



The Cedars Post

Inside This Issue...

One of the finest outdoor sculpture exhibitions in the triangle region of North Carolina 2

The 22nd Annual Art in the Garden Sculpture Invitational

Cruise on a 24-foot pontoon boat 2

Jordan Lake Eco Tour

Quilters throughout the United States, Canada, Europe, Australia and New Zealand have learned her modern approach to this age old craft 8

Lap Quilting with Georgia J. Bonesteel

A leading voice for state and federal conservation funding for investment in public lands 9

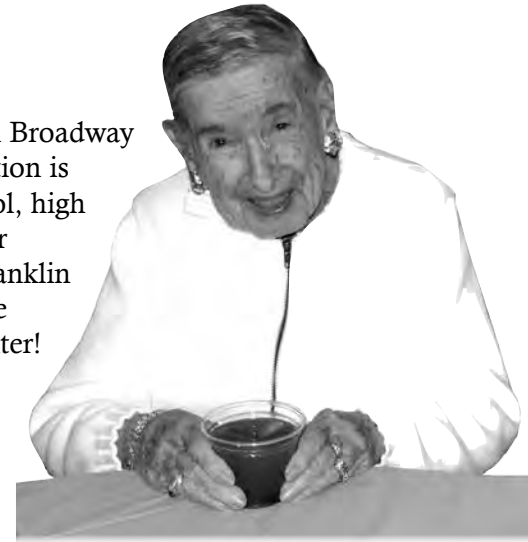
Award Winning Conservationist and Author of Stand Up That Mountain Jay Erskine Leutze

The Cedars Post is a monthly publication of The Cedars of Chapel Hill Club, Inc. • 100 Cedar Club Circle Chapel Hill NC 27517 • 919-259-7000

Ruth Strong

by Stanley Peele

Ruth Strong was born on July 22, 1917 in Broadway NC, a very small town. Today, its population is 1220! She graduated from grammar school, high school and college here. She and her sister Rachel walked to the public school on Franklin Street. When she went to UNC, it was the first year that UNC allowed females to enter! The tuition was \$75 a year. She paid it by working on the campus and getting a scholarship. She received an AB in journalism in 1938. Judy, her daughter, was born in Chapel Hill and frequently visits her mother at the Cedars. Ruth has two grandchildren and two great grandchildren.



My wife, Carolyn, has known Ruth since she was a small child. Here is what she says about Ruth: “She was active in church and a member of the woman’s fellowship. She has been my dear friend for a lifetime. In fact if you are Ruth’s friend, you will be friends for a lifetime. She is a quiet, private person, very kind, respected and dependable.” Here is something for *Believe It or Not*: Ruth and Carolyn both had Miss Glass as their first grade teacher.

Ruth met her husband Raymond when they were both working at the University in the UNC Records Department. Raymond retired as Registrar. Ruth worked at the UNC law school where she worked with admissions and kept student records. She very much enjoyed the students, the professors and the work.

While I was in the law school, the students thought of her as the backbone of the school. A classmate of mine was very distressed about his school record. He went to a professor, and did not get any help. Then he went to Ruth. She was extremely kind and patient with him and solved his problem in a jiffy. He thought she was an angel straight from Heaven!

As a teenager, Ruth took a few piano lessons. When the church organist failed to show up for church, she played the hymns on the piano. This might seem like a small thing, but to Ruth, it was a special day that she will always remember.

Ruth loves Chapel Hill. She said, “I wouldn’t take a million dollars for having lived in Chapel Hill. I love every minute of it.”

She fondly remembers meeting Eleanor Roosevelt in the South Building on the UNC campus. “I recognized her immediately, you couldn’t mistake her,” Ruth said. “I went up to her and introduced myself. She was very kind to me. I was impressed with how tall she was.”

In July, Ruth will be 99 years old!

MAKE IT TO THE BUS ON TIME

Please call *Laura Waggoner* at 919-259-7944 on regular business days if you have signed up but are unable to attend these events:

NC Symphony

at *UNC Memorial Hall*
Monday, May 2, 6:45pm Lobby

Friday Favorites at Meymandi Hall

Friday, May 6, 10:15am Lobby

The 22nd Annual Art in the Garden Sculpture Invitational

Monday, May 9, 9:45am Lobby

Carolina Ballet

Saturday, May 14, 1pm Lobby

Dining Out! Outback Steakhouse

Wednesday, May 18, 4:45pm Lobby

Jordan Lake Eco Tour

Friday, May 20, 1:15pm Lobby

Beyond the Cedars

The 22nd Annual Art in the Garden Sculpture Invitational

Monday, May 9, 9:45am Lobby

A unique once yearly event, the Art in the Garden Sculpture Invitational is one of the finest outdoor sculpture exhibitions in the Triangle. Located just six miles from historic downtown Hillsborough, Garden Art Gallery is owned by Tinka Jordy and Mark Donley. This juried art exhibition was created in 1994, when there were limited opportunities for regional sculptors whose work needed an outdoor setting. For 22 years Tinka and Mark are both humbled and honored to have shared their gardens with some of the most exceptional contemporary sculptors they know. Sign up at the Concierge Desk, deadline May 8. Cost: \$7 for transportation. Minimum 6 people. Maximum 20 people.



