

Easy Walks Along the Eno River

by Jay Williams

While giving talks to senior audiences about the Eno River, I am sometimes asked if there are walks along the river that are accessible to those who use wheelchairs or walkers or to those who are not steady on their feet on uneven ground. Most of the trails along the Eno have uneven surfaces with roots and rocks, and some are also steep in parts. However, there *are* four easy walks on the Eno with smooth trail surfaces.



West Point Mill (photo by Jay Williams)

The first walk is at West Point on the Eno, a Durham city park. The park is the location of the annual Festival for the Eno. It is located off North Roxboro Road, ten miles or a 17-minute drive from TFAD. It is a 404-acre park that is contiguous with, but not a part of, the nearly 5000-acre Eno River State Park. The section of the city park closest to Roxboro Road is a large, open meadow ringed by a one-mile gravel road, which you can either walk or drive, stopping at sights along the way.

Moving counterclockwise around the loop road, you first come to the Woodwright's Shop where Roy Underhill's long-running TV show was filmed. Beyond the Woodwright's Shop, a trail of

about 200 yards takes you to an architecturally interesting pedestrian bridge over the Eno. From the bridge, you can see the two geologically distinct parts of the Eno River. Upstream, the river runs swiftly and clear through the steep, hard rock banks of the Carolina Terrane. Downstream, the river is slow and muddy as it meanders through the alluvial floodplains of the Durham Triassic Basin.

About 50 yards further around the loop, you will come to the reconstructed West Point Mill. The original mill on this site operated from 1778 to 1942 and collapsed in 1973. Between 1974 and 1976, a mill from Stuart VA was reconstructed on the site. The reconstructed mill remains the only operating mill on the Eno, grinding corn and wheat the old-fashioned way for sale every weekend. In another 100 yards around the loop, a trail leads for about 200 yards to the mill dam which backs up the deeper water of the mill pond for about a mile. Another 300 yards around the loop is the historic McCown-Mangum House, which was occupied from 1840 to 1968. It now contains a photography museum and exhibit space. The park, including the McCown-Mangum House, was spared from development in 1968 by the efforts of the Eno River Association and bought by the City of Durham to be made into a city park.

The trifecta of easy walks along the Eno River is in Hillsborough. A 21-minute, 13-mile drive from TFAD to the Eno River Public Parking Deck next to Weaver Street Market will bring you to an access to the Hillsborough Riverwalk. The Riverwalk begins as a boardwalk, but after 1.1 miles it becomes a paved trail. It follows the river and comes to the reconstructed Occaneechi Indian Village after a quarter mile. The village was the largest Indigenous settlement in the area as described in British explorer John Lawson's 1709 book *A New Voyage to Carolina*.

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The Forester

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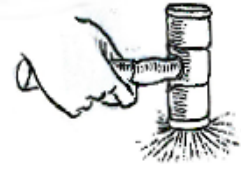
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President's Podium



by James Freedman

Welcome to 2025! I hope the new year is treating you well. Although you're reading this article in 2025, it is being penned in 2024 at the start of the Residents' Association new fiscal year, which runs from November to October. The year 2024 has been a productive one, with growth, progress, challenges, and many transitions, including the departure of several old friends and the arrival of new ones.

Five new members have been added to the RA Board and were introduced to you at the October Annual Meeting. I hope you've had an opportunity to meet and interact with them. I also encourage you to recognize the departure of the four members who have left the board. **Ken Barrett** served three terms (six years) as Treasurer and made significant contributions to the Employee Recognition Fund process, established improved ties with the TFAD Finance Department, and kept a well-balanced budget. **Judy Vick** served six years on the Health Committee, the last two as chair, and contributed significantly to improving the communications with the Health Center as we transitioned to the new small neighborhood concept. **Judith Ruderman**, as chair of the Marketing Committee, continued improving the working relationship with TFAD Marketing, and the committee was, and is, heavily involved in integrating the new Terrace residents. **Forrest Dixon** was the shortest term member, stepping in to fill the vacated post of chair of the Finance Committee for the last quarter, but he contributed significantly to keeping that important link open. Feel free to thank them all for their contributions.

