



# THE CAROL WOODS NEWS

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## THE CAROL WOODS BLUEBIRD TRAIL

The Carol Woods Bluebird Trail had its start when **Jay and Joy Rabb** arrived in 1994 bringing with them a nest box, which Jay mounted on a pole in their yard in the lower loop. The box was noticed by **Audrey Booth** and **Lois Harris**, two enthusiastic birders already living on the campus. They agreed to start a Carol Woods bluebird trail that would serve a dual purpose: a) to provide pleasure for residents and staff and b) to increase local bluebird populations.

Seven interested residents purchased their own nest boxes and mounted them on posts and trees. The following year predator guards were installed on poles. Boxes previously mounted on trees, and new boxes were settled in appropriate locations with direction and help of a resident expert and from the Grounds Department. **Audrey Booth** was named Trail Master, and monitoring was started in May. A total of 26 bluebirds were fledged from fifteen nest boxes. Monitors were pleased with their success, but were eager to improve results the following year. In 1996 the bluebird trail more than doubled in size. Thirty-nine nest boxes were mounted in gardens and along forest edges. Of those, twelve were occupied by bluebirds, and sixty nestlings were fledged.

As monitoring and record keeping developed, it became apparent that the nest boxes were being shared by chickadees, titmice, and house wrens who frequently interfered with the nesting bluebirds. In spite of these problems, the 1997 and 1998 season's Trail Master, **Jay Rabb**, noted that Carol Woods bluebirds were fledging with 60% to 75% success. Following his tenure as trail master at Carol Woods, Jay became the first Orange County consultant to the North Carolina Bluebird Society. That year, 2000, was our most productive year: 89% of eggs laid actually fledged giving us 162 fledglings.

Sadly, the following year was declared the year of House Wren Wars. Eighteen bluebird nests were decimated: forty-three eggs and eight hatchlings were destroyed. The war has continued. Predators have become an increasing concern; chicks in the same nest box were attacked in both 2003 and 2004 by a black snake.

Nevertheless, the pleasure that these charming birds bring to our residents and staff remains the primary purpose of the trail. Meal worm feeding stations have been established in three locations around the campus. Ten years after the Rabbs arrived with one bluebird nest box for their lawn, nearly one thousand bluebirds have been fledged at Carol Woods.

*Sue Fletcher, Trail Master*

## EATING OUT (BUT NOT TOO FAR OUT)

When resident gourmets at Carol Woods decide to go adventuring they haven't far to go. Within a mile of the campus they can find an international array of eateries.

They might begin their trip very close to home, both in the gustatory and geographical senses, by hiking through the woods to The Barbecue Joint on the far edge of the campus, or, if bagels are to their taste The Barbecue Joint's next door neighbor Bagel on the Hill.

For the more citified among them a three-minute drive can take them to Subway, where the wall paper is designed to tweak the memory of the New Yorker in each of us. Anyone wanting a more festive meal than Subway offers can cross the road to Table55, the newest kid on the block among restaurants.

For those hungering for distant shores to assuage their international appetites there are a number of choices. The erstwhile traveler on the magic carpet of palate can go to Iran at the Sage Café with its promise of vegetarian Persian delights. Or, if the Far East is on the docket for the evening there are the Tsing Tao Chinese Restaurant and the Oishi Japanese Restaurant and Sushi Bar. But our own hemisphere offers all the pleasures of south of the border at Margaret's Cantina.

For the wanderer who simply wants to pack his bag with a sandwich and sides J & J's Deli is the place to go. Or if all he wants is a cup of coffee the place to visit is Cup A Joe with its range of plain and fancy coffee offerings plus a supporting cast of buns and bagels.

Of course Chapel Hill has many more culinary delights to offer but proximity makes for a neighborhood feeling and these eateries are all indeed proximate.

*Russell Graves*

## MOVING TO CAROL WOODS A TRUE CONFESSION

I was just short of 80 when I decided to accept residency in a remodeled and extended one-bedroom apartment at Carol Woods. I was excited and somewhat apprehensive.

Later conversations with my new Carol Woods friends and neighbors uncovered similar emotions. First was, generally, will I lose my privacy? Second, what will my children think? Third, will I feel trapped in fewer square feet of space? Fourth, what the heck will I do with all my stuff? Other minor concerns I buried, feeling these four were all I could worry about at one time.

