural events.



Elizabeth Krakauer
Apt. 2021 403-6014
Came from Washington, DC. Grew up in Germany. Has Munich B.A. in Chemistry. To the U.S in 1936. Got M.A. anthropology and library science, SUNY, Buffalo. Was college librarian in AZ, NY, VT. Retired to Peace Corps for 5 years in Bogota, Colombia, then research at Stanford and Library of Congress. Two sons.



Dorothy Logan
Apt. 2022 403-6081
Came from Charlotte where she lived ten years. Born, grew up and educated in Virginia. During WWII worked at the Norfolk Naval Base; her later career was in sales and as homemaker and mother of three daughters. She has 4 grand children and one great-grandchild. Likes to travel, exercise, garden, and read.

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sponsibility for valuations or appraisals for tax purposes.

The store will be open to receive donations on Wednesday, November 22nd, and Wednesday, December 11th, from 2 to 4 p.m. At other times **appointments can be made** by calling Deborah Carey at 493-9255, or Carolyn Vail, at 490-0868. The store will be open for sales on the 2nd and 4th Wednesday of each month from 3:30 to 5 p.m.

Anticipated Grand Opening dates are January 8 and 22. Depending on its degree of success, the Encore Store will continue sales throughout the winter months.

ARTY FACTS

EXPLORING DURHAM'S CHAMBER MUSIC

by Charlotte Cassels



There are many reasons why chamber music per se scares off many adults, which results in a great cultural loss for individuals who love the theater, fine symphony orchestras and other serious music. One example, frequently quoted is, "I don't want to see four old men with beards sawing away on big violins!" Nothing could be farther from the truth!

We here in Durham have two groups of the finest musical organizations available to us, namely, the Mallarme Chamber Players and the St. Stephens Chamber Orchestra, both quite different in their structures and performances.

The St. Stephens Chamber Orchestra is an outgrowth of a small group of musicians organized by Dr. Joseph Kitchens in 1982 in St. Stephens Episcopal Church, 82 Kimberly Drive, in Durham. In 1988, the ensemble was reorganized as a non-profit cultural/educational organization totally independent of the church from which it originated. Lorenzo Muti is the artistic director and conductor of the Chamber Orchestra. Muti has great recognition in major European cities. Locally in Durham he is known as the conductor of the Duke Symphony Orchestra. Because there is still confusion by many who assume St. Stephens is a religious chamber ensemble ---which it is not---some feel the name should be changed, but to

date such a decision has not been made.

Dr. Leonard Gettes, Chairman of the Board, is a cardiac surgeon at UNC Chapel Hill. The two men work with a staff of one, Judith Yarborough, who is the orchestra's manager. To date the Board of 18 persons (mainly contributors to the orchestra) meets about eight times a year in the classroom of The Forest at Duke. No one has a specific job such as secretary, treasurer, public relations, and other positions common to organizations.

For its eighth year of playing, however, the orchestra of 30 musicians is superb. Today it is considered one of the finest professional ensembles in the South. Although the organization has no office of its own, it can claim Baldwin Auditorium, at Duke University, as its home for performances, with its excellent acoustics well-suited to the orchestra. Occasionally the orchestra has traveled within the state.

Mallarme Chamber Players is a completely different musical entity. It was named after the French symbolist poet, Stephane Mallarme who believed that true art was a unity of music, poetry, theater and dance. His philosophy contains the beautiful sounds and sights that are found in the eclectic chamber music of the Players.

Started in the spring of 1984 by Anna Wilson (flutist), Jane Hawkins (pianist), and Margaret De Mott (Durham Arts

Council), the early recitals took place in the ballroom of the Carolina Theater, which seated only 80 people. As time went by, and the Durham Arts Council grew and occupied its present arts facility in Durham, it granted the Mallarme Chamber Players an office, and rehearsal and performance space, which helped the Players develop audiences in community outreach.

The group's Sunday Afternoon Series at 4 p.m., performs four concerts a season at the Durham Arts Council Theater, but they also have an outreach series of community concerts in Durham schools, rest homes, community centers and private engagements. They also have performed in the National Gallery, Washington, DC, and have made their fourth appearance in Charleston, SC for the Piccolo Spoleto Festival. The Mallarme Chamber Players can also be heard on National Public Radio broadcasting the works of 20th century composers.