Now for a change of pace and topic. Are you familiar with Addie's Fountain Garden? That's the TFAD outdoor space immediately south of the Rose Garden and east of the Dining Room. Residents have been asked to provide input on modifications that would result in improved usage
(Continued on Page 5)



Forest Readers, with **Shannon Purves** reading to a packed Party Room, Nov. 20, 2024

In Memoriam

Bill Griffith
Jim Agnew

December 4, 2024
December 12, 2024

This and earlier editions of The Forester are available in full-color digital PDF format from the RA Website <https://ForestRes.org>.

Jay Williams

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Occaneechi Village (photo by Jay Williams)

It is reconstructed to look as it would have in the 1600s. Its exact location was sought by UNC's Research Laboratories of Archeology since 1938, and its location was finally definitively determined by excavations begun in 2019. The trail also passes the Hillsborough Farmers Market and the Hillsborough Community Garden. The entire walk is a 1.4-mile round trip on smooth surfaces.

At 0.7 miles, the Riverwalk property and asphalt trail come to an end, but a fine gravel trail continues for another 0.15 miles through the CHAPT (Classic American Homes Preservation Trust) land, which contains five former archeological sites. Finally, the trail crosses the Oxbow Fort Bridge built in 1998 and ends at Elizabeth Brady Rd. The Riverwalk Trail and CHAPT extension include multiple interesting signs summarizing the area's history.



Historic Occonechee Speedway (photo by Jay Williams)

Just across Elizabeth Brady Rd. is the parking lot entrance for the Historic Occonechee* Speedway. The Speedway is the only surviving dirt track from NASCAR's inaugural 1949 season and was once frequented by the likes of famed NASCAR driver Junior Johnson. The grandstand, announcer's platform, and two rusty race cars now sit quietly beside the dirt track. The walk from the parking lot is 0.25 miles on a fine gravel path. The Speedway itself is a fine gravel loop that is just over a mile. It runs beside the Eno River, but a berm along the edge of the Speedway obscures the view of the river. The Speedway became part of the Eno River State Park this year. The entire walk is 1.3 miles on level, fine gravel surfaces.



Ayr Mount Plantation (photo by Jay Williams)

Directly across the river from the Speedway is Ayr Mount, a 19th-century plantation house built in the Federalist architectural style. It was restored by restorationist Richard Jenrette and donated in 1995 as a National Historic Landmark. It is open for house tours Thursdays through Saturdays. Its beautiful, open grounds are ringed by The Poet's Walk, a smooth, fine gravel loop trail with a few roots and ruts from erosion. The one-mile trail follows the Eno River for part of the loop and passes a pond. Although the Poet's Walk is directly across the river from the Speedway, there is no bridge, so access to the Poet's Walk is through the entrance to Ayr Mount at 376 St. Marys Rd. It has ample parking and picnic tables for visitors.

Enjoy your walks! 🌿

* The name of the speedway and of the nearby mountain were also derived from the Occaneechi Band of the Saponi Nation.

Welcome New Residents

Patricia (Pat) Tourigny

Apt. 2017

508-341-0547 pat8549@gmail.com

Welcome to **Pat Tourigny**, who moved into The Forest in October with her adorable toy poodles: Teddy, age five-and-a-half, and Bear, age fourteen. A native of Queens NY, Pat has lived in numerous locations including Brooklyn, Torrington CT, Galveston TX, St. Paul MN, Worcester MA, and San Juan PR. A graduate of Clark University in Worcester MA, she received a BA in Psychology (specializing in alcoholism rehabilitation) and a minor in Business. In college her interests were the arts, playing the piano, reading, and antiques. She worked for the Salvation Army and at Rutland State Hospital in alcoholism rehabilitation for seven years, then at Hanover Insurance Company as Project Manager for MA Auto, at which time she met her future husband Ernest Tourigny.



