



THE CAROL WOODS NEWS

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THE POND

The view of the pond and its fountain bordered by graceful cypress, weeping willow, flowering trees and shrubs is one of the more aesthetic sights on the Carol Woods campus. Yet its origin had little to do with beautification. It was one of three silt retention basins created before any construction could begin and it has a rich history of its own. **Tony Bayless**, head of the Grounds Department, reports that the thickest file in his department is the one for the pond.



Like the pond itself, the first fountain, installed in 1990, was less for beauty than an attempt to deal with the complicated ecology of a shallow pond. As the sun heats the water in still, shallow water the algae thrive. Treating the water to rid the pond of algae deprives it of oxygen and the fish die. Both the fountain and a small waterfall near the bridge were efforts to oxygenate the water. The waterfall was discontinued due to various problems. We are now on our second fountain.

When the pond, covering 1/3 acre and holding 1,200,000 gallons of water, was drained and dredged last summer, it became clear to Tony that the original pond was little more than a wide trench

that was later excavated to create the gently curving banks we see today. Bald cypress trees and low marsh plants were the first plantings along the banks, intended to create the appearance of a natural pond. The marsh plants wore out their welcome when they attracted a host of muskrats. Given the commitment of Carol Woods to sound environmental practices, these furry creatures were trapped live and transported for release in Jordan Lake. The cypress lived on to produce their picturesque knees. Grass has replaced the marsh plants.

Soon after the muskrats were gone a new nuisance arrived in the form of Canada Geese. At first these handsome creatures were welcomed but the population exploded, creating messy sidewalks and lawns. In 1995, with the help of the NC Wildlife Commission, the geese were rounded up, put in cages and transported to Louisiana. (See photos.) Since then, Tony has had an on-going battle with new flocks of geese. At first he discouraged their taking up residence by recruiting other staff members to join him in flapping arms and yelling at the intruders. This worked but, unfortunately, the geese quickly learned to go into the pond and waited for the humans to get tired. Finally, Tony conceived the plan of scaring them off the pond by harassing them with a remote controlled boat, a procedure he describes as "a little more civilized" than yelling and waving arms. He now keeps three boats of various sizes on hand for this operation. To date, the geese have failed to learn that this harassment is contingent upon Tony's presence and that the boats will not harm them. Consequently small groups of geese arrive but they do not stay for extended periods.

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Ducks are another matter. Residents welcome them. One of the campus favorites was Huey, a white domestic duck who had been injured and could no longer fly to avoid predators. A local farmer brought him to Carol Woods for “Duck Assisted Living.” Residents adopted him, wild ducks joined him and, before long, he was leading an entourage of mallards around the campus where they supplemented their diet with the seeds under bird feeders. Huey’s death, probably by a predator that caught him in one of his naps of old age, was a sad day for residents. Many have offered to purchase and help care for a new Huey but natural ecology argues against the plan. If he could fly he would leave; if his wings were clipped he would be at the mercy of predators. Moreover, wildlife experts tell Tony that a white duck on a pond looks like a snow goose from the air and tends to attract more geese. Efforts have been made to help the wild ducks breed here, though. One spring there were somewhere between fourteen and twenty baby ducks on the pond but few survived to adulthood, falling victim to the hawks and other predators that live in the woods and the pond.

The dredging last summer uncovered several huge boulders. Rather than removing them Tony and his crew stacked them precisely so that the top one would protrude beautifully above the water, pleasing the eye and adding a perch for ducks. The pond will be treated for algae and restocked with fish before the first session of summer camp. Fishermen, get ready!

NM



GROUNDS KEEPERS

Tony Bayless has been responsible for the campus at Carol Woods since 1986. He is a trained horticulturist and did his practicum at the Reynolds Mansion in Winston Salem. In almost twenty years at Carol Woods, he has seen the campus grow from mud holes to the beauty that it is today. His focus is on, first, the horticultural needs of the land (moisture level, weed control, minimal use of chemicals) and second, aesthetics to maintain the “neat and natural” landscape along with the “grace of trees.” Several different kinds of grasses are planted because of the different soils around the campus. There is an irrigation well in reserve that can be used in case of drought to protect some very old and stately oak trees.

In addition to Bayless, the grounds staff includes seven persons whose time at Carol Woods ranges from a few months to thirteen years. One employee is a private-duty gardener who spends a portion of her time assisting residents with gardening projects around their homes on campus. During winter storms and power outages, the grounds staff sometimes sleeps overnight on campus, waking early in the morning to shovel sidewalks, spread salt and sand, and clear major parking areas.

Lottie Applewhite



“All aboard for Louisiana”

WELCOME NEW RESIDENTS

Anne and Dick Wood (Cottage 162) came to Carol Woods from the Outer Banks town of Southern Shores where they have lived since retiring in 1987. Dick grew up in upstate New York and graduated from the State University of New York at Albany. He moved to Washington, DC, to work for the Central Intelligence Agency in the Directorate of Intelligence as an analyst and executive.