Mallarme now has a Board of 15. Penelope Bridgers is president, Anna Ludwig Wilson is the director, Lynn Richardson, office manager, and Peg Palmer does the marketing.

The Players emphasize their 19 artists by name and background in all their programs, which adds to the feeling of intimacy with performers, many of whom hold conversations with their audiences.

They also hope to continue to commission new works and produce a second CD, performing the music of Max Raimi, T.J. Anderson, Jen-



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LIFE ON A FREIGHTER

OR

Around the World in Four Months

by Mary Ruth Miller

(Editor's Note: This concludes Mary Ruth's account of her around-the-world odyssey aboard a tramp steamer.)

Our 18 ports of call were Antwerp, Belgium; Dunkirk and Le Havre, France; Colon, Panama; Papeete, Tahiti; Apia, Western Samoa; Noumea, New Caledonia; Suva and Lautoka, Fiji; Port Vila on Efate and Luganville on Espiritu Santo, Vanuatu; Honiara on Guadalcanal, Solomon Islands; Lae, Madang, Kimbe, Rabaul, and Kimbe again, Papua New Guinea; Singapore; Suez City, Egypt; and Bremerhaven, Germany. When we were in harbor, we passengers were free to go ashore for sight-seeing, eating, and shopping. On board, however, we were on our own.

Along with a comfortable passenger lounge and facilities for doing our own laundry, we had a good library, well stocked with books and videotapes for both passengers and crew. There were a small gym and a small heated swimming pool. The computer room was open to passengers too. Normally I chose to spend my mornings in my cabin writing, afternoons in the lounge embroidering, and evenings reading. I accomplished a lot of all three.



As required on all ships, we had fire drills during which we had to wear our life vests and hard hats and gather at our lifeboat stations. These boats, incidentally, were enclosed ones which would seat around 30 passengers each. I'm afraid we would have experienced claustrophobia! Fortunately, a fire on board was not one of our calamities.

We did have some rough seas, though. In the North Atlantic a bad storm caused a lot of breakage of glassware, including my flower vase, and many drawers and doors to fly open and bang shut as the ship rolled. In the passenger lounge a sofa with two ladies sitting on it slid across the carpet. Dramamine cured my slight case of seasickness, but worse was a twisted knee, caused when Irmgard fell against me as we were coming out of the dining room. I was holding on and bracing myself when the ship gave a violent lurch, but Irmgard was still in the doorway trying to help Lillian. For a while I had to limp, but first aid and then an elastic bandage helped. Other rough sailing later in the Indian Ocean and the Bay of Biscay caused no serious problems.

Many have inquired about our food. It was British, prepared by a Russian chef who could have been better. We ate a lot of potatoes, but we did have some good steaks and soups. Fruits and salads varied according to how recently we had been in port. Twice we had parties which featured a good curry served with rice and condiments.



Five or six times we had barbecues on deck, with an abundance of foods including ribs, Tandoori or regular chicken, sausages, hamburgers, steaks, and shish kebobs with all the trimmings, including wine and beer. Several times there were big birthday celebrations, the biggest for our chief engineer's

fortieth. These occasions were good opportunities for passengers and officers to socialize.

In port we frequently ate at local restaurants for variety. Some of the dishes I enjoyed included spaghetti with shrimp and baby octopuses, broiled lobster, chicken stuffed with banana and served with a tropical fruit sauce, coconut crab, and fried bananas cooked in coconut milk. During one excursion to a seaside resort, we had a traditional bougna, which was chicken, taro, tapioca, and yam cooked in coconut milk, a salad of shredded green papaya, fresh lettuce, French bread, wine, and local coffee. Papaya milk shakes, blended fruit drinks, and local liqueurs, especially the coconut ones, all added calories. Looking back, I see why I gained eight pounds on the trip.