Pat's apartment at The Forest is a beautiful testament to her many unique skills in rug hooking, stitching, embroidery, Russian punch needle work, crocheting, and cross stitching. She has been a member of ATHA (Association of Traditional Hooking Artists) for 40 years, and she is currently in a chapter in Chapel Hill. She is happy to show interested persons the creative fine points of making a series of French knots, as well as samples of her

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Gail and McNeill Gibson

Apt. 2045

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Gail and McNeill Gibson moved to The Forest from Durham where McNeill has lived since retiring in 2014 from a 40-year career as an internal medicine practitioner. Gail also retired in 2014 from a teaching career in medieval literature at Davidson College. After her retirement from Davidson as William R. Kenan, Jr. Professor of English, she was the recipient of a long-term NEH-Folger Fellowship at the Folger Shakespeare Library in Washington D.C. where she did research until 2020 on medieval religious drama manuscripts and their post-medieval collectors.



The couple met as undergraduates at Duke University and married at Duke Chapel in 1969, at which time McNeill was in medical school at UNC and Gail was completing her Duke undergraduate degree in English and then her Duke MA in Medieval Studies. Upon completing their degrees in 1972, the Gibsons moved to Charlottesville VA where McNeill completed his internship and residency at the University of Virginia hospital and Gail obtained a PhD in English. Their next move was to Princeton NJ where Gail taught medieval literature in the English Department at Princeton for eight years, and McNeill practiced medicine in Trenton NJ.

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Pat Tourigny

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handwork which fill her apartment. Pat has written articles for and exhibited her works in *Rug Hooking Magazine*. Here at The Forest she has happily joined the handwork group which meets on Thursdays in Taproot.

When asked about her great love of traveling, she exclaimed, "I have been everywhere!" Special favorite trips have included going to the Canary Islands, Singapore, Greenland, and throughout Europe. A special love was a trip on a mail boat through the Norwegian fjords, learning about the lives of operators and delivering fresh food and produce to numerous stops en route.

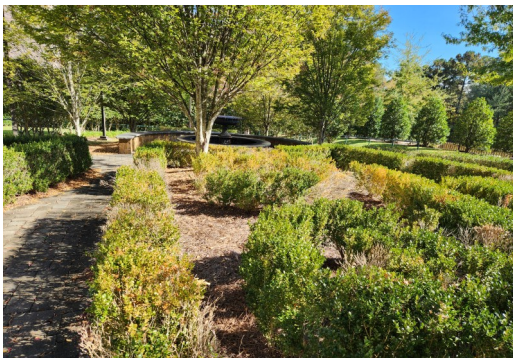
Pat's children include Niki Juralewicz, an acupuncturist in Durham; Jon Marie Woolverton, a specialist in the sterilization of medical devices in Gilford NH; and Rick Wenning, an environmentalist working on pollution control in waterways in Yarmouth ME.

Included in Pat's large family are three step-children, fourteen grandchildren and five great grandchildren. 🌿

President's Podium

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of the area, and the RA is collecting information on resident preferences. All Caucus Leaders have been asked to have this conversation with their caucus members. Results will be compiled and results emailed to **Beth Timson**, chair of the General Services Committee, for further planning that will represent the community's wishes. Feel free to contact her directly if you have recommendations or want to be involved in moving the process forward. 🌿



Addie's Fountain Garden

Gail and McNeill Gibson

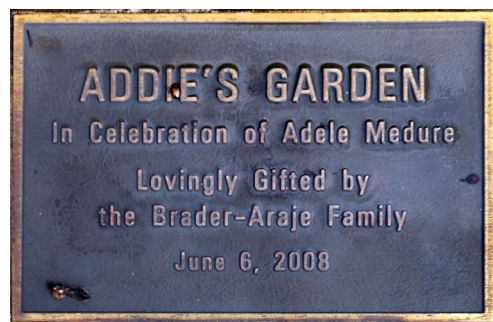
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In 1983, the family, which now included their two children Josh and Annie, moved back to NC. McNeill worked as an internal medicine and primary care physician in Charlotte for 30 years, and Gail taught early British literature at Davidson College and published *The Theater of Devotion: East Anglian Drama and Society in the Late Middle Ages* and other studies of medieval literary and devotional culture and performance.

