



The Cedars Post



The First Decade at The Cedars

Or at least the version remembered by two past chairs of the Members Council, Bonnie Simms (2007-2010) and Phil Purcell (2011-2014)

Have you ever wondered how things started here at The Cedars?

The Cedars' pioneers moved in at the beginning of August 2004. It was an amazing experience, meeting new people and deciding that it was a lot like being on a cruise. Most certainly a pre-COVID-19 cruise.

The Members Association, headed by the Members Council, was formed at the very start of The Cedars to be the voice of the Members because, early on, the Members had no representation on the Condominium Board. Carl Wilkins, the first executive director of The Cedars, selected the members of the five Council committees: Finance, Health and Safety, Building and Grounds, Activities and Fine Dining. Only Rollie Tillman and Bonnie Simms are still with us. Credit for getting the Council going and making the Members' voices heard must be given particularly to Dr. Ethel Weinberg, our very assertive first chair of the Members Council. Ethel moved north some years ago, but her legacy lives on, as those committees continue actively to this day.

With the passage of time as more units were sold, the Condominium Board became composed entirely of Members. Bill McLendon is the only survivor of the first all-Member Condominium Board.

Much to the dismay of Carl, his previous assignments having been to communities of older people who just wanted to be taken care of, this feisty new group wanted to exert some influence, albeit the condominium documents provide

that the Council is to be advisory only. Carl's first attempts at what he called a Town Meeting were quickly taken over by the new Council, now flexing their muscles. Soon our Members Meetings were headed by the Council chair and still are to this day. No longer do the executive director and staff sit to one side of the stage and the Council across from them on the other side.

The Employee Appreciation Fund was also started that first fall with Martha Oxenfeldt as the chair. Ever since, Art Lebo has been the mainstay of the Fund. Every December since 2004, all of our employees have received gifts from the Fund based on the number of hours each worked. The contributions of the Members to the Fund have grown substantially over the years from \$101,227 in 2005, the first full year The Cedars was open, to last year's amazing \$372,469.

The Scholarship Program was started by Ethel when she had some knitted hats she wanted to sell and subsequently the Program has grown, initially under the leadership of Shirley Block, into a multi-faceted effort for the benefit of our student employees.

It was during Bonnie's first term that Carl took off on his motorcycle for a trip to the West Coast giving the DuBose administrator the task of presenting the budget to the Members with a monthly fee increase of 8+%. Needless to say, the increase was not well received, that day ever after being known as Black Friday. Bonnie appointed a Budget Review Committee to tackle the issue with a goal of never having such an increase occurring again—and it has not under the watchful eyes of the Finance Committee. The final increase that year was negotiated down to a lesser number than the initial bombshell.

One of our early residents, the late Marie Eldridge, was successful in convincing the Town of Chapel Hill to install traffic lights at The Cedars entrance off of Meadowmont Lane. Marie then had

June Birthdays

Alyce Bennett	1
Margaret Rook	4
Wendell Rosse	5
Malcolm Jackson	6
Gwen Clare	6
Martha Oxenfeldt	7
Sue Tiedeman	9
William Thompson	11
Peter Bennett	12
Carol Stamm	13
Virginia Ostrander	15
June Russell	16
Ken Woodard	19
Thomas Christy	22
Sally Orcutt	23

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to raise money from the Members to pay for the installation of the traffic lights. We can now cross that busy street without having to dodge oncoming traffic.

Our continuing connection to the Meadowmont Community Association (MCA) has been facilitated by an active get-out-the-vote campaign every two years to elect one of our Members to the MCA Board. The documents establishing Meadowmont did not guarantee a Board position to The Cedars. Bonnie served as our representative on the Board succeeding the late Glenn Wilson and Marie.

Carl retired and rode off into the sunset on his motorcycle and was succeeded by Sara Flynn-Loy on January 1, 2009; she has adroitly led us ever since. Sara had already been here for four years working virtually every position at The Cedars from showing new Members their condominiums during construction, to working in the laundry, dining room and kitchen and as administrator of the DuBose Health Center. All has worked out extremely well with Sara who became our executive director at the tender age of 26.

The first expansion of the DuBose Health Center brought the welcome addition, at Members Council insistence, of only private rooms, 12 of them. The Members Council also appointed a committee under Bonnie's leadership to review entrance requirements to The Cedars which many believed were too lenient. As happens from time to time, not all good ideas come to fruition.

