



THE CAROL WOODS NEWS

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KITCHEN KLIPPINGS

Who at Carol Woods can forget the glorious pans of fat, juicy blueberries that brightened the Carvery this summer? Or the luscious tomatoes bursting with sunshine and sweetness? We were likewise blessed with Bing cherries, Rainier cherries, blushing peaches, strawberries like jewels – it was a fruitful summer, all right.

Sparked by the successful efforts of people like Alice Waters of California's fabled *Chez Panisse*, chefs all over the country are looking around, and finding, the goodness and savings in locally-grown farm products. Carol Woods' own chef, Steve Playne, is quite up with the trend: we saw the delicious results this summer. Steve checks constantly for North Carolina farmers who can reliably provide the quality produce he demands. "Small growers who harvest foods at their peak of ripeness give us flavors and nutrition the big food processors simply can't provide."

Of course, not everything served on our bountiful Carvery can be found locally. "We look for quality and variety always, which is why our basic source of supply has been changed from *Cisco* to *Food Service*. We're very pleased with the choices and the savings they've given us," says Steve. "On the subject of fruit, for example, right now we're seeing Asian pears and pomegranates we've never had before. And *Food Service* is helping us stay under our budget in spite of rising prices everywhere else." (Any one of us who pushes a supermarket basket knows all about those prices.)

Pursuant of our legendary tomato jubilee, this year Carol Woods diners were delighted to sign a giant thank-you card addressed to Carl and son Henry Outz, the Pittsboro farmers whose entire tomato crop is reserved for us. When the rain finally comes, perhaps next year our expressed gratitude will make the crop even sweeter.

A note: the Herb Garden outside behind the Carvery is loaded with parsley, sage, oregano, thyme and more – all asking to be picked by residents who like to flavor up their own dishes or selections from the Carvery. Bring your scissors and get clipping!

Jane Berryman



Kerry Hagner, a member of our dining services staff, at the Special Olympics in Shanghai, China. She earned gold and silver medals in cycling (photo courtesy the Hagner family)

ROOTS

As a country of immigrants it is understandable that we have a special interest in our roots. One Carol Woods resident, J.J. Gwyer, has traced her family back to the Mayflower. Thanks to my study of my family, I have identified a forefather who arrived in Virginia in 1635 on the *Safety*, skippered by John Grant. It was one of the earliest English ships to arrive in America for which there are good records.

The maritime interests of England at the beginning of the 1600's were concerned with exports and imports of merchandise; passengers were incidental. As far as we know, except on the few ships fitted with special accommodations for the gentry and leading families, the only possible space for passengers was between the stern and the forecabin or between the decks. Their quarters were hollowed-out storage compartments strung with hammocks.

The journey across the Atlantic to America fell into three parts: the journey across land, often from far-away spots in Ireland and Scotland, to reach the port of embarkation in London, Cowes, Yarmouth or elsewhere; the wait at the English port as the passage was booked on the trade ship and the Captain awaited a favorable wind; and the journey across the Atlantic marked with the hardships of densely packed quarters, illness, disease, little fresh water and food, and severe storms. Throughout the waiting on land and the long journey passengers had ample time to be concerned about what lay ahead. Many did not survive the journey. Among the survivors were many indentured to the captain for their fare and obliged to work for years to meet this obligation.

Finding early connections to this country's early history is only one motivation for an interest in genealogy. Some families wish to identify the origins of ancestors who arrived later, sometimes after living in several countries before sailing to America. There are many sources of data currently available to aid in these searches. Interested? Get in touch with Buck Wynne who is trying to form a "Roots Group" to share information and help neophyte genealogists get started.

Buck Wynne

TURKEY, ANYONE?

Thanksgiving means turkey and for many women, "turkey" conjures memories of the first one she had to prepare—one of her many tests of womanhood.

For some of us, that particular test may have involved receiving the bird "undressed" (an interesting use of the word!). Fortunately, my first turkey came fully dressed, even without pinfeathers (the kind I remember helping to pluck when I was a child). We were living in one of the old barracks in Victory Village and invited some foreign students and other friends to join us for Thanksgiving dinner. I had envisioned the twelve of us around a food-laden table (created out of a 4x8 piece of plywood resting on two borrowed card tables and covered with a carefully ironed sheet), the *pièce de résistance* a perfectly browned 20 pound turkey, my husband poised before it with carving knife and fork.

My mother-in-law always had a perfect turkey and had told me how she prepared it—stuffed and covered with foil Tuesday evening, cooked all night at 275°, chilled, and then browned at a high temperature Thanksgiving morning. This freed the small oven the rest of the time for other preparations. Unfortunately, my oven cooked hotter than hers and I interpreted "cover with foil" as sealing it tightly. Wednesday morning I awakened to a delicious smell but a steamed, falling-off-the-bones turkey. Disaster! I took off for the A&P, bought the smallest frozen turkey I could find, thawed it overnight, got up early Thanksgiving morning and, carefully following the directions on the label, had the Turkey table ready at 1:00 when our guests arrived.

In the end the table did look like an international Norman Rockwell Thanksgiving but something was wrong with the picture. That beautiful little bird could not have fed the crowd. Steamed turkey joined the baked on our plates and provided leftovers 'til Spring.