Tinka Jordy, *Refuge* 2013



Dining Out! Outback Steakhouse

Wednesday, May 18, 4:45pm Lobby

Outback Steakhouse in Durham starts fresh every day to create the flavors that people crave. Best known for grilled steaks, chicken and seafood, Outback also offers a wide variety of crisp salads

and freshly made soups and sides. New creations and grilled classics are made from scratch daily using only the highest quality ingredients. Sign up at the Concierge Desk beginning May 2, deadline May 14. A sample menu is available at the Concierge Desk. Cost: \$7 for transportation. Bring money for food and drinks. Minimum 6 people. Maximum 28 people.

Jordan Lake Eco Tour

Friday, May 20, 1:15pm Lobby

Learn the story of Jordan Lake while cruising on a 24-foot, fully shaded pontoon boat: its wildlife ecology, history, environmental impact from humans, engineering aspects,

and the vital role the lake plays in the Triangle. Sign up at the Concierge Desk beginning May 2, deadline May 16. Cost: \$32 for tour, snacks and transportation. Remember to bring sunscreen, a hat, and sunglasses. Minimum 6 people. Maximum 10 people.



May is National Senior Health & Fitness Month



Learn about foods that fuel the brain, try two different yoga practices, dance to the oldies and discover a new balance challenge. These special events will provide valuable information and enjoyable exercise options.

Mat Yoga

Wednesdays, May 4 and 11, 4:30pm Ballroom

Led by experienced instructor Scott Campbell, these demo classes are suitable for those who are able to perform yoga while standing and on a mat. Mats and yoga props will be provided.

De-stress and Renew

Friday, May 13, 1pm Ballroom

This class will combine guided meditation, gentle yoga and deep relaxation to soothe the mind and the body. Meditation segments will be done sitting in a chair and instructor RoseMarie Roth will show modifications for the use of chairs or mats during the yoga and relaxation components.

BOSU Intro Sessions

Tuesday, May 17, 11:30am, 12pm, 3:30pm and 4pm Ballroom

Julie Hardison will teach you how to challenge your balance, strength and stability with the BOSU balance trainer, an air-filled rubber dome that requires a collaborative effort by your muscles to stand on top. Space is limited so registration is required. Sign-up at the Concierge Desk.

Retro Dance Aerobics

Friday, May 27, 11am Ballroom

Remember “sweating to the oldies?” Enjoy fun, easy-to-follow choreography set to great music. Our own Kim McLean will bring lots of energy and teaching experience to make this class one to remember!

Brain Fuel Evolution: The Nutrients of Change

Tuesday, May 31, 3pm Ballroom

Learn how to eat for better brain health. Guy Beretich, Ph.D. will talk about how foods high in certain nutrients fuel the brain, resulting in increased creativity, productivity and longevity.

A calendar of all fitness activities for the month of May will be delivered to Members' pigeonholes. Call Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions.

Great Getaways

Southern Leisure Tours Presents

- ❖ BBQ Festival on the Neuse, Kinston, NC
May 7
- ❖ Musical Weekend at Ford's Theater and the Kennedy Center, Washington, DC
May 14-16
- ❖ Gatlinburg, Pigeon Forge and the Great Smoky Mountains, TN
May 24-27
- ❖ Maymont, Richmond, Virginia
June 1
- ❖ Barter Theater, Abingdon, VA
June 17-19
- ❖ Smith Mountain Lake, Virginia
Lunch Cruise
June 22

Printed packets for these trips are located in the Cedars Clubhouse flyer holder next to the lower level elevator. Contact Steve Tuten at 919-471-6137 for trip details and pricing.



New Move Ins

Mr. and Mrs. Willard and
Wynelle Patton
532 Cedar Club Circle

May Birthdays

Esther Lederman	3
Katherine Bick	3
Suzanne Bullock	3
Lucia Headen	3
Rachel Hackney	5
John Totoiu	5
Arthur Rolander	7
Pressly Millen	7
George Somjen	7
Mignon DeBerry	9
Henry Saye	10
Jacob Mathai	10
Thad Beyle	11
Sarah Kittner	13
William Cobey	13
Nancy Millen	14
Byron Hollinshead	14
Marjorie Wollman	14
Anne Mathai	15
Ron Toelle	18
Pearl Schechter	18
Louis Taff	19
Laurence Cobb	20
Rhonda Innes	21
Robert Dorfman	21
Bart Bielawski	22
Martha Reed	23
Ethel Amacher	24
Sylvia Mills	25
Weezie Oldenburg	26
Karin Fang	27
Mary Ann Van Kampen	29

We apologize to anyone whose birthday may have been omitted or is incorrect. If you would like to be included or removed from the birthday list please contact Sheila Kiliru (919-537-0126).