Both Gibsons have been dedicated to volunteer activities. McNeill has worked and currently volunteers as a preceptor and mentor at the Lincoln Community Health Center in Durham. He also volunteers for and is on the Board of Directors of Partner for Surgery, which provides surgery for remote Mayan populations in Guatemala. Gail was formerly a member of the Board of Directors of the Princeton-NOW Day Care Center; while at Davidson she was the President and long-time member of the Board of Directors of the Davidson-Cornelius Daycare Center.

The Gibsons' son, Joshua Gibson, and his wife, Shambhavi Kaul, are art film makers and professors of cinema studies in the Duke Department of Art History and Visual Studies. They have a 16-year-old son, Kavi, who is an avid long-distance runner. The Gibsons' daughter, Anne McNeill Gibson, is a professor of Latin American and Brazilian Studies and Director of Global Education at Tulane University. Annie and her partner, John Stewart, have an infant son, Gibson Finn Stewart.

Gail's hobbies include bird photography, reading, and family and local history research. McNeill enjoys walking slowly and playing sad country songs on the guitar. 🌿



My Second Hometown

by Carolyn Cone Weaver

My affection for Durham goes back a long way—longer than people realize. When I moved to The Forest at Duke in 2021, it was the third time I'd been a Durham resident. The city has changed almost beyond recognition over the years, but I have many warm memories of the way it used to be. My “Bus Driver Story” is one of those memories.

As a Duke student, I enjoyed browsing the attractive stores lining Durham's Main Street. Remember Ellis Stone and Belk-Leggett, the little shops and eateries? And at the beginning of each semester I spent hours in The Book Exchange filling out my required-reading lists. (Anyone who attended Duke back in the day remembers The Book Exchange.)

On a day in 1956, second semester of my freshman year, I decided to take advantage of one of those glorious North Carolina, February “spring” days when the daffodils were in bloom, and it was snowing at home. I could enjoy that rare day and walk to town, but I needed to allow enough time to get back to East Campus for an afternoon class.

I was having such a good time that my errands took longer than planned. How could I get back to East Campus for my class? Aha! There was a city bus at Five Points, ready to go up Main Street toward Duke. I'd get to my class on time!

A little background: I came to Duke from a small town on Long Island, within the New York city limits. My friends and I often relied on the city's buses and trains to get us where we needed to go. Because my high school was in the town next to ours, we took the train. No school buses back then. In the mornings, we walked the mile from our homes to the Long Island Railroad station. The train took us to the next town, and we walked another mile from that station to our high school. In the afternoons, a city bus took us to a stop near our little village, and we walked home from there. Lots

of good exercise and, based on our personal experience, we were sure—no question!—that once we boarded a bus or a train, New York City's public transportation would get us to our destinations. On time!

In 1956 Durham, the city's buses gathered downtown at Five Points, waiting to carry residents to their various destinations. This particular afternoon, the bus I needed sat where it was supposed to be, motor idling, door open, the driver in his seat. When I stepped on board I realized that I was the only passenger. But being a veteran of public transportation, I knew the trusty driver would get me to East Campus in time for my class.

However, as soon as I took my seat, the driver got up and got off my bus without a word, leaving the door open. The bus continued to idle, rocking gently, but the driver was gone! I was alone on the bus! This was not like New York City: when I got on board, the door closed, and the driver took me to my stop. Here I was in Durham NC, sitting all alone on a bus that could drive off by itself at any moment. And to top it off, I was going to be late for my class!

Just as my anxiety reached volcanic levels, here came the driver. Again, without saying a word, he mounted the steps carrying two ice cream cones. One for him, one for me, and he didn't even know my name was Carolyn Cone! *P.S.* He got me back in time for my afternoon class. 🌿



Durham's Five Points, circa 1960

Double the Security

by Robyn Sloan

They are alike—but they are different. Security Officers **Tara Lemus** and **Tiffany Wilkerson** attended last year's Halloween party by switching nametags...and nobody noticed! Due to their similar stature, they are often called by the wrong name. Still, these two both enjoy working here at The Forest and interacting with residents and their families.