One surprise I had was to learn that pirates still prey on ships. While we were sailing through the Molucca Sea in Indonesia and the Gulf of Aden between Yemen and Somalia, our outside doors were kept tied shut from the inside as a precaution against being boarded by small vessels of pirates who would take portable valuables like radios,

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computers, and jewelry. Fortunately, we had no problem, but at the end of the Red Sea near Suez City, we were boarded by the customary Egyptians who had many kinds of wares for sale. They stayed on the ship until we reached Port Said, but none of the passengers purchased anything. One group of Arabs approached the boatswain about selling items from the ship's supplies, like rope and paint, which they would re-sell on the black market. He sent them packing.

At the end of most days, when the weather permitted (as it usually did) we passengers went out on deck to watch the sunset and see the bright stars come out, including the Southern Cross. In port, the ship's lights were on, and loading progressed until midnight. I enjoyed watching the loading process and looking at the ever-changing beauty of the sea, especially the colors of the water and lacy patterns created by the prow and the propeller as we moved along.

I think I can now say this was the voyage of a lifetime!

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nifer Stasack, and Jaffe's new work. Robert Ward's *Serenade for Mallarme* is already available on Centaus.

The Spectator, of Raleigh, says this about the Mallarme Chamber Players, "Fascinating and eclectic -- magnificent concert--consistently superb-- exhilarating".

Now, if you haven't heard either the St. Stephens Chamber Orchestra or the Mallarme Players perform, you're missing part of the joy of living. Try them and see for yourself.

Woody Sugg, immediate past president of CCCR-NC, has written to thank all those at TFAD who made the annual meeting here such a success. He gave special thanks to Vice-President Hope Sellers, who chaired the event. "You were all great hosts and hostesses," Sugg said. He also extended thanks to Kathy Crapo, Bill Goldthorp, and the speakers of the day, as well as to those who made the audio and video portions of the program possible. It was a day, he concluded, that was "pleasant, informative, and memorable."

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Their efforts were rewarded with numerous overheard compliments. A lady in the restroom, seeing the roses there, exclaimed, "They can't be real; they're too perfect. But they are real," she said, after she sniffed and felt them. At lunch, one guest insisted that the meal must have been catered because his facility could never have produced it.

"The annual meeting was a great success," said Hope Sellers, "thanks to the participation of all those who live and work at The Forest At Duke. Every resident contributed in some way, in greeting the strangers, and surrendering space in the auditorium and dining room so our guests could be accommodated. Kathy Crapo supported our effort every step of the way, and the staff, especially Christy Arundale, contributed creatively and constructively to make the day go smoothly. Molly Simes and her group of tour guides showed apartments and cottages with grace and efficiency, as did Leslie Jarema in

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abeth Goldsmith (she wrote the novel on which the movie *First Wives Club* was based), is about a widow named Phyllis Geronimus who finds retirement in Florida a little dull. She believes her children in New York really miss her and need her, and moves there to help them out with their lives. Such a mistake! The "kids" are 40-year-old Susan, a single stockbroker in financial trouble herself; Bruce, whose gay greeting cards business is also in trouble; and poor overweight Sharon, married to a chronic loser. The last thing in the world they want is Mom, but the only way they can get rid of her is to marry her to a rich old geezer who may incidentally rescue them. To attract him, Mom must be made over first. How they carry out their campaign is the hilarious story. Film rights already sold. (Nov.)

the Wandering Garden. Harriet Fine, with Ted Garske and his incredible team, planned a delicious menu which was served with dispatch. Shirley Graichen and her assistants produced magnificent floral arrangements. Lucy Grant and Harry Owen made the live in-house TV coverage possible, with Harry using his own equipment to video the complete proceedings. Tom Fourqurean and the entire maintenance and housekeeping staff worked long hours to make TFAD sparkle. And Jenn Van Brunt always had time to take on more tasks. It was a cooperative effort, a great show, and we all had fun. Thank you all!"

THE FOSSIL TREES OF DUKE GARDENS

—by Molly Simes

Most visitors to the Sarah P. Duke Gardens marvel at the *Metasequoia glyptostroboides* (commonly known as "Dawn Redwood") because of its elegantly thrusting root system. This stately tree, which can grow from sixty to seventy feet tall, came to Duke from Harvard's Arnold Arboretum in 1949 after it was propagated from seed gathered in China.