Let's Celebrate

Robert Griffin, Jazz Pianist

Thursdays, May 5 & 19

5pm Dining Lobby



Richard Tazewell, Pianist

Friday, May 27

5pm Dining Lobby

Triangle Jewish Chorale's Spring Concert "Singing the Song of Songs"

Tuesday, May 3, 7:30pm Ballroom

"Now that winter is past, the blossoms have appeared on the land, the time of singing has arrived, and the voice of the turtledove is heard." You may recognize these words, taken from *The Song of Solomon*, the most iconic love poetry in the Hebrew and Christian liturgies. This spring, Triangle Jewish Chorale centers its concert around inspiring musical settings of these beautiful poems.

Derby Day "Run for the Roses"

Saturday, May 7, 5:30pm Ballroom

Wear your Derby hats and sip mint juleps while watching coverage of the 142nd running of the Kentucky Derby. Post time for the race is 6:36pm. Place a wager on your favorite and join Members cheering their picks on to victory.



Mother's Day Brunch with Gabriel Pelli and Dave Smith of the Onyx Club Boys

Sunday, May 8, 11:30am-1pm Dining Lobby

Gabriel Pelli and Dave Smith form the core of the larger Onyx Club Boys band. The two are rooted in the Gypsy Jazz sounds of 1930's Paris and Stuff Smith's New York City Swing. However, being from 21st Century North Carolina, their diverse influences take the music beyond borders. It's a trip around the world, which will make you swoon, tap your feet, and realize how universally similar music really is.



Popcorn and a Movie

Star Wars: Episode VII—The Force Awakens

Thursday, May 12, 3pm Ballroom

Three decades after the defeat of the Galactic Empire, a new threat arises. The First Order attempts to rule the galaxy and only a ragtag group of heroes can stop them, along with the help of the Resistance. Starring Harrison Ford, Mark Hamill, Carrie Fisher, Adam Driver and Daisy Ridley. (2015)

Camelot Vocal Ensembles

Friday, May 13, 4:30pm Ballroom

The Camelot Vocal Ensembles consists of two groups of primarily high school-aged students from Camelot Academy, a K-12 private school in downtown Durham. The singers are under the direction of Glenn Mehrbach, who also plays piano and writes the arrangements. Their repertoire span many decades and styles including Simon & Garfunkel, David Bowie, a piece from the Broadway musical "Rent," and more. Come join us for an afternoon of harmony, rhythm and fun, as these young, vibrant vocalists entertain and enliven you with their music.

An Evening of Schubert

with Nils Neubert, tenor and Yuri Kim, pianist
Saturday, May 21, 7pm Ballroom

Yuri Kim, born in Korea and raised in Malaysia, serves on the faculties at Mannes College The New School for Music, the Aaron Copland School of Music at CUNY Queens College, the International Academy of Music in Italy, and the International Keyboard Institute and Festival in New York. She has appeared internationally as a soloist, recitalist, and chamber musician, and is the recipient of numerous awards, including the National Public Radio Award. Nils Neubert was born and raised in Hamburg, Germany and serves on the faculties at The Juilliard School, the Manhattan School of Music, and Mannes College The New School for Music. Mr. Neubert maintains an active career in oratorio, recital, and opera, and is a doctoral candidate at the Graduate Center of the City University of New York.



Tour of the James B. Hunt Jr. Library at NC State in March



ANNOUNCEMENTS

Chamber Orchestra of the Triangle Ticket Subscriptions/Renewals

Wednesday, May 4, 10-11:30am Cardroom

David Lindquist, COT Chairman, Harvey Gunter, Cedars Member and COT board member along with Kacey Schedler, COT Office Manager will be at the Cedars to assist you with your ticketing needs for the 2016-17 Chamber Orchestra of the Triangle season. Each person to sign up will get a free COT cd.

Defying Gravity: What's Your Balance Like?

with Sandy Friday

Thursday, May 5, 2pm Ballroom

For more information contact Sandy Friday, Rehab Manager, at 919-259-7907.



2016-17 Classical Concert Series

Don't forget to turn in

your subscription form for the coming season. Call Connie Eby at 919-259-7808 or Babette Blaug at 919-967-5013 if you have questions.

