

THE FORESTER

Volume 9 Issue 5

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

February 2003

President's Podium

This is a critical time for The Forest at Duke from the standpoint of both short-range and long-range concerns. Our immediate problems stem from the deteriorating general economic conditions which are substantially reducing the residents' incomes and the TFAD Board's failure to take this fact into full account in its budgetary procedures. Concerns about this situation have inevitably led to investigation of the deep roots of the problems.

At the recent quarterly meeting of the residents, I recommended Harry E. Groves' article, *Governance of Continuing Care Retirement Communities*, as the clearest and most objective analysis available. It would be hard to better his credentials, for he is an eminent lawyer and legal scholar and was Dean of a law school and former President of Continuing Care Community Residents of N. C., Inc.

I again urge every resident, as well as TFAD Board members and Staff, to study this document. It is clear that the unique structure of CCRCs has puzzled legislators on the state and national levels who, being uncertain as to how this new type of organization should be categorized, side-stepped the fundamental issues. The TFAD Board must operate within the limitations imposed by government agencies but within these regulations it still has very substantial power in the governance of The Forest.

In the meetings between the Executive Committee of the TFAD Board and our board, important differences of viewpoint have emerged. The initial response from the Executive Committee to our suggestions is disappointing. They recommend giving the Executive Committee (which is also the Nominating Committee of their board) more power.

I believe all residents share my hope that our differences with the Executive Committee can be resolved and that the present tensions can be eradicated rather than increased.

Bob Ward

*Where are the snows
of yesteryear*



*They're here
They're here*

Photo by Ed Albrecht

The Forester

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Tom Gallie, *Publisher*

Marion Patton, *Editor*

Virginia Jones, *Associate Editor*

John Tebbel, *Contributing Editor*

Pete Seay, *Circulation Manager*

Bob Blake, *Art and Puzzle*

Ed Albrecht, *Photographer*

Editorial Assistants:

George Chandler

Earl Davis

Ellen Dozier

Bette Gallie

Libby Getz

Betty Gray

Mary Ruth Miller

Publishing Assistants:

Marion Bender

Bess Bowditch

Nancy Carl

Helen Corbett

Ruth Dillon

John Getz

Jane Jones

Betty Kent

Ginny Putnam

Molly Simes

In Memoriam

Felix Vann

January 23

A Goodbye to Carol

If there is one thing everyone in this establishment — old residents, new residents, whoever — can agree on (a remarkable feat in itself) it's that Carol Woods is the greatest thing since sliced bread, a metaphor only people our age can understand. Carol was the head nurse in the Wellness Clinic and she has been there almost as long as the Clinic itself, but at the end of January she left us for a new job. It was a sad day for TFAD.

Carol is the ultimate nurse — charming, kind, understanding, knowledgeable, and all those other good things we cherish in the people who help with our health problems. Old residents have treasured her since the earliest days; new residents have been delighted to discover her. But now the smile, the voice, the ultimate TLC will no longer be ours.

Enough of these tears. The good news is that Carol is making a career change, one that will give her new satisfactions and opportunities, leading to who knows what. She will be joining the staff at The Cedars, in Chapel Hill, the new CCRC which is presently nearing completion. She will be in the marketing department, a real departure, but what she will be marketing is health care, her specialty. To say that she will be missed is the understatement of the year, but we know The Forester speaks for all of us in wishing her much success and happiness in her new career.

The Editors

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February

Poor old February. Neglected by poets and prose writers alike, while all the other months have been celebrated in one way or another. No doubt much of this neglect has to do with its dreary reputation as a month of snow and cold, early darkness, and general blah. That respected modern critic, Joseph Wood Krutch, certainly understood this when he wrote: "The most serious charge which can be brought against New England is not Puritanism but February." How true it is, if you happen to live in Northern parts. But here in the sunny South, a region whose reputation is only occasionally blasted by an ice storm or twenty inches of snow, we tend to look on February as part of a brief, not uncomfortable cooling off period between days of endless sunshine.