Well, here's the way it turned out. Privacy: I had always thought of myself as a "loner," even though I had a good family life with a great husband and four children. Now a widow, I dreaded the thought of having to smile every time I left my apartment, whether I wanted to or not.

Guess what? I easily enjoyed complete privacy in my apartment—yet I found an incredible boost to my well-being when I greeted and smiled daily at others in the community. Nowadays, here's my pattern: get up in the morning, groan at my stiffness, convince myself to get in gear for an exercise program in the pool, or enjoy a lecture, or even just sit and read and look out of my window at Carol Woods' tree-framed campus, feeling I'm living a fine life. Meanwhile, of course, people in the kitchen are preparing my next meal.

On the second question—what will my children think? Look at it this way: we raised our kids to be independent citizens by age eighteen (or maybe a tad later), so when I told them about Carol Woods they were able to respect my own desire for independence. They live all over the country: I'm sure they were relieved to think I was still sound enough to provide for myself. How could I choose to have them worry about me lying helpless in a dark, lonely house I was too stubborn to move out of? I didn't want this and neither did they.

Third — I don't feel trapped. Of the rooms in my previous home, I was actually using only the same number of rooms I have here; the others were just costing me heat, cooling and taxes. Now when I need a change, I have the Carol Woods library, the campus, the nearby Chelsea Theater (what a treasure), food stores, restaurants, drug and hardware stores. Plus Carol Woods' and Chapel Hill transportation when I don't feel like driving.

Fourth concern — what to do with all my "stuff"? Most everybody agrees, books are the biggest wrench. (Which told me something about the mental acumen of my neighbors-to-be). All the rest of my "stuff" turned out to be things I really didn't need any more and was ultimately relieved to be rid of.

*Jane Berryman*



### CONCERTS AND LECTURES

#### **Concerts**

May 18<sup>th</sup> Nathan Zalman, flute, Martha Gardner, piano

May 25<sup>th</sup> Meredith College Violin Choir

#### **Lectures**

May 20\* Rob Amberg – the I-26 Corridor vs. Community

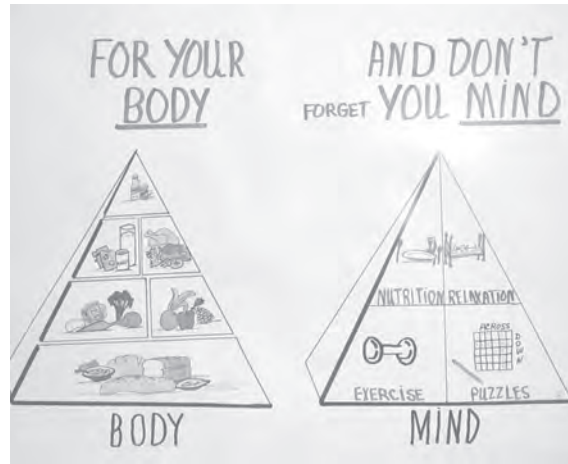
May 26 Panel on Homelessness

\*Friday to avoid conflict with Symphony

## CAROL WOODS BODY SHOP

A unique program on April 19 was sponsored by the Fitness Committee and coordinated by resident **Lang Prouty**. Over one hundred residents and a few staff members visited the thirty-one displays. Many were decorated with spectacular posters. The Body Shops included:

Bicycling  
Bird Watching  
Bocce  
Croquet  
English Country Dancing  
Folk Dancing  
Gardening  
Golf  
Meditation  
Swimming  
Tennis  
Yoga



Each shop/booth had a resident expert able to provide information. These were grouped to display similar activities: **TuneUp** included wellness, upper body and stretch classes; **Overdrive** displayed more strenuous activities such as tennis, biking and PingPong; **Balance** had yoga and Meditation while **Shimmy** showed varieties of dancing. Last but not least was **Car Wash** about pool aerobics and lap swimming.

