

THE CAROL WOODS NEWS

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FROM DULCIMERS TO STARGAZERS

Most people are fortunate to hear one dulcimer player; Carol Woods residents enjoyed the music of 21 of them in late September! The Carolina Mountain Dulcimer Players rehearse at Carol Woods monthly; and to show their appreciation for this privilege, they presented a concert thoroughly enjoyed by residents and visitors and reported the next day in THE CHAPEL HILL HERALD with pictures.

Visitors to the North Carolina mountains often stumble across a shop where the resident artisan is fashioning a dulcimer, that stringed guitar-like instrument peculiar to mountain folk. If the shoppers are lucky, the worker lays aside his tools and plays for them. The rather haunting music of the dulcimer evokes the sometimes harsh lives of those hardy mountain pioneers, their loves and their tragedies.

Dulcimer players are not the only group to use the Assembly Hall or other rooms at Carol Woods. The Special Programs Committee chaired by **Anne** and **Bill Wright** responds to requests and decides which groups' purposes and activities represent some community service or have residents involved. Well over twenty groups currently use Carol Woods' facilities regularly; some, such as the Girl Scouts and the Rotarians, are rarely noted by residents. Others, like the dulcimer players, offer direct "pay back" benefit to residents.

For instance: those walking outside one night this fall were invited by members of CHAOS (astronomy group) to view the heavens through their telescopes set up on the front lawn. (CHAOS and others also often invite residents to be guests at their meetings.) OLLI (the Duke-based learning in retirement group) holds one class here each semester and offers free tuition to residents. Not to be omitted are the

excellent young musicians—some of very great promise—brought by their teachers to perform in recital for Carol Woods' eager listeners.

The Community's willingness to share its space is just part of its good neighbor policy. This is surely a case of "casting our bread upon the waters"!

LB

CHRISTMAS

The magi came bearing gifts.
The crowd was unruly.
Shoppers jostled and pushed.
Cell phone and carols
Provided disharmony.

Tension increased.
Shoppers, on edge and anxious
Did not notice the baby,
Or wonder why the magi were in town.

The President arranged a mission
(the magi might be terrorists).
Congress continued to debate.
Candidates continued to argue.

Shoppers went home,
Ordered in,
Turned on the news.

Mary and Joseph hugged their newborn
At the shelter
Hoping for peace and quiet.

Dorrie Prouty

IT'S DECEMBER—CELEBRATE!

Long before Hanukkah, Christmas, and Kwanzaa, December was a month noted for important celebrations and traditions, most related to the return of light after the winter solstice. Egyptians celebrated the death and rebirth of their virgin-born god-man Osiris. Elsewhere Druids, Zoroastrians and Incas had ceremonies to note the rebirth or re-emergence of the sun god, whereas Norsemen burned logs or rolled huge flaming wheels down hills believing the sparks represented the number of the coming season's pigs and calves.

Fires, candles or lamps were central features of solstice celebrations. And, as celebrations are wont to do, they featured feasts and the gathering of families. Our more modern December celebrations follow similar traditions. The eight day celebration of Chanukah, the Festival of Lights, includes lighting candles of a menorah in memory and honor of the restoration of the Jewish temple by the Maccabees in the 2nd century BCE. It recalls lighting the sacred lamp in the temple during the solstice, exactly three years after Antiochus, the king of Syria, had seized the temple and rededicated it to a Pagan deity during his conquest of Judea.

In the 4th century western church leaders, responding to pressure to observe Jesus' birthday, selected December 25, perhaps in an effort to adopt and absorb the traditions of the Roman Saturnalia festival, (it worked—'tis the source of many current Christmas customs). The observation was not generally accepted as a Christian holiday, however, until the 6th century.

A more recent arrival, Kwanzaa, began in 1970. Based on various African harvest festivals, it is celebrated primarily in the African American community. Like Hanukkah and Christmas it involves honoring family and tradition, gifts, a feast and lighting candles (on a Kinara).