Otherwise, we think of February as a month celebrating lovers and Presidents, although not simultaneously. Valentine's Day is big enough to satisfy both. Greeting card manufacturers have become exceedingly rich because of this simple fact. Never is love expressed in so many ways as it is on those cards that fill the stores and the hands of recipients. Although Hallmark wouldn't dream of it, there are cards for Valentines that cover every kind of love, even one that dares not speak its name. People have been known to tie little tokens of affection to dogfood and catfood, largely ignored by recipients, who know what love really is—a warm bed and a full dish.

Somehow, between Valentine cards and the weather, we have lost what was once a pair of patriotic observances—the birthdays of George Washington and Abraham Lincoln. At some point we apparently decided that two days was too much time to waste on a pair of Presidents, one of whom we know a great deal about and the other not much, and most of that wrong. So it was decided to lump them together and call it Presidents' Day. They had never been good shopping days anyway. Now Abe and George have to make do with elegiac, warmed-over editorials and a brief waving of the flag, causing

some people to observe, "Look at all them flags, Joe. What's goin' on?"
Don't ask.

John Tebbel

To the Editor,

I have just come from the Auditorium, where the seventh and eighth grade string and voice pupils from Rogers-Herr school performed for us. A group of bright, eager students stood on the stage. And what did they see in front of them? Mostly empty seats! It is embarrassing when the Forest residents don't make the effort to provide an enthusiastic audience for these talented young people. This is Our School. Shouldn't we support them wherever we can?

Please, let's do better — a whole lot better.

Hazel Scheblick

To the Editor,

Among the faithful volunteers at The Forest, whose contributions are appreciated by many, are Martha and Henry Fairbank.

Each morning, rain or shine, on their early morning walk around the campus, they pick up the newspapers, tossed near the roadway by the delivery person, and place each at its intended cottage door.

This accommodation is a great help to many of us who otherwise would have to dart out in our nighties for the papers.

Elizabeth Dube

Bric-A-Brac

Have you learned to write 2003? Already 1/12 of the year will have passed when you read this! Holiday decorations have been put away and Valentines are arriving. Leftover news about travelers includes **Peg Lewis'** and **Eleanor Kinney's** trip to Indianapolis to visit with a son and daughter, respectively. The offspring have finally met. . . The highlight of **Bette** and **Tom Gallie's** trip to NYC was the Einstein exhibit at the American museum of Natural History . . . **Hope Lacy** was back in her familiar territory of the Big Apple. . . **Lois** and **Art Williams** spent Christmas in Richmond, VA with their son, and **Bernard Peach** along with **Elizabeth Trapp** visited with his family in North Augusta, SC. . . **Helen Corbett** saw her first white Christmas in 30 years when she visited her son and his family near Philadelphia, PA and **Molly** and **Frank Simes** with their daughter spent that week walking the beach and watching dolphins near Wilmington, NC. . . **P. J. Burns** used his golf clubs at Kiawah Island, SC and **Dot Kornagay** enjoyed the Gulf Shores, AL coast with a big family group. . . **Betty** and **Tracy Lamar** were in Sea Island, GA then on to Florida to visit family. . . **Evebell Dunham** and **Caroline Long** each flew to California to visit sons and their families . . . **Ellen Dozier's** daughter and s.i.l. drove her to Charlotte to spend Christmas with her son and his family while **Ann** and **Bob Durden** were with their daughter and her family in Roanoke. . . **Jayne** and **Glenn Jackson** journeyed to Chesapeake, VA and **Frances Beach** returned to her favorite Cape Cod. . . **Mary Ruth Miller** drove her still-quite-new Mercedes to be with family and friends in the mountains of Georgia. . . **Ruth Dillon** was in NY and RI. . . **Lou** and **Gerry Swanson** went to Greenville, SC to visit their daughter and now they are awaiting their son's arrival from Colorado. . . **Edna Wilson** spent some time with her son and his wife in the New York state mountains, not too far from Mohonk. . . Two granddaughters accompanied **Trish** and **Robbie Robertson** to NYC to attend *The Lion King* and other attractions. . . **Loma** and **Carl Young** were in

Savannah to help **Loma's** aunt celebrate her 100th birthday where she even made a speech! Speaking of birthdays, it was difficult to accept **Dot Logan's** big nine O because she looks about 30 years younger!