May 2016

CALENDAR KEY

 sign-up required
B Ballroom
BR Billiards Room
CL Classroom
CR Cardroom

DL Dining Lobby
DR Dining Room
ER Exercise Room
GL Great Lawn
L Library

LB Lobby
MR Magnolia Room
P Pool
PD Private Dining
S Studio


5/1 Sunday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24




5/2 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
1:30pm Play Group **CL**
2pm Poker **CR**
6:45pm *NC Symphony/Memorial Hall* **LB** 



5/3 Tuesday

8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Aquatic Therapy **P**  
11:30am Bible Study **MR**
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
7:30pm *Triangle Jewish Chorale* **B**
7:45pm Cedars Cinema CHANNEL 24

5/4 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10am *Chamber Orchestra Tickets* **CR**
10:30am French Lessons **CL** 
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
4:30pm *Yoga Demo Class* **B**
7:45pm Cedars Cinema CHANNEL 24

5/5 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
2pm Rehab Lecture **B**
4pm Scrabble **CR**
5pm Robert Griffin—Jazz Pianist **DL**

5/6 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
10:15am *Friday Favorites* **LB** 
11am TGIF Fitness Class **B**
1pm Party Bridge **CR**
3pm *Hiding for Our Lives/Esther Lederman* **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

5/7 Saturday


9am Ping Pong **B**
11am Accessing UNC Libraries **L**
3pm & 7:45pm Cedars Cinema CHANNEL 24



5/8 Sunday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24
11:30am *Mother's Day Brunch Duo* **DL**



HAPPY
Mother's Day

5/9 Monday




8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am *Art in the Garden Sculpture* **LB** 
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**

11:30am Aquatic Therapy **P**  
2pm Poker **CR**
3pm Great Books **CL**



5/10 Tuesday

8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
5:30pm Ballroom Dance Group **B**
7:45pm Cedars Cinema CHANNEL 24



5/11 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am French Lessons **CL** 
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
3pm *Visit to Cambodia/Jerry Adamson* **B**
4:30pm *Yoga Demo Class* **B**
7:45pm Cedars Cinema CHANNEL 24


5/12 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
3pm *Popcorn and a Movie—Star Wars* **B**
4pm Scrabble **CR**

5/13 Friday

8:45am Water Exercise **P**
9:45am Water Exercise **P**
11:30am Aquatic Therapy **P**  
1pm *De-Stress and Renew Class* **B**
4:30pm *Camelot Vocal Ensembles* **B**
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

5/14 Saturday

9am Ping Pong **B**
1pm *Carolina Ballet* **LB** 
3pm & 7:45pm Cedars Cinema CHANNEL 24

 Pool closed weekdays 11:30–2:00 for Aquatic Therapy



5/15 Sunday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24

5/16 Monday

8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
1:30pm Play Group **CL**
2pm Poker **CR**
3pm Lap Quilting/Georgia Bonesteel **B**

5/17 Tuesday

8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema CHANNEL 24

5/18 Wednesday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am French Lessons **CL** 
11am Balance Challenge **B**
11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
4:45pm Dining Out! Outback **LB** 
7:45pm Cedars Cinema CHANNEL 24

5/19 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
3pm Carolina Performing Arts/Emil Kang **B**
4pm Scrabble **CR**
4:30pm Robert Griffin—Jazz Pianist **DL**

5/20 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am TGIF Fitness Class **B**
11:30am Aquatic Therapy **P**  
1pm Party Bridge **CR**
1:15pm Jordan Lake Eco Tour **LB** 
4:30pm Happy Hour **Bar**
7:45pm Cedars Cinema CHANNEL 24

5/21 Saturday

9am Ping Pong **B**
11am Accessing UNC Libraries **L**
3pm & 7:45pm Cedars Cinema CHANNEL 24
7pm An Evening of Schubert **B**


5/22 Sunday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24


5/23 Monday



8am Art Open Studio **S**
8:45am Water Exercise **P**
9am Ping Pong **B**
9am Library Workday **L**
9:45am Water Exercise **P**
10:30am Knit & Stitch **CR**
11am Seniorcize **B**
11:30am Tai Chi **B**
11:30am Aquatic Therapy **P**  
2pm Poker **CR**
3pm Stand Up That Mountain/Jay Leutze **B**

5/24 Tuesday



8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
4:30pm Line Dancing **B**
5:30pm Ballroom Dance Group **B**
7:45pm Cedars Cinema CHANNEL 24

5/25 Wednesday



8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
10:30am French Lessons **CL** 
11am Balance Challenge **B**

11:30am Balance Basics **B**
11:30am Aquatic Therapy **P**  
12:45pm Duplicate Bridge **CR**
7:45pm Cedars Cinema CHANNEL 24

5/26 Thursday

8am Art Open Studio **S**
8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Bocce **GL**
11am Cedars University **B**
11:30am Aquatic Therapy **P**  
2pm Members Meeting **B**
4pm Scrabble **CR**

5/27 Friday

8:45am Water Exercise **P**
9am Ping Pong **B**
9:45am Water Exercise **P**
11am Retro Dance Aerobics Class **B**
11:30am Aquatic Therapy **P**  
4:30pm Happy Hour **Bar**
5pm Richard Tazewell—Pianist **DL**
7:45pm Cedars Cinema CHANNEL 24

5/28 Saturday

9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24

5/29 Sunday



9am Ping Pong **B**
3pm & 7:45pm Cedars Cinema CHANNEL 24

5/30 Monday

Memorial Day
All fitness classes cancelled
8am Art Open Studio **S**
9am Ping Pong **B**
9am Library Workday **L**
10:30am Knit & Stitch **CR**
2pm Poker **CR**