Nancy Martin

LOOKING BACK

One hundred-year-old Carol Woods resident **Margaret Garvin** sits back in her chair, smiling as she remembers Chapel Hill in her early days here. “It was a one-street village” with about as many university students as town-folk. Margaret, her physician husband Dave and their sons David and Peter, lived in the Westwood part of Chapel Hill. Each Sunday they enjoyed a drive into the country north of town to see the cows at the Weaver Dairy. It was the high point of the week for the boys.

Mr. Weaver’s farmhouse stood at the end of a short dusty road, lined with trees, the house surrounded with a little patch of corn and a field of hay. A path led from the farmhouse porch to the silo. The farm was “just a mud-hole that the cows stomped around.” The Garvin family drove up to the farm in the evening when it was time to milk the cows. Mr. Weaver would beat on the side of the silo, and the cows would “march to the silo like soldiers.” The Garvin boys were entranced.

At the time the founders of Carol Woods were looking for land, Dr. Garvin advised his friend John Harkness to look at the Weaver Dairy property. “It’s close enough to town, and I think you can get the town to run a water line out there. I know you can get electricity. You can dicker with the town and get a contract.”

When Carol Woods was being built, the Weaver farmhouse was taken down to make room for the new community. Margaret and David Garvin moved into their new home in Carol Woods in 1980, pleased to live on their favorite Chapel Hill place, the Weaver Dairy farm land.

Anne Marie Wright

WELCOME NEW RESIDENTS



Jane Arndt (Apt. 2212) grew up in the northeast, with college in Ohio. She came to Chapel Hill for graduate school (Sociology, later Public Health) and liked the area too well to leave. Over forty years later she is convinced she made a good decision.

Jane continues to work part-time as Associate Director of Fellowships at the UNC Department of Family Medicine where she has worked for 27 years. Switching to part-time has allowed her to tackle years of neglected reading for enjoyment and to rediscover her passion for bread baking.

A second-generation Carol Woods resident, Jane has enjoyed meeting residents and staff who knew her parents, Arnie and Gen Arndt (CW, 1992 to 2001). Jane’s daughter Leah VanWey and her family who live in Bloomington, Indiana, helped Jane get settled. Jane’s granddaughter Vivi (Genevieve) thinks that Grandma’s Toy Closet and the pool are the best things about Carol Woods.

Selma Froom



Peggy and Walter Mangler (Cottage 224) were both born and raised in Philadelphia, Pennsylvania, where they met at a high school dance. They come to us from Mt. Laurel, New Jersey, where they raised a son, Walter Jr, still living in New Jersey, and a daughter, Debbie, who lives in Pittsboro, NC. They are here in large part because Debbie, while studying for her Master’s Degree at UNC a few years ago, learned of Carol Woods in a class on aging and encouraged her parents to “come and see”.

The Manglers are both retired from the Campbell Soup Company; Peg worked in Accounting and Walter in corporate engineering. They enjoyed several retirement years in New Jersey before moving to Carol Woods.

In New Jersey they participated in church mission work, scouting and Corvette Club activities. Peg enjoys quilting, reading, photography and computers. Walt refinishes furniture and has many woodworking projects. They both enjoy travel, scuba diving, golf and driving their bright yellow Corvette. Even before moving to Carol Woods they were supporters of our local Haw River Assembly and the Triangle Land Conservancy. They are looking forward to the day their boxes are unpacked and they can really get involved with the Carol Woods Community and its activities.

Donna and Andy Stanley

OCTOBER RESIDENTS ASSOCIATION MEETING

Many positive accomplishments were featured at our second meeting for the year. The Association's strong financial picture continues with an actual increase in our net worth. **Mary Ann Gross**, a resident representative to the Carol Woods Board, reported on her experiences. **Diane Henderson** announced the residents' annual Employee Appreciation Fund solicitation.

Lew Woodham emphasized energy and cost conservation related to "peak energy hours". He presented a "Dumpster Diver Award" to **Muriel Easterling** for her crucial work in our recycling program. **Jacqueline Allen** encouraged attendance at the annual CCRC of NC meeting. **Jean Parrish** urged resident artists to prepare for the December resident-staff art show, and **Rod Gorham** reminded of the deadline to apply for winter greenhouse space.

Some recent projects: 1) Maintenance and beautification include preventive asphalt repair and colorful new siding replacement on garden apartments. 2) We will learn of Duke Endowment's decision concerning our grant proposal for innovative services to the elderly, Community Connections for Seniors, in December. 3) Standard & Poor's has continued our "A" rating. Carol Woods is one of only nine CCRC's nationwide so rated. 4) Residents have commented on the newly developed Conceptual Master Plan. Priority List members will soon be consulted. This participatory planning process is designed to maintain a financially strong organization that continues to be attractive to the inherently changeable retirement community market for the next fifteen years.

Ken Reeb, Sr.

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

COMING EVENTS

Lectures:

November 15 – Symphony night – no program

November 22 – Thanksgiving – no program

November 29 – Tim Tyson

December 6 – Paul Frellick – Deep Dish Theater

December 13 – Barbara Matilsky – Art Curator

Concerts:

November 14 – Thomas Warburton – Piano

November 28 – Randall Love – Piano

December 5 – Yoram Youngerman conducts young musicians

Art Show:

November 30 – January 10 – Resident and Staff Show, All Media

Reception – November 30

CAROL WOODS

P.O. Box 2121
Chapel Hill, NC 27514-1438

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