Cruising through the Panama Canal were **Sarah McCracken** and **Earl Davis** while **Betsy** and **Don Bernard** took their daughter and her family on a Caribbean cruise. . . **Priscilla Squier**, **Marion** and **Bernie Bender** have returned from a post-holiday Caribbean cruise. . . Since **Bob Guy's** son, d.i.l. and granddaughter are participating in the Semester-at-Sea world cruise, **Bob** is in full charge of their Hail Britannia, a show Siamese cat! It was not easy for **Libby** and **John Getz** to return **Liz O'Hanlan's** darling miniature poodle, Nicky, with whom they have fallen in love. **Liz** appreciated the care during her recovery time.

Florence Manning just rushed over with a communiqué to report on happy visits from their son from Seattle, a grandson, three granddaughters and a great nephew. . . **Delancy** and **Julian Price's** daughter and grandson flew in from Texas while **Phyllis** and **Gene Magat's** daughter was here from Massachusetts. . . **Betty** and **John Gray's** daughter from Seattle, daughter and grandson from Chicago made for an old-fashioned Christmas complete with a requested real tree. . . Several family members from Massachusetts to South Carolina have been to visit **Debbie Carey**. . . **Doris** and **John Ondek's** granddaughter and her husband stopped by for a holiday meal and **Bob Dietrich** hosted a holiday dinner for his family at the University Club. . . **Ruth Patterson's** daughter visited from St. Lawrence University and **Keith Burkett's** son came from Rhode Island. . . **Mary** and **Bob Ward** enjoyed family visitors.

Caring House Volunteer **Ann Barlow** was recognized recently for ten years' service at our neighborhood facility. Other volunteers at the Caring House are **Gay Atkinson**, **Edith Borroff**, **Evebell Dunham**, **Libby Getz**, **Betty Lamar**, **Mary Ruth Miller** and **Loie Watts**. . . **Jim Thompson**

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was the author of an article on safety in *Nursing Homes* magazine. . . Although the husband knew, **Max Harrell** surprised her sister in Wisconsin by popping in. . . **Laurie** and **Brian Lach** and **Joe McMoil** visited their family in Florida. . . **Becky Binney's** mother was here from Virginia. . . Try **Gertrude Merritt** if you need a source for delicious North Carolina shelled raw peanuts. . . The mouse is off the shelf so **Harriet** and **George Williams** must be away. . . **Lucy Blackman**, **Bess Bowditch** and **Dot Schoenhut** were guests of **Mary Ann Ruegg** for a special lunch. . . **Rita Skolaut** and **Mary Ruth Miller** arranged for a Sunday afternoon tea to honor **Jane Jones** who retired after ten years of super Library service with books, the copy machine, puzzles, magazines and anything else needing attention.

Don Bernard has a new gasoline/electric Honda Civic and **John Gray** has ordered one. **Lucy Grant** spins around in her Toyota Prius which registers between 40 and 50 miles per gallon of gas. . . **Don Ruegg** rode to our New Year's Eve party in his new RED Cadillac which might get half that mileage but he was dressed to the teeth in the only tuxedo present!

Durham to Athens

Congratulations to the *Milers Club* who, on February 21 will celebrate having walked the distance to Athens. In their honor, the *TFAD Travelogues* will use video to take you to Greece on February 26 in the Auditorium.

Athens is famous for its art, history, sculpture, archaeology, systems of government, wars, gods, and goddesses. This capitol city is a modern metropolis and displays some of the world's most famous buildings.