"Jill of All Trades" Tara Lemus has held a variety of positions at TFAD over the past 22 years, including both Dining and Health Services. Some



Tara Lemus fixing alarm system

residents may remember her as the lead Health and Wellness Receptionist for 14 years prior to transferring to Security and Transportation in February, 2024. Tara loves learning and is studying to earn a CAPM degree—Certified Associate in Project Management. Talking with residents remains a favorite aspect of her job because her "400 grandparents" can usually offer a good story or sage advice. Outside of work she likes walking and jigsaw puzzles, plus spending time with her nephews and niece.

Tiffany Wilkerson arrived in North Carolina more recently, having come from a small Midwest town with many Italian residents where a diverse Italian culture is celebrated. Tiffany comes from a loud, hard-working, religious, family of Italian and Puerto Rican heritage. She is proudly married to a military man, and they have a blended family,



Tiffany Wilkerson in security booth

including her daughter back in Illinois, her college-bound son who lives with her, and five stepchildren. In addition to her family, creative interests such as photography, painting, and cooking compete for her time. Tiffany has experience in law enforcement and as a retail store manager, which provided good preparation for her job here. Like Tara, she is people-oriented and likes to learn about life stories. Tiffany appreciates the warm welcome she has felt from staff and residents.

TFAD Security Officers work long hours on three shifts—sometimes with 15-hour days. Weekends can be demanding, because the Security number is the one called for anything, from IT and housekeeping issues to plumbing and electrical troubles, which can sometimes be a challenge. Despite the challenges, you will see these ladies' smiling faces as you pass by the guard kiosk at the entrance gate.

And if you happen to see them indoors, Tiffany is the one wearing a face mask. 🌿

A Cooking Experience: Holiday Havoc

by Sherrill Blazer

Dan and I could have chosen to dine at The Forest for a very sumptuous meal on Thanksgiving. However, since we have local family members nearby, we spend those special meals with them. We are fortunate that our son's mother-in-law loves to host these holiday meals (or that is the way that I interpret it)! So, she asked me to only bring two items as our contribution: mashed potatoes and a family favorite, chocolate chess pie. So, what was the problem (or problems)?

I have barely cooked anything in my oven since we arrived two years ago. Why should that empty oven space go to waste? I store my larger pots and pans in the oven. In the past, I had forgotten to remove them before I began the pre-heating process. But today I caught myself in time. Rubber-handled pots don't do well with 350-degree oven heat.

When putting the pie together, I needed a larger set of measuring spoons, but could not find them so off to the internet (not trusting my memory) I searched out how many teaspoons would be the equivalent of 2 1/2 tablespoons. Now moving on...the pie was finally in the oven after cleaning up a spill of the pie filling in the bottom of the oven.

So why not use this time in the kitchen to clean out the bottom oven drawer full of metal cookware? I began rearranging, and I promised myself that I really would use these cute little tart pans sometime in the future! And the small loaf pans! Wouldn't they make nice little gifts for my Forest friends?

It is no longer easy for me to work while sitting on the floor, so I retrieved my floor cushion and began work. Oops, how did those pans slip behind the oven drawer? Bending, stretching, twisting, and then on my knees, I began reaching for them. Ouch..I slit my wrist! What will people think? I will wear extra-long sleeves and a large bracelet so that no one refers me to the suicide hot line. But the pans were still on the tile area underneath the oven. Where is my grabber? I knew where it was in my Cary house, but where is it in our apartment? Where would it logically be?

Forty-five minutes of the bake time had elapsed, the timer buzzed; I must remove the pie. I grabbed my potholders and removed the pie but not without burning the top of my hand. So far, I have one wrist injury and one on top of my hand. This is why cooks use oven gloves. And I do have gloves, somewhere....

My next effort was making the mashed potatoes, and I am wondering why I did not just use instant ones. With the right ingredients, one cannot tell the difference, or so I thought. I knew that transporting them and serving them several hours later would take a bit of culinary creativity. I added much extra milk. Not too wise since the milk -and-potato goo spilled over the floor of the car in transport. You might wonder how anyone could SPILL mashed potatoes. But this Blazer could.