Light rail, the expansion of Meadowmont Lane and the lawsuit raised their ugly heads when Phil was chair. It all started in October 2011, when the MCA held a community wide meeting in The Cedars Ballroom to warn the attendees (all 25 of them) about the Durham to Chapel Hill light rail project that would run its tracks across the Little

Creek wetlands, then through The Cedars between the DuBose Health Center and the cottages on Cedar Berry Lane before running south along the west side of Meadowmont Lane to Highway 54, the infamous route C-1 that Triangle Transit (now Go Triangle) was locked into.

A campaign was organized to have the Members bombard relevant governmental bodies with letters and emails opposing route C-1. The Members responded beautifully several times over four years. Phil addressed the Chapel Hill Town Council, the Orange County Board of County Commissioners, the Durham County Board of County Commissioners and the Durham Chapel Hill Carrboro Metropolitan Planning Organization (MPO) describing the dreadful impact route C-1 would have on The Cedars and asking that such a deleterious impact be eliminated by choosing alternate route C-2 which ran down George King Road east of The Cedars and the Little Creek wetlands to Highway 54.

When Bonnie spoke to the Chapel Hill Town Council, she offered to lead them on a walk through Meadowmont, The Cedars and the nearby woods so they could see for themselves the horrendous impact that light rail and the Meadowmont Lane expansion would have on The Cedars and the Meadowmont community at large. Unfortunately, there were no volunteers. Later however, Bernadette Pelissier, Chair of the Orange County Board of County Commissioners, walked with Phil and others along the light rail route cutting through The Cedars and following it into a part of the Little Creek wetlands it would have traversed.

In the middle of that battle, the proposed Meadowmont Lane expansion linking Southwest Durham Drive to NC 54 became a hot topic. The expansion would have turned Meadowmont Lane into a very busy street as a connector between NC 54 and the New Hope/Patterson Place shopping areas on Highway 15/501. The traffic load on Meadowmont

Lane was projected to be 8,000 to 12,000 cars and trucks a day. Another letter and email campaign was organized and Phil again addressed the MPO. Fortunately, the MPO ultimately approved a Metropolitan Transportation Plan that put together light rail and the Southwest Durham Drive link to NC 54 along George King Road east of The Cedars and the Little Creek wetlands. Nevertheless, Triangle Transit continued marching ahead with route C-1.

C-1 finally bit the dust when the Corps of Engineers, which had jurisdiction over the Little Creek wetlands through which C-1's tracks would run, told Triangle Transit it would not be given permission to run light rail tracks through the wetlands. What a tremendous relief for The Cedars! And Meadowmont. You may have read this past year that the entire light rail project bit the dust when Duke did not consent to the project. Light rail cost the taxpayers almost \$159,000,000.

While all this was going on, Phil persuaded a very reluctant director of Fine Dining (long before Andrew) to publish dinner menus a week in advance despite his desire to do it day by day to "surprise" Members. Far more importantly, the Members Council at Phil's request created two new committees to meet needs of The Cedars: Long Range Planning and Marketing (later repurposed and renamed Communications). With the addition of those two, the Members Council now has seven committees. The Council has been meeting regularly and working closely with management for well over 15 years and has addressed numerous issues that greatly impact our lives here.

From our unprejudiced view, the Members Council and Members Association got off to an excellent start representing the best interests of the Members to management and the outside world. The present Council is continuing that tradition.

GO CEDARS!



CEDARS *Cinema*

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

The Song of Names

Tuesday, June 2 & Saturday, June 6, 7:45pm
Sunday, June 7, 3pm · PG-13

This drama follows a man searching for his childhood best friend, a violin prodigy orphaned in the Holocaust, who vanished on the night of his first public performance. Starring Tim Ross and Clive Owen. (2019)

Words and Music

Wednesday, June 3 & Friday, June 5, 7:45pm
Saturday, June 6, 3pm · NR

Richard Rodgers and Lorenz Hart, one of the most successful songwriting teams, are the subject of this biopic featuring Mickey Rooney with songs by Judy Garland, June Allyson and Lena Horne. (1948)

The Current War

Tuesday, June 9 & Saturday, June 13, 7:45pm
Sunday, June 14, 3pm · PG-13

Thomas Edison is on the verge of his new DC technology. His plans are upended by George Westinghouse and Nikolai Tesla, who have a superior idea: AC current, sparking one of the greatest feuds in history. Starring Benedict Cumberbatch and Michael Shannon. (2019)

Cunningham

Wednesday, June 10 & Friday, June 12, 7:45pm
Saturday, June 13, 3pm · PG

Merce Cunningham's artistic evolution from his early years as a struggling dancer in postwar New York to his emergence as one of the world's most visionary choreographers. (2019)

1917

Tuesday, June 16 & Saturday, June 20, 7:45pm
Sunday, June 21, 3pm · R

At the height of the First World War, two British soldiers must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers. Starring Dean-Charles Chapman and George MacKay. (2019)

What About Bob?