5/31 Tuesday

8:45am Seniorcize **B**
9:45am Sit and Be Fit **B**
10am Golf Croquet **GL**
11:30am Bible Study **MR**
11:30am Aquatic Therapy **P**  
2pm Mah Jongg **CR**
2pm Meditation **PD**
3pm Brain Fuel Evolution/Guy Beretich **B**
4:30pm Line Dancing **B**
7:45pm Cedars Cinema CHANNEL 24



**Cedars
University**

LECTURES ON DVD

Experiencing America: A Smithsonian Tour through American History

Taught by Richard Kurin, Ph.D., The Smithsonian

Thursdays, May 5-July 7, 11am Ballroom

This DVD lecture showcases 20 authentic historic objects along with detailed replicas and photographs of almost 100 other artifacts and exhibits. Together, these evocative items tell the story of America, its people, and its diverse cultures in 24 lavishly illustrated half-hour lectures.

Your guide is the distinguished scholar, administrator, and bestselling author, Dr. Richard Kurin, Under Secretary for History, Art, and Culture at the Smithsonian. Among his many responsibilities, Dr. Kurin oversees most of the Smithsonian's national museums, libraries, and archives, making him the curator of the country's greatest treasures—and the ideal host for this remarkable survey.

LEARNING OPPORTUNITIES

Hiding for Our Lives

with Member Esther Lederman

Friday, May 6, 3pm Ballroom

During that fateful autumn of 1942, a teenage Esther ran from a small town ghetto in Poland looking for help. Her father had already been taken to a labor camp. Her mother and younger sister remained, awaiting her return. She would never see them again. She sought out her friend Ezjel Lederman, who had shared the secret of his family's hiding place; a secret that would save her life. Putting their own lives at risk, a Catholic family agreed to take in Ezjel's family of four. Esther was taken in too. Now there were five Jews hiding in an old deserted farmhouse. Thus a 22-month odyssey began for Esther and Ezjel, as well as the beginning of a lifelong love affair and marriage. **Books will be available for purchase. Please bring cash or checks.**



A Visit to Cambodia: A Nation of Ups and Downs

with Jerry Adamson

Wednesday, May 11, 3pm Ballroom

Led by the kings at Angkor Wat, the Khmer Empire was the dominant culture of Southeast Asia from 800

AD until the end of the 15th century. Compromised by internecine rivalries and adjacent countries' invasions, Cambodia, as it became known as, slowly declined. In the 19th century as a French protectorate the kingdom blossomed with its new capital, Phnom Penh, becoming known as "The Pearl of Asia." From 1975 to 1979, the Khmer Rouge devastated the country. Slowly Cambodia is recovering with tourism, clothing manufacturing and rice production supporting a rebirth. This past February, Jerry Adamson visited this fascinating country including the ancient Khmer capital Angkor Wat. What an amazing trip!

Lap Quilting

with Georgia J.

Bonesteel

Monday, May 16,

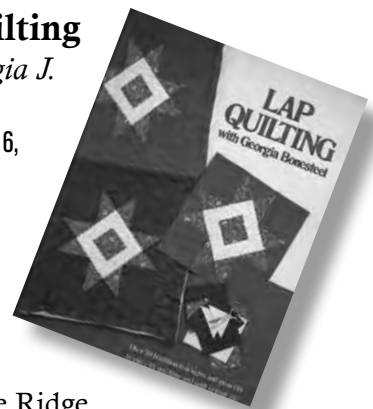
3pm Ballroom

Georgia J. Bonesteel, who lives at the heart

of the Blue Ridge

Mountains in Flat Rock,

NC, is the author of several books about quilting and was also the host of *Lap Quilting with Georgia Bonesteel*, which aired on public television for 27 years. Quilters throughout the United States, Canada, Europe, Australia and New Zealand have learned her modern approach to this age old craft in workshops, slide lectures, demonstrations and judging of quilt shows. Georgia served as President of the International Quilt Association and was the 2001 Silver Star Salute recipient at the IQA Festival. Other honors include the 2002 Bernina Leadership Award and the Quilters Hall of Fame induction in 2003. **Books will be available for purchase. Please bring cash or checks.**



CAROLINA PERFORMING ARTS

2016-17 Carolina Performing Arts Season

with *Emil Kang*

Thursday, May 19, 3pm Ballroom

Emil Kang (Professor of the Practice) arrived in January 2005 as the University of North Carolina's first Executive Director for the Arts, a senior administrative post created to help unify and elevate the performing arts at the university. In his inaugural season, Kang introduced the university's first major performing arts series, inaugurated in conjunction with the grand re-opening of the university's main venue, Memorial Hall. Come hear him talk about the upcoming 2016-17 season of the Carolina Performing Arts. **Refreshments will be served.**