Bodhi Day, celebrated by Buddhists on December 8, honors the day the Buddha achieved enlightenment in 596 BCE. Although earlier in the month than the solstice, its themes of new beginnings and enlightenment are consistent with those of our western December traditions.

As we join our families and friends to celebrate our December holidays let's raise a glass and toast both our diversity and the common threads that unite us!

NM

LET THERE BE LIGHT

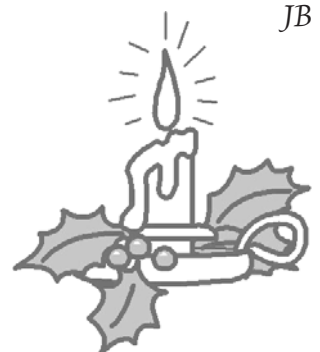
S.A.D., or Seasonal Affective Disorder syndrome, has been called "a form of hibernation" affecting otherwise cheery folks during the low months of winter. We get up in the dark and eat dinner in the dark. Many sense their spirits quietly shutting down.

Now, this is not from the burden of extra layers of sweaters and coats, nor the fact that tomatoes have no taste and require full dental occlusion to be masticated properly. Nor is this despondency owing to a swirl of holidays when everybody is required to be merry and bright. It has something to do with our body's largest organ, the skin and its selfish demand for light, light, more light.

A doctor may advise you to buy a light box and bask in its brilliance for thirty or forty minutes a day. (Reach for the switch instead of the strychnine.) Or you may walk daily bundled up, shivering bravely out through the thirties and forties. (Which, if you'll excuse us, we refugees from north of the Mason-Dixon Line regard as somewhat comical but are nevertheless grateful to be here in North Carolina when it's ten below zero in Wisconsin.)

Dr. Alfred J. Levy, on the Web, compares SAD to jet lag. Jane Brody, *New York Times* health columnist, says adjustment may take up to five months (by which time it's summer here anyway.) Somebody thought up something called a *Dawn Simulator* which pops on with a burst of bright light about an hour before you usually wake up. This no doubt fills you with the false impression that May has come and you've already paid your income tax. Naturally you leap out of bed fully formed and hasten to brush your teeth, and merciful heavens, what are you going to do about that rat's nest you call your hair?

Stay tuned.



REMEMBERING EARLY CHRISTMASSES

Carol Woods was a new community in 1979, and among the first residents were **Wesley and Carolyn Wallace**. They moved into the “historic district” Cottage #102, right out in front of the other new buildings.

Wesley, a professor of radio and television at UNC was an early member of the Board of Directors at Carol Woods. Carolyn was Curator of Manuscripts at Wilson Library at UNC, and shared Wesley’s love of their new home. Wesley brought flower cuttings from his mother’s home in Raleigh, shaped a lovely garden that “bloomed like mad” around their new home. The farm that had been the Weaver Dairy was growing into a beautiful community.

At Christmas, Carolyn and Wesley put up a fine tree in their home. She trimmed it with many decorations. A huge tree was put up in the Carol Woods lounge. **Rosamond Putzel**, who moved into Cottage #103 sometime later, remembers that she and Carolyn put Christmas luminaries out in front of their homes, “so passersby could see them.” There was much Christmas celebration, with singing of carols and a fine Christmas feast in the dining hall. Christmas had officially come to Carol Woods.



AMW

Editor’s note:

Luminaries became a campus tradition in 1992 when Art Southard, a new staff member, installed them in the front of the main building and around the pond in the middle of the campus. Soon residents assumed that responsibility and made it into a fund-raising effort for Ronald McDonald House, an effort that raised \$2,500 in 2006.

STAFF: Nancy Martin, Chair; Louise Baker, Jane Berryman, Ginger Davis, Betsy Hewitt, Ray Mack, Mary Reeb, Burkhard Seubert, and Anne Wright. Pat Bartell, proofreader.

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PICTURES: Bill Bayliss, Nancy Martin

WELCOME NEW RESIDENTS



Richard (Dick) Silva (Cottage 239) grew up in Needham, MA. After service in the Army in Europe he earned his BA at Amherst College and his MBA at Harvard. He married in 1949, had two sons and two daughters, and now has four grandchildren.