Anne grew up in the Maryland suburbs of Washington and also worked for the CIA, where they met in 1958 and married in 1960. They lived in Bethesda MD, for their years in the DC area. They have a daughter, two sons, and nine grandchildren scattered about the US in the Chicago area, in Denver, and in Washington suburbs. The Woods lived in Singapore (1968-70) and have traveled widely, most recently in Chile, both in connection with work and on trips with nature groups. They are accomplished birders. On the Outer Banks, they were active volunteers in the Nature Conservancy's Nags Head Woods Preserve, the Unitarian Universalist Congregation of the Outer Banks, the U.S. Fish and Wildlife Service and others. When **Myra Ledyard** left the Town Council in 1995, Dick was appointed to complete her term, serving as Commissioner of Solid Waste and Recycling, and he was re-elected in 1997 for his own term. Serving as mayor pro tem, he became mayor of Southern Shores after the death of the incumbent, but he says he's really not a politician and would not run for office again.

Anne is a musician, an accomplished seamstress, and together they cook gourmet meals sometimes, but their kitchen at Carol Woods will not be as conducive to recreational cooking as the one they've left. They are long-time fans of the Washington Redskins and we look forward to sharing some of the NFL Sunday Ticket football games with them.

Nelson and Diane Henderson

Gordon DeFriese and Carol Hogue (Cottage 238) Carol came to North Carolina from New Jersey in 1952 to enter Duke's School of Nursing. She became Assistant Professor in the same school but completed a doctorate in epidemiology at UNC-Chapel Hill and then became Associate Professor at Duke until 1986 when she joined the UNC School of Nursing as Associate Professor and Associate Dean.

Gordon is a born and bred Southerner; he received a Ph.D. at the University of Kentucky Medical Center in medical sociology and behavioral science. He was an Army officer in Vietnam. After a stint at Cornell he came to UNC in 1971 as Director of the Cecil G. Sheps Center for Health Services Research. In 2000 he became President of the North Carolina Institute of Medicine until his retirement in 2005. He continues as Editor in Chief of the *North Carolina Medical Journal*, a statewide health policy journal.

Carol and Gordon worked together over a span of 25 years; in the 90's they built the UNC Institute of Aging, he as Director and she as Associate Director for Research. According to Gordon, "Carol is the real gerontologist" and is internationally known in the field of mobility and fall-prevention among the elderly. They have been married for seven years and have five children and eight grandchildren between them. Carol served on the Carol Woods Board for six years and co-chaired the committee that selected Pat Sprigg.

Jack Behrman

Love is like war: easy to begin but very hard to stop.

H.L. Mencken

CONCERTS AND LECTURES

Concerts

May 17 – Durham School of the Arts soloists

May 24 – James Fogle, Piano

May 31 – United Church of Chapel Hill

singers

Lectures

May 18 – Ken Broun - Jazz

WHAT'S GOING ON HERE

Recent movies have included *Aguirre: The Wrath of God*, *Manchurian Candidate*, *Wallace and Gromit: Curse of the Wererabbit*, *Constant Gardener*... The Play Reading Group that has waxed and waned over the years is currently in a "wax" phase, reading Shakespeare's *The Tempest*... On April 10 there was a Forum to review what to do in medical emergency situations on campus and also away from home. Staff members from the Security, Communications, Clinic and the Health Center presented and described what to do and what *not* to do... **John and Alida DeJongh** were here from April 15 until May 7, as visitors in the "Try it You'll Like it" program. They had visited in October 2005. They enjoy exercising, going to the Symphony, swimming and travel. They have lived in Chicago and Memphis and are now in Sarasota.

CAROL WOODS GIFT SHOP

The Gift Shop has been an important part of life here at Carol Woods since 1980. Its prominent location is in the main lobby. It was enlarged and redecorated about 10 years ago. Everyone who works for the shop donates his or her services. That includes the chairmen, secretary, treasurer, buyers, cashiers and sales staff, a total of almost 50 people. If there is a yearly profit from the shop (and there is, despite all efforts to keep the prices low) it is given to the Residents' Assistance Fund. The Chairman recently announced a donation of \$11,000 for the past year.

The Shop provides conveniences such as stamps, greeting cards, stationery, candy, napkins, and wrapping paper. One can always find special gifts made by local crafts people and by Carol Woods residents, with the emphasis on unusual and one of a kind. Also in the gift line, well-known North Carolina pottery is particularly popular. Other items include a broad array of jewelry, glassware, personal and travel aids, scarves, purses, watches, house and garden supplies and children's toys. The Gift Shop is a gathering place for residents, staff, and visitors to meet and greet, browse and buy.

Ginger Davis

RESIDENTS ASSOCIATION MEETING

In March, **Ivor Collins** reminded us of the NC CCRC regional meeting in Southern Pines on April 25. The recently adopted flexible meal plan seems to be meeting with approval by residents. (It would help if they did not save meal credits and use them all on the last two days of the month.) We heard about issues to be addressed in the new Master Plan: how to extend the life of the historic district cottages, easing access to Building 1, and parking. In April, **Charles Paddock** urged residents to use the sidewalks, please. They are there for our safety. Pat Sprigg reported on her recent meeting on the future of health policy. Given the changes in demographic distributions, it would appear that the country can afford two of the following three expenditures- national debt, defense, or health care.

Ray Mack

STAFF: Natalie Fiess, Chair; Jane Berryman, Russell Graves, Ray Mack, Nancy Martin, and Mary Scroggs. Ann Kendall, drawing.

Circulation: Barbara Allen, Janet Campbell, Helen Hawley, Beth Jukes, Eva Lynch, Jessie Lutz, Stella Lyons and Lang Prouty.

Art work: Pictures of pond: Removing the geese "All aboard for Louisiana." and "Spring."

CAROL WOODS

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