Award Winning Conservationist and Author of *Stand Up That Mountain*

with *Jay Erskine Leutze*

Monday, May 23, 3pm Ballroom

Jay Erskine Leutze, son of Member Kathleen Leutze, was raised in Chapel Hill and lives in the Southern Appalachian mountains on the North Carolina-Tennessee border. Trained as an attorney, he has become a leading voice for state and federal conservation funding for investment in public lands. He is a Trustee and Acquisition Specialist for Southern Appalachian Highlands Conservancy, one of the nation's most established land trusts. He is the author of *Stand Up That Mountain: The Battle to Save One Small Community in the Wilderness Along the Appalachian Trail*, winning

numerous awards including The Reed Environmental Writing Award from the Southern Environmental Law Center. **Books will be available for purchase. Please bring cash or checks.**

Brain Fuel Evolution: The Nutrients of Change

with *Guy Beretich, Ph.D.*

Tuesday, May 31, 3pm Ballroom

We've learned a lot about the brain—which nutrients are required to make neurotransmitters, which nutrient deficiencies cause depression, and even which nutrients increase our intelligence. Wouldn't it make sense to have a diet that is high in these "brain fuel" nutrients? Fortunately, the USDA recently analyzed several thousand foods for their nutrients, so we can now truly formulate a diet with brain foods. That's the practical side of this research. Guy Beretich will talk about his book *Brain Fuel Evolution*, and how foods high in certain nutrients fuel the brain, resulting in increased creativity, productivity and longevity that appear to have triggered major advances in human civilization: the explosion of art and literature; the development of science and philosophy, the emergence of humanism...and more. **Books will be available for purchase. Please bring cash or checks.**

*Save the date for
a Creative Memoir
Writing Workshop in
mid-May! Stay tuned
for more details in
the next Chit Chat.*



from *Carolyn Taff*

So much happening, so close by!
A few on-your-own suggestions:

Nasher Museum of Art
919-684-5135 • Durham

Nasher/Haemisegger collection
of contemporary art, thru 6/16

Durham Performing Arts
Center
919-680-2787 • Durham

Riverdance, Tues. 6/7-Sun. 6/12,
various times

Aretha Franklin, Thurs. 5/19,
8pm

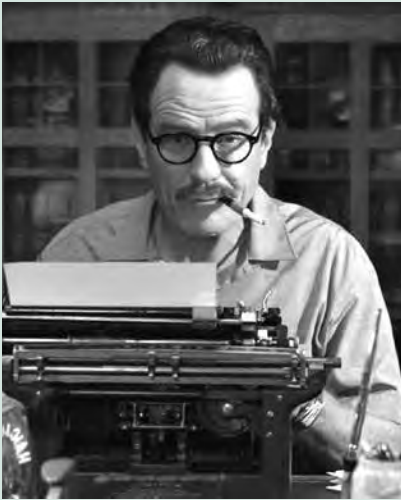
"If/Then" Tues. 5/24-Sun.
5/29, various times

East Chapel Hill High
Auditorium

Chapel Hill Philharmonia,
Strauss, Beethoven, Schumann
Symphony #3, Sun. 5/1,
7:30pm, free

UNC Memorial Hall
919-843-3333 • Chapel Hill

Haydn's "Harmoniemesse" &
more; orchestra, soloists, choir,
Sun., 5/22, 3pm



CEDARS Cinema

Tuesdays, Wednesdays, Fridays & Saturdays, 7:45pm Channel 24
Saturday and Sunday Matinees, 3pm Channel 24

The Letters

Tuesday, May 3, Saturday, May 7, 7:45pm

Sunday, May 8, 3pm • NR

This biographical drama portrays the life of Mother Teresa through the lens of correspondence with her confidant and spiritual mentor, Father Celeste van Exem. Starring Juliet Stevenson and Max von Sydow. (2015)

Julius Caesar

Wednesday, May 4, Friday, May 6, 7:45pm

Saturday, May 7, 3pm • PG

Brutus (James Mason), Cassius (Gielgud) and a band of Roman officials murder Julius Caesar (Louis Calhern) and are driven out of Rome. But they vow to return and fight Marc Antony (Brando)—who proves his loyalty to the bitter end. (1953)

Quiz Show

Tuesday, May 10, Saturday, May 14, 7:45pm

Sunday, May 15, 3pm • PG-13

Charles Van Doren (Ralph Fiennes), was a repeat winner on a TV quiz show. But the public didn't realize it was being hoodwinked...until investigator Dick Goodwin (Rob Morrow) unmasked the corruption. (1994) SUBTITLES NOT INCLUDED

The Danish Girl

Wednesday, May 11, Friday, May 13, 7:45pm

Saturday, May 14, 3pm • R

In 1930, Danish painter Einar Wegener has gender-reassignment surgery with the blessing of his wife. This narrative also sheds light on the origins of transsexual surgery. Starring Eddie Redmayne and Alicia Vikander. (2015)

Inside Out

Tuesday, May 17, Saturday, May 21, 7:45pm

Sunday, May 22, 3pm • PG

When her family relocates, tween Riley Anderson struggles with the stress of her new situation. Her

animated emotions get carried away—quite literally—on a journey through her mind. With Amy Poehler and Diane Lane. (2015)