The Corinthian Canal divides the country. In the south we find the cities of Olympia, Mycenae, and Corinth. Climb with us to the temple where Paul lectured to the Corinthians standing in the

Creating A Sugar Cube Castle

First you have to get Linda Gardler, our incredible "start up lady," as she's known. Then you have to have Christmas, which we just did. And then you add Barrie Lobo, who says "Let's have a sugar cube castle we can put in the lobby for the Christmas joy of Foresters." Put it all together and you've got the Sugar Cube Castle that adorned our lobby through the holiday season, attracting much appreciation.

To understand this miracle better, readers will have to remember our recent profile of Linda, the mother of two, who gets up at 3 o'clock in the morning so she can be here by six to start the machinery going that results in the smooth delivery of food to all before she returns to her busy home life in the afternoon. Somewhere in that schedule, Linda found time to make her first Sugar Cube Castle, an item Barrie had requested as early as last summer. With the help of Laurie Lach, Linda assembled the primary ingredients: sugar cubes, royal icing, coconut to make the snow, edible glitter from a cake decorator, ice cream cones to represent the pine trees and turrets, and the result is what Linda says can only be a "diabetic's nightmare", the Sugar Cube Castle, ravishing to look at but never to be eaten.

What can Linda do for an encore after all that? "I'm working on next year," she says. We'll just have to wait.

John Tebbel

market place below.

Visit the Oracle at Delphi. See the streets, the stores, the treasures where people brought valuables to sell or offer to the gods, and, of course, the place where the priestesses sat to predict for kings and others chances of success in war and marriage.

Shrines and temples abound in Greece. Excavation for a new building requires a permit from an archaeologist.

E. C. Davis

Book Notes

Elizabeth Buchan's *Revenge of the Middle-Aged Woman*, a best-seller in England and a potential one here, is not what you might think. It isn't the usual kind of revenge when a woman loses her husband to someone she knows. First you have to accept that late 40s is middle-aged, but then you'll find much reading satisfaction in the tale of how Rose Lloyd, happily married for 25 years, loses her husband, who works for the same London newspaper she does, to her younger, free-ranging assistant. This isn't the usual wife-gets-even plot. Rose discovers that if becoming older means loss, it can also have unexpected rewards, in this case a new life she'd never thought about. (February)

Television watchers as well as readers know Simon Schama by this time. He's the historian (art history as well as the standard) who writes like a novelist and makes the past live for us. In the third and final volume of his *History of Britain*, this one subtitled *The Fate of Empire, 1776-2000*, he's at his best. Scholarship and superb narrative writing give us a vivid picture of the more recent past: the French Revolution, Rousseau, Tom Paine, Mary Wollstonecraft, the Sepoy Revolt in India, the Irish Famine, Winston Churchill, George Orwell, and right on down to the present—it's all there in a highly readable book that should entertain even those who haven't thought much about British history lately. (January)

Thought you knew everything about Sir Walter Raleigh? Most readers don't know the half (and best) of him, as you'll discover in an imaginative, hugely entertaining historical novel by Robert Nye, *The Voyage of the Destiny*. This was his last voyage, after 13 years in the Tower, when he's released on condition he finds the gold King James I believes is in South America. What a voyage! Ill and stranded off the coast of Trinidad, his son killed by the Spanish he's been forbidden to fight on pain of death when he returns, but he's compelled to anyway. He can become a pirate and fight

Library Notes

Are you a detective or mystery story fan? If so, have you discovered the shelves of Detective Book Club volumes? They're located just inside the classroom and to the right of the door, next to the hardcover and paperback mysteries. Each volume contains three complete stories in type that is easy to read. Some readers are attempting to get through the entire set. Take a look!

Another special interest is our growing North Carolina collection — books about North Carolina or by North Carolina authors. They are on the book cart at the entrance to the classroom. There you'll find volumes on Durham, Duke University, North Carolina folklore, places, and history. Bob Durden's *The Dukes of Durham* is on the in-house authors shelf on the island.

The magazine *Our State: North Carolina* came out with a special issue in November on "N. C. Literature—a celebration of our state's greatest writers." It includes Lee Smith, Clyde Edgerton, Kaye Gibbons, Thomas Wolfe, O. Henry, Jan Karon, Reynolds Price, Jill McCorkle, Charles Frazier, Philip Gerard, and a number of others. There should be a copy of the magazine on the big table in the library, or you can order your personal copy for \$6 from the publisher: Mann Media Inc., P. O. Box 4552, Greensboro, NC 27404, telephone (800) 948-1409.