Wednesday, June 17 & Friday, June 19, 7:45pm
Saturday, June 20, 3pm · PG

Determined to receive treatment, Bob follows his psychiatrist on vacation and ingratiates himself with the doctor's family. Starring Bill Murray, Richard Dreyfuss and Julie Hagerty. (1991) SUBTITLES NOT INCLUDED

Just Mercy

Tuesday, June 23 & Saturday, June 27, 7:45pm
Sunday, June 28, 3pm · PG-13

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned including Walter McMillian who was sentenced to die despite evidence proving his innocence. Starring Michael B. Jordan and Jamie Foxx. (2019)

For Sama

Wednesday, June 24 & Friday, June 26, 7:45pm
Saturday, June 27, 3pm · TV-MA

The story of a Syrian mother's perseverance through the siege of Aleppo. Told as a love letter from a mother to her daughter, the film explores whether to abandon Aleppo and the fight for freedom. (2019)

Lincoln

Tuesday, June 30 & Saturday, July 4, 7:45pm
Sunday, July 5, 3pm · PG-13

The legacy of Abraham Lincoln, during the Civil War years and the conflicts within Lincoln's cabinet regarding. Starring Daniel Day-Lewis and Sally Field. (2012)

Heidi

Wednesday, July 1 & Friday, July 3, 7:45pm
Saturday, July 4, 3pm · G

When Heidi is orphaned, she goes to live with her grandfather and gradually warms his heart with her charm. But she is taken away by her aunt to serve as a disabled girl's companion. Starring Shirley Temple and Arthur Treacher. (1937)



ANNOUNCEMENTS

The Cedars
Classical
Concert Series



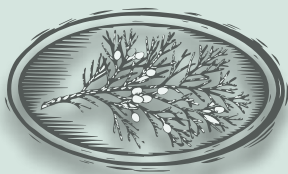
is in place and ready to go when our situation changes and the rules allow. As of now two of the features are the popular Vega Piano Quintet and Fred Moyer on piano. Here's to first class music right here.



New Move Ins

Kenton and Carol McCartney
101 Cedars Meadows Lane

Richard and Elizabeth Kent
103 Cedars Pond Lane



In-House TV **CHANNEL 24**
 Reception

CEDARS FITNESS

Drink to Your Health!



Summer's heat and humidity are a dangerous duo that can lead to dehydration, a serious and sometimes life-threatening condition. As we age, our total body water decreases as does our thirst sensation. Dehydration can therefore happen much more quickly and more frequently in seniors.

Dehydration can cause:



Fatigue. A major component of blood is water and a decrease makes your heart work harder. This makes everyday activities more difficult and can increase your chances of falling.



Confusion. The brain is about 78% water, so a water shortage to your brain can contribute to mental foginess.



Urinary tract infections. Your kidneys need water to filter waste from the blood and excrete it in urine.



Headaches. These can be caused by stress, which is a result of the inability to cope with high temperatures.



Joint pain and muscle cramps. Fluids act as natural lubricants that minimize friction between bones. Fluid loss can also lead to cramping of the muscles.

Decreased immunity. Water is the major component of lymphatic fluid, which removes toxins and carries immune cells to fight infections and disease.

Tips for maintaining proper hydration:

Set a daily fluid goal. Individual needs vary but a minimum of six to eight 8 oz. glasses can be a starting point.

Do not judge your need for fluids by thirst; try to drink even if you are not thirsty.

Hydrate yourself properly BEFORE exercising and continue to drink water during and after your workout.

Increase your water intake by consuming lots of fruits and leafy green vegetables.

Avoid alcohol, which is a diuretic.

Carry a bottle of water when you are on the go, especially during the hot summer months.

—This article was adapted from News Canada.

Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: Evil

		4	2					7
	5							3
3		1		5		4	9	
					7	2	1	
	9	5	8					
	1	7		3		5		8
	8						7	
9					5	3		

Puzzle by websudoku.com