Singin' in the Rain

Wednesday, May 18, Sunday May 22, 7:45pm

Saturday, May 21, 3pm • G

When Hollywood transitions from silent films to talkies, a matinee idol (Gene Kelly) hopes to make the cut. But he's hampered by a silent-movie queen (Jean Hagen) with a voice like fingernails on a blackboard. Also starring Debbie Reynolds and Donald O'Connor. (1952)

Concussion

Tuesday, May 24, Saturday, May 28, 7:45pm

Sunday, May 29, 3pm • PG-13

When Dr. Bennet Omalu concludes that multiple concussions could be the underlying cause of the brain disorders suffered by many football players, he encounters harsh resistance from the NFL. Starring Will Smith and Alec Baldwin. (2015)

Trumbo

Wednesday, May 25, Sunday, May 29, 7:45pm

Saturday, May 28, 3pm • R

Bryan Cranston stars as 1940s screenwriter Dalton Trumbo, whose refusal to testify before the House Un-American Activities Committee resulted in prison and being blacklisted as a communist. Also starring Diane Lane and Helen Mirren. (2015)

Brooklyn

Tuesday, May 31, Saturday, June 4, 7:45pm

Sunday, June 5, 3pm • PG-13

After emigrating from Ireland, Eilis Lacey adapts to New York City, where she falls for a young Italian. When tragedy pulls her back to her hometown, she finds her loyalties divided between two nations—and two men. (2015)

Regular Group Activities

location key B=Ballroom BR=Billiards Room
CR=Cardroom CL=Classroom DL=Dining
Lobby ER=Exercise Room GL=Great Lawn
L=Library LB=Lobby MR=Magnolia Room
P=Pool PD=Private Dining Room S=Studio

Art Open Studio

Mon & Thu all day **S**

Balance Basics

Wed 11:30 **B**

Julie Hardison 919-259-7922

Balance Challenge

Wed 11:00 **B**

Julie Hardison 919-259-7922

Ballroom Dance Group

2nd & 4th Tue 5:30 **B**

Betty White 919-967-4064

The Bible Class

Tue 11:30 **MR**

Mary Ann Van Kampen

919-493-1789

Bocce

Thu 10:00 **GL**

Caregivers Support Group

1st Wed 3:00 **PD**

Ashley Beale 919-259-7735

Cedars Cinema

Tue, Wed, Fri & Sat 7:45, Sat & Sun

3:00 **Channel 24**

Duplicate Bridge

Wed 12:45 **CR**

Betty White 919-967-4064

Ginny Paige 919-259-7119

Wendell Rosse 919-489-3585

French Lessons

Wed 10:30 **CL**

James Noblitt 919-962-0273

Garden Plots

Kit Bick 919-259-7088

Gin Rummy

Thu 1:00 **CR**

Jim Allen 919-259-7599

Golf Croquet

Tue 10:00 **GL**

Norman and Rhonda Innes

919-259-7150

Great Books Club

2nd Mon 3:00 **CL**

Alice Maniloff 919-942-6992

Happy Hour

Fri 4:30 **Bar**

Interdenominational Service

Sun 11:00 **B**

Nancy Cobey 919-259-7048

Knit & Stitch

Mon 10:30 **CR**

Lou Owens 919-259-7557

Library Workday

Mon 9:00 **L**

Nancy Lebo 919-259-7330

Line Dancing

Tue 4:30 **B**

Julie Hardison 919-259-7922

Mah Jongg

Tue 2:00 **CR**

Sarah Kittner 919-969-6822

Meditation

Tue 2:00 **PD**

Carolyn Taff 919-918-4467

Members Meeting

last Thu 2:00 **B**

Weezie Oldenburg 919-942-6994

Party Bridge

1st & 3rd Fri 1:00 **CR**

Lofi Hirschman 919-259-7015

Ping Pong

Mon, Wed, Fri, Sat 9:00 **B**

Rose Michelson 919-945-0888

Play Group

1st & 3rd Mon 1:30 **CL**

Pat Beyle 919-942-1281

Poker

Mon 2:00 **CR**

Bob Paterson 919-259-7060

Scrabble

Thu 4:00 **CR**

Eileen Stendig 919-259-7722

Seniorcize

Mon 11:00 Tue Thur 8:45 **B**

Julie Hardison 919-259-7922

Sit and Be Fit

Tue Thu 9:45 **B**

Julie Hardison 919-259-7922

Tai Chi

Mon 11:30 **B**

Julie Hardison 919-259-7922

TGIF (*The Goal Is Fitness*)

1st & 3rd Fri 11:00 **B**

Julie Hardison 919-259-7922

UNC Libraries

alternate Sat 11:00

Lynne Morris 919-967-4885

Water Exercise

Mon Wed Fri 8:45 & 9:45 **P**

Julie Hardison 919-259-7922

Kudos to...