Persons donating magazines to be used in our library or sent to area hospitals may wish to cut out the address label to protect privacy; however, please cut neatly rather than tear and damage the cover.

The Library Committee is busy sorting and processing recent donations to keep our collection as current as possible and within the limits of our space. Keep those donations coming!

Mary Ruth Miller

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Forester Profile

Rebecca Safarczyk

When Rebecca Pangallo married Luke Safarczyk, they created a miniature United Nations, since both were half-Italian and he was half-Polish. Their marriage came at a time of international crisis, the Saturday after 9/11, so the honeymoon (a Caribbean cruise) had to be postponed until January. From then on, however, it was clear sailing, with Luke finding a new job in Research Triangle Park two years ago and Rebecca finding us at The Forest a little later, where she is now *Nutrition Care Manager*, the most recent in a long line and one everybody hopes will be reasonably permanent.

Rebecca was born in Cincinnati, OH, Luke in Morris, IL, an hour out of Chicago. She has three older brothers, still in the Cincinnati area, and seven nieces and nephews. Graduating from Cincinnati State College with an Associates Degree in Dietetics, she became a registered Dietetic Technician, already practicing while she was still in school, at University Hospital in Cincinnati. Later, she worked at Mercy Hospital, in Fairfield, OH, to gain experience in acute care, and also at Meadowbrook Care Center, a long-term facility in Montgomery, OH. When her husband, a pharmaceutical researcher, was transferred, the move became the Forest's lucky day.

At home, on the edge of Durham, Rebecca likes to bake, read, and travel. She enjoys visiting Las Vegas and seeing such shows as the minicircus, Cirque du Soleil. Travel also takes her on occasion to Chicago, where she enjoys the shops on Michigan Avenue. Back home, she collects John Travolta movies, and memorabilia, including among other exotic items, a "Vinnie Barbarino" doll.

As for working at The Forest, Rebecca believes we have the best nursing staff she's ever seen and wants to stay with us forever—or at least until her family's lifestyle changes, if it does.

John Tebbel



Photo by Ed Albrecht

Rebecca Safarczyk

Book Notes

(Continued from page 6)

the Spaniards, or go home and be hanged. Then there's his infamous romance with Elizabeth Land. The author's highly imaginative and entertaining style gives us a wild ride through a famous and still largely unknown life. (January)

John Tebbel

Growing Pains

Recently we have had some questions from new residents on landscaping and gardening procedures which we shall try to answer.

Landscaping Cottages: Our residents' handbook states that residents plantings that are more extensive than small flower or vegetable gardens require submission of a plan to the Facility Services Office. (Forms are available at the office of Max Harrell or from Carol Lumia.) Jim Thompson then submits it to the resident grounds committee and the final stamp of approval is given by our executive director. All grass and common planted areas are maintained by the Forest, including all foundation plantings.

Greenhouse: If you are going on vacation and would like to place your plants in the greenhouse for automatic watering or if you would like to give your plants some R & R between bloomings — you are welcome to do so. Place them just inside the door and on the cabinet or shelf. Our greenhouse chairman or a committee member will place them where they are properly watered—*be sure you put your name on a marker* for each plant and be sure your plants are *disease free*. The Greenhouse Committee plans to have a working meeting to wash the algae off the windows and pitch any plants that look neglected or forgotten. So check any plants you have there—pull off the dead leaves—repot if necessary.

Garden Plots: Frank Melpolder would like to hear from anyone who is interested in a plot for next year. There are still a few plots that need to be cleaned up. Please let Frank know if you do not wish to use your plot again next season so it can be reassigned.

Flower Arrangements: Thanks to Clare Eshelman for sharing her lovely green orchid that was displayed at the entrance to the dining room and thanks to Dot Logan for the Gingerbread House.