The dinner was a success in spite of the mishaps. My chocolate chess pie (our son's favorite) was a big hit. The mashed potatoes were yellow which made sense for Yukon Gold potatoes...but I had used vegetable broth for cooking and evaporated milk because I forgot to buy the recommended dairy item. Yet they were tasty and eaten.

Will I remember the cooking lessons learned after this holiday experience? Only time will tell, but I will not be telling! 🌿



Fall Festival, October 25





Gingerbread Houses
December 18



Library Science 101:

By Carol Reese

NORTH CAROLINA LITERATURE

JANUARY—FEBRUARY 2025 BOOK EXHIBIT

Organized this month for the Library by resident Beth Timson, we are starting this new year with an exhibit highlighting books by writers either born in North Carolina (such as Clyde Edgerton and Reynolds Price) or ones who have spent a significant part of their writing careers in North Carolina (such as Lee Smith and Nicholas Sparks). In addition, you will also find books about different aspects of North Carolina. Beth hopes that you enjoy this exhibit and find new and interesting selections to read. If you have a topic you would like to see highlighted by using the book exhibit, please contact either Carol Goldsmith or me to discuss your ideas.

DAILY NEWSPAPERS; MAGAZINES

The Forest at Duke (TFAD) administration provides subscriptions to four daily newspapers (*The New York Times*, the *Wall Street Journal*, the *News and Observer*, and the *Herald-Sun*) for the

benefit of *all* the Forest residents. The newspapers are kept in the Library and should not be removed for any reason. If you are reading one of the papers, please be willing to share the different sections with other residents if you notice that they are interested in reading the same paper.

The same standard goes for the magazines that the administration purchases for the benefit of the residents: *Time*, *Newsweek*, and *Our State* magazines. Once you are finished reading them, please put them back on the magazine racks.

RENEWING ITEMS ALREADY CHECKED OUT

All items that can be charged out of the library go out for a period of three weeks. If for some reason you wish to keep them for a longer period, you can leave a note that you wish to renew for another three weeks. Make sure you include on the note your name, your apartment or cottage number, and the title of the item you wish to renew. If you received an overdue notice, leave the notice on the Circulation Desk with a note indicating which item(s) you wish to renew. 🌿



Emily, Amari, Mae & Corinne, Emma, April



Tiffany Wilkerson

The Secret of the Safe

Beth Timson

Hildegard sat in her favorite chair, knitting the scarf she was making for her favorite nephew, when she was surprised by a knock on the door. "I'm not expecting company," she said, rising to answer the summons. She was surprised to see George, The Forest's Head of Security standing on her threshold, looking anxious.

"Is something wrong?" she asked worriedly.

He sighed. "You know Ms. Canady's relatives are here, cleaning out her cottage?"

Hildegard nodded. Her longtime neighbor Betty Canady had recently died.

"Well," he went on, "her will says that all her jewelry—and she had a lot, some of it very valuable—is in a wall safe, and we found the safe itself, hidden behind a picture in her living room. The will said the combination was written down, but we can't find it anywhere."

"Betty always loved to needlepoint her favorite sayings and hang them up in the living room," Hildegard said. "But what can I do? Betty never gave me the combination. You may have to hire...I don't know...a professional safecracker."

George shook his head sadly. "It's one of those fancy Jongleur safes; if you try a wrong combination, it locks up forever. I hate to think about using some kind of explosive device. What a mess! But I'm at my wit's end. I was hoping you'd come over and just take a look around. You knew Ms. Canady well, so maybe you can figure out where she hid the combination."

"Well," said Hildegard, "I can try." She walked with him to Betty Canady's cottage.

"I'll leave you alone to think," George said, and Hildegard sat down in the chair she always used when she visited Betty. She thought about her friend, and let her mind roam around the room. Suddenly she smiled, "Betty, you tricky woman!" Hildegard had figured out Betty's secret—can you? 🌿



Answer: The secret is in Betty's big picture: "Leaven, " "Too, too, " "For love, " and "Reverse"—that gives you "11, 22, 40" and "Reverse." So the combination is (see bottom of staff listing on p.2)