For twenty-five years Dick worked in retail in Philadelphia, Boston and then at Bergdorf Goodman in New York City where he became Vice President for Finance and Administration. He came to Carol Woods from New Haven, CT where Yale university used his talents in various positions from Development to Director of employee Benefits. During his thirty years in New Haven he enjoyed community activities such as service at the Yale Coop, the Neighborhood Music School, Edgerton Park Conservancy, and as a Fellow at Saybrook College (Yale). He is interested in music, literature, travel and financial affairs.

Gabrielle Falk

Elinor Koechley (Apt. 2116), a native of New York came to UNC-Chapel Hill as a junior transfer. After graduation she held positions in New York City, including one at *Life Magazine*. Wanderlust led her to California, work at the *San Francisco Examiner* and her husband-to-be, Jack. After a Marriage in St. Patrick’s Cathedral, they lived for a while in San Francisco before returning to New York where Jack had a long and illustrious career as a social worker in the Veterans Administration. They raised two sons and a daughter while Elinor managed a spectacular home (a copy of Sir Walter Scott’s, complete with ballroom and bowling alley) in the Bay Ridge area of Brooklyn with a grand view of the harbor. They retired to Chapel Hill and a home on Mason Farm Road. Since moving to Carol Woods, Elinor has become a grandmother and is awaiting pictures from New Jersey.

Jeanne Madigan

NOVEMBER RESIDENTS ASSOCIATION MEETING

Awards to Carol Woods and its staff highlighted our meeting. John Richter, CEO of Larson Allen, presented Carol Woods with one of two national Pathways to Greatness Awards from Larson Allen and the American Association of Homes and Services to Aging. The characteristics of Carol Woods that merited this award were its values and ethics as a non-profit, resident self-determination, the provision of living wages for all staff, authentic intergenerational integration, true teamwork, transparency and ethics in operations, and on-going contributions to the community. The Town of Chapel Hill has recognized our Transportation Services; Shirley Tuller, Geriatric Nurse Practitioner in our clinic, received an Advanced Practice Award from the NC Nursing Association; and Kerri Hagner, of our food service “wait staff” was congratulated for winning two cycling medals at the Beijing Special Olympics.

Jim Summerville outlined Building & Facilities Committee progress toward conserving water, gas and electricity, introducing their “Save-A-Buck” campaign; **Lew Woodham** reminded us of styrofoam and plastics recycling rules; **Diane**

Henderson urged contributions to the annual Employee Appreciation Fund; Jean Parrish reminded resident artists to submit to the December resident-staff art show, and **Jane Berryman** previewed exciting plans for the December 15th Holiday Party.

Pat Sprigg urged submission of Resident Feedback Survey forms. Focus groups from the Priority List are being consulted about proposed changes for the front entrance, fitness center, lap pool and options for potential additional living units in the newly developed Conceptual Master Plan. Political activity policies were reviewed in anticipation of the upcoming elections. Residents were encouraged to thank the four retiring Board members for their invaluable service at the November 27th reception in their honor.

Ken Reeb, Sr.



Hand blown glass vase created by artist, Shawn Messenge, and presented to Carol Woods upon its receipt of the National Pathways to Greatness Award, by Larson Allen in affiliation with the American Association of Homes and Services to the Aging

COMING EVENTS

Lectures:

- January 3** – TBA
- January 10** – Northern Chapel Hill Land Use – Del Snow

Concerts:

- December 19** – Richard Clark’s “other” Trio
- January 9** – Brenda Bruce – Piano

Winter Fest Live Performances:

- December 20** – Capote’s *A Christmas Memory* - Ginny Ullman
- December 21** – Musica Plays- Musica String Quartet
- December 24** – Christmas Carols – Resident voices and instruments
- December 26** – Christmas Letters – Lee Smith
- December 27** – Mozart Quintet – The Minneapolis Five
- January 2** – Treasure of the Sierra Madre II – Memoir, Barry Freeman

CAROL WOODS

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