Betty Niles Gray

Taking up the January Gauntlet

"... January doesn't rhyme with anything. . ."
wrote John Tebbel, in *The Forester*, January 2003

Would you trust the man you marry,
Seeking winter sanctuary,
Snug in his sedan, to tarry
While you ride the Danube ferry
In a freezing January?

Fie upon you, man too wary
To seek a rhyme for January,
Don't find a helping hand too hairy!
Rely upon the Can-Do Fairy
To free you from the can you carry!

But I shall retire, perhaps to my bed,
Perhaps in a book my neb to bury;
I'll leave it to someone else instead
To hunt up rhymes for February!

George Chandler

Investment

Babies, teaching, gardening, cooking,
Neighbors, duties, field mice and deer,
Children's parties, squabbles and bruises,
Domino demands dumped one on one,
Senses unable to seize what was mine,
Yet love was there.

Myriad thoughts swirl within the mind
Tracing happiness through many years
Facing hardships and celebrating peaks
Watching youth experience first love
Carrying dreams down paths tread before
Creating their own dance with life.

Melba Pifer Reeves

Family Ghosts

I am glad I am - but, what makes me, me?

First, there must have been a Master plan
And a Dad and a Mom, saying, we must expand;
So I popped into view, all shiny and new
Wondering what this me was supposed to do.

Now that I'm grown, the quest has begun
To discover what makes this God's creature run —
Who gets the blame, or where is praise due
If my complete self is not really new?

I touch a child, beam a smile for a start
Was that Aunt Liz? All tots warmed her heart.
I cherish the cobweb glistening in the sun —
Was it Cousin George who taught me that one?

I surprise my child with a tidbit or toy
'Twas Grandpa who made each day burst with joy
I recall best of all a ride to the springs —
A picnic hidden in the "T" Ford machine!

I scrape the bowl, not once but twice
And stitch up a hole while it's still a mite
I peel a 'tater — oh — so thin
Grandma 'Coy got that one in.

When I say to my maid, Sit down for a spell,
That must be my Mom whose kindness they tell.
With a glint in my eye, I take a dare
Whoops! A vision of Granny appears on the stair!

I struggle and strain trying to be
But ghosts crowd 'round and point fingers at me!

Melba Pifer Reeves

The Spring Nymph

Impatient to create her earth magic, the nimble
nymph

Slid from sky to earth on a sunbeam.

Hitting cold ground, she shivered, shook her
fingers,

And snowdrops slyly opened.

The wind used his force to whisk the nymph
skyward

The rhythm of the seasons would dictate her return.

The earth in its orbit gathered energy from the sun
Buds pregnant with bloom ached to deliver.

The nymph zoomed down with her wand held high
"Come forth," she called, "Crown this domain with
beauty!"

Crocus, forsythia and daffodils spread a buttery
yellow;

Maple trees displayed a crimson glow; the redbud,
fuchsia;

The japonica, tangerine; bridal wreath, pure white;
The scilla, Dresden blue; and the hyacinth added
fragrance.

Winter discontent begone! The total design pleased
The nymph. She curled up under the purple iris to
sleep.

Melba Pifer Reeves

Bob Blake's
Puzzle

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

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

School Days

ALGEBRA	CLOAKROOM	LABORATORY	PENCIL	SPORTS
ALUMNI	DATES	LATIN	PLAY	STADIUM
ART	ERASER	LINCOLN	PRAYER	STUDY
ASSEMBLY	FLAG	LUNCHES	PRINCIPAL	TEACHER
BAND	FRESHMAN	MAPS	PROJECTOR	TERM
BATONS	FRIENDS	MASCOT	PROM	TEST
BELL	HALL	MARCHES	RECESS	UNIFORM
BOOKS	HISTORY	MUSIC	RECORD	YELLS
CHALK	HOLIDAY	NUMBERS	REUNION	YOUTH
CHEERS	HONOR ROLL	PALS	SALUTE	WASHINGTON
CLASS	INK WELL	PEN	SENIOR	