*Natalie Fiess*

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## HONORS HISTORY PROJECT

The lives of Carol Woods residents are enriched not only by the three to five-year olds who attend the child care center on campus, but by the fifteen to eighteen-year olds attending the nearby East Chapel Hill High School. A bond developed between our residents and the students when the school opened in 1998 with no auditorium for student performances and no working library. Carol Woods offered its assembly hall to the school for its plays and musical productions. In addition, twenty-five residents put in long hours preparing the library for incoming students by assembling equipment, preparing and shelving books.

Two events this spring highlighted the continuing association between the two campuses. First, Tito Craige, a teacher of Honors Contemporary History at East High approached **Peggy Griffenhagen** about assembling a panel of Carol Woods residents to read twenty-six student research papers on contemporary controversies and select those they considered outstanding. He had already graded the papers but felt that additional recognition might be appropriate for some of the students. The panel was

enormously impressed with the students' thoughtfulness, writing skills and the diversity of their topics so evident in the papers of the five students selected for special recognition: the U.S. Intervention in Somalia, Camp Delta, the headscarf controversy in France, Vatican II, and Hun Sen in Cambodia. At a brief ceremony and reception in the social lounge the five students received certificates recognizing their achievement. The panel placed the five papers in the Carol Woods library for other residents to read. Mr. Craige and the panel are considering making this an annual affair.

The second event was the annual evening of music presented to Carol Woods residents in the assembly hall in appreciation for the three years the high school used that venue for all of its performing arts. The students demonstrated their considerable talents in singing both classical and contemporary pieces, in guitar and cello solos, and in a delightful impersonation of Ray Charles by a duo at the piano. We look forward to next year and the increased energy these young people bring into our lives!

*Nancy Martin*

# THE ASSOCIATION OF CAROL WOODS RESIDENTS, INC.

## Summary of the Meeting of April 12, 2005

The Earth Day exhibit to be placed in the Social Lounge on April 22 was announced by **Lew Woodham**. He also announced the dedication of the Habitat for Humanity house that the Carol Woods Volunteers and their partners were working on for April 23 so that the students could attend the dedication.

**Walter Stults**, Chair of the Nominating Committee, introduced their nominations for next year's Residents Council. Since there were no other nominations, the nominees were elected by acclamation. The new Council members, beginning in July 2005 will be:

- Members at Large- Margaret Brown
- Isabel Fowler
- Harry Gooder
- Jeanne Madigan
- Ken Reeb

Treasurer- Muriel Easterling

Secretary- Ray Mack

Vice President- Peggy Pollitzer

President- Ross McKinney

*Ross McKinney*

## WELCOME NEW RESIDENTS

**Darien Mahaffee (Apt. 1104)** has lived and worked in Chapel Hill for a number of years but grew up in South Carolina. She attended Lander College in Greenwood, SC and received a master's degree in Chemistry from the University of South Carolina. Once in Chapel Hill, a second master's degree in Biochemistry at UNC prepared her for a career in research in pharmacology and endocrinology at the UNC Medical School.

Her family, a daughter, son-in-law, grandson and granddaughter live in nearby Carrboro and are pleased with her comfortable and conveniently close apartment at Carol Woods.

Since retirement, Darien has been a volunteer in the UNC Hospital, and has been active in the UNC World View Association which is dedicated to international programs for teachers. At Carol Woods she is interested in the many activities and events that are offered.

*Shirley Wilton*

**Burkhard Seubert (Apt 167)** was born in Dusseldorf, Germany, attended the Gymnasium there, then studied comparative literature and history at the University of Munich, where he received a Ph.D. and had his first teaching position. After two years in Greece, teaching at the Goethe-Institute in Athens, he came to the United States for a teaching position at the University of Illinois, and later to Wheaton College in Norton, Massachusetts.

Being active in professional organizations, he also established a radio show on European radio drama at WGBH-FM, an NPR station in Boston. After his retirement, he moved to "Downeast" Maine, and has lately served on the advisory committee for WERU-FM, a community non-profit radio station in Orland.

Burkhard has been a "blue-water" sailor, cruising the New England coast, venturing as far as Bermuda and frequently chartering in the Caribbean, which led to his interest in tropical marine ecology.

*Charles Paddock*

**STAFF:** Natalie Fiess, Chair; Jane Berryman, Russell Graves, Nancy Martin, Ross McKinney, and Mary Scroggs.

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

Ross McKinney photo; Ann Kendall drawing

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