This genus, identified in fossil beds, was thought to be extinct, but was discovered growing in northern China during the early Forties by two botanists, one Chinese and the other Japanese, who were working independently.

Prof. Elmer Seward Merrill, of Harvard, learned of the find and managed to get money for a colleague to collect seeds. This all-expenses grant totaled \$250 and

went to N. C. Chang. Dr. William Louis Culberson, Director of the Duke Gardens and Professor of Botany, wrote in a 1982 issue of *Flora* that about eighty million years ago, during the Tertiary period, much of the northern hemisphere was covered by conifers, of which one of the most common was the *Metasequoia*. It is easily propagated and specimens grow in many parts of the United States and Europe. While classified as a conifer, it is deciduous rather than evergreen. You can find this tree in the



Gardens just north of the fish pond at the foot of the Terrace Gardens.

Across the path from the *Metasequoia* and nearer the stream is the *Cryptomeria japonica*, or Japanese Cedar, another survivor from early geologic ages. Although this magnificent pyramidal tree had its top broken in a storm, it remains a handsome specimen and can

grow to 125 feet. The bark is reddish brown and shreddy. Leaves are small and the tips curve inward while the seeds are concealed within the bracts of the cones. According to *Taylor's Encyclopedia of Gardening*, the tree "is less particular to soil than to climatic conditions." In its native land, it is often planted in temple gardens and ceremonial avenues.

In the Gardens, our *Ginkgo biloba* did not stand at the time of the dinosaurs but its family was prolific during pre-historic times. Ancient stories tell of Chinese priests planting Ginkgos around temples and shrines where worshipers gathered, which may have saved the Ginkgo from extinction. These old trees impressed Western travelers, particularly Dr. Englebert Kaempfer (1651-1715), of the Dutch Company in Japan. He named the tree "Ginkgo," from *gin-nan*, the Japanese name for the tree's seed, and from the pronunciation of the Japanese character, which means "duck's foot", referring to the leaf shape.

The fan-shaped leaves with wavy margins grow on the ends of shoots. In the fall, they shed very rapidly after turning a brilliant yellow. The fruit of the fe-



GOOD OLD GASTRONOMIC DAYS DEPT.

Trying to diet? Then be glad you weren't present in March 1915 when the Durham Bar Association gave a dinner for former President William Howard Taft at the Malbourne Hotel, in downtown Durham.

This was the menu: Martinis, Lynhaven Bay oysters on the half-shell, mock turtle soup, celery hearts, salted almonds, green olives, sauterne, North Carolina shad maitre d', shoestring potatoes, Tennessee milk-fed broiler on toast with Smithfield ham splints, champagne, creamed white potatoes, asparagus on toast,

sifted green

peas, fruit salad a la Malbourne,

tutti frutti ice cream, assorted cakes, Roquefort cheese, saltines, demitasse, cigars. (from *Durham, My Home Town*, by George Longee, Jr., courtesy Edna Wilson.

(EDITOR'S NOTE: This may have been the origin of "My doctor said, 'Mylanta'.")



male Ginkgo resembles a plum, which contains a nut, edible when roasted, but the flesh surrounding it has a very bad odor. The male form does not bear fruit, and thus is used abundantly in oriental plantings.

Visitors are welcome to the Duke Gardens, open daily from 8 a.m. to dusk.

Bob Blake's

PUZZLE

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

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

COUNTRIES

AFGHANISTAN	CHAD	EGYPT	LAOS	SPAIN
ARGENTINA	CHILE	FIJI	LIBYA	SUDAN
AUSTRALIA	CHINA	FRANCE	MALI	SWAZILAND
AUSTRIA	COLOMBIA	GREECE	MEXICO	SWEDEN
BANGLADESH	CONGO	HAITI	NEPAL	SYRIA
BELGIUM	CUBA	HUNGARY	NORWAY	TOGO
BOLIVIA	CYPRUS	INDIA	OMAN	TURKEY
BRAZIL	CZECHOSLOVAKIA	IRELAND	PERU	UNITED-
BURMA	DENMARK	ITALY	POLAND	KINGDOM
CANADA	DOMINICAN-	JAPAN	PORTUGAL	YEMEN
	REPUBLIC			