- ☞ Esther Lederman for displaying her collection of Russian plates in the Member case in April
- ☞ Don Rorke for recommending Georgia Bonesteel to speak to our Membership about quilting
- ☞ Benjamin Keaton for his wonderful piano performance in April
- ☞ Esther Lederman for her lecture, *Hiding for Our Lives*
- ☞ Jerry Adamson for his armchair travel to Cambodia
- ☞ Byrion and Judith Hollinshead for recommending Nils Neubert, tenor and Yuri Kim, pianist to perform in the Ballroom
- ☞ Jack Hammond for his Cedars Solvers Series crossword puzzles

Get Involved

Accessing UNC Libraries

Saturdays, MAY 7 & 21, 11am Library

Want to borrow books from UNC Libraries? Contact Lynne Morris with questions at 919-967-4885.

Great Books Club

2nd Mondays, 3pm Classroom

Endless Mountains

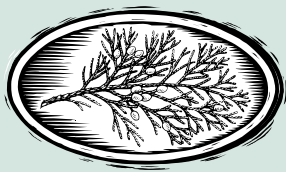
by Reynolds Price

Channel 24 Replays Schedule

- ☞ Mondays 10am, exercise program; 12:30pm, recent lectures
- ☞ Tuesdays 10am, exercise program
- ☞ Wednesdays 10am, exercise program; 12:30pm, Members Meeting
- ☞ Thursdays 10am, exercise program
- ☞ Fridays 10am, exercise program

Exhibits

If you are willing to share your collection by displaying it in the Clubhouse Lobby, please contact Laura Waggoner at 919-259-7944 or Tara Pierce at 919-537-0128.



- In-House TV..... Channel 24
- Reception..... 919-259-7000
- Concierge..... 919-259-7937
- Fax..... 919-259-7001
- Spa & Salon..... 919-259-7940
- Dining Reservations..... 919-259-7932
- Work Orders..... 919-259-7918
- Security..... 919-883-7666

- Editor.....Laura Waggoner
919-259-7944

- Graphic Designer.....Debb Hepp
919-260-4495

CALENDAR *at a Glance*

<i>date</i>	<i>day</i>	<i>activity</i>	<i>time</i>	<i>location</i>
5/2	Monday	NC Symphony at UNC Memorial Hall	6:45pm	Lobby
5/3	Tuesday	Triangle Jewish Chorale	7:30pm	Ballroom
5/4	Wednesday	Chamber Orchestra of the Triangle Ticket Subscriptions/Renewals	10-11:30am	Cardroom
5/5	Thursday	Cedars University: <i>Experiencing America</i>	11am	Ballroom
5/5	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
5/6	Friday	Friday Favorites at Meymandi Hall	10:15am	Lobby
5/6	Friday	<i>Hiding for Our Lives</i> with Member Esther Lederman	3pm	Ballroom
5/7	Saturday	Derby Day “Run for the Roses”	5:30pm	Ballroom
5/8	Sunday	Mother’s Day Brunch with Gabriel Pelli and Dave Smith of the Onyx Club Boys	11:30am	Dining Lobby
5/9	Monday	Art in the Garden Sculpture Invitational	9:45am	Lobby
5/11	Wednesday	<i>A Visit to Cambodia: A Nation of Ups and Downs</i> with Jerry Adamson	3pm	Ballroom
5/12	Thursday	Cedars University: <i>Experiencing America</i>	11am	Ballroom
5/12	Thursday	Popcorn and a Movie: <i>Star Wars Episode VII—The Force Awakens</i>	3pm	Ballroom
5/13	Friday	Camelot Vocal Ensembles	4:30pm	Ballroom
5/14	Saturday	Carolina Ballet	1pm	Lobby
5/16	Monday	Lap Quilting with Georgia J. Bonesteel	3pm	Ballroom
5/18	Wednesday	Dining Out! Outback Steakhouse	4:45pm	Lobby
5/19	Thursday	Cedars University: <i>Experiencing America</i>	11am	Ballroom
5/19	Thursday	Carolina Performing Arts Season with Emil Kang	3pm	Ballroom
5/19	Thursday	Robert Griffin—Jazz Pianist	5pm	Dining Lobby
5/20	Friday	Jordan Lake Eco Tour	1:15pm	Lobby
5/21	Saturday	An Evening of Schubert with Nils Neubert, tenor and Yuri Kim, pianist	7pm	Ballroom
5/23	Monday	Award Winning Conservationist and Author of <i>Stand Up That Mountain</i> with Jay Erskine Leutze	3pm	Ballroom
5/26	Thursday	Cedars University: <i>Experiencing America</i>	11am	Ballroom
5/26	Thursday	Members Meeting	2pm	Ballroom
5/27	Friday	Richard Tazewell—Pianist	5pm	Dining Lobby
5/31	Tuesday	<i>Brain Fuel Evolution: The Nutrients of Change</i> with Guy Beretich, Ph.D.	3pm	Ballroom