

SPOTLIGHT - ESTA THOMAS

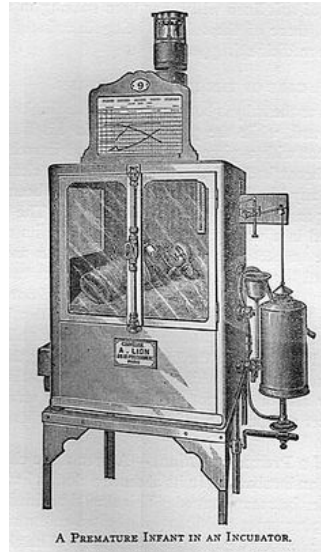
This Spotlight is provided by the Publicity and Communications Committee. Thanks to Herb Cooper for providing background information.



Cedars Member Esta Thomas was born in Brooklyn in 1923. Her post-partum period was most unusual and earned her distinction as a Coney Island "Boardwalk Baby." At the beginning of the 20th century, Dr. Martin Couney brought refined incubator technology to the U.S. from Paris, France but experienced enormous difficulties trying to sell these methods to premier hospitals in New York and Boston. This led to a remarkable sequence of events of which Esta Thomas was a part.

Picture Coney Island in 1903. Beyond the Four-Legged Woman, the sword swallows, and "Lionel the Lion-Faced Man" was an entirely different exhibit: rows of tiny, premature human babies living in glass incubators. Visitors paid 25 cents to enter. They would approach rows of incubators along a wall, peering through glass windows at the babies inside. Many of the infants came to Couney from maternity wards that could not care for them and some, like Esta, were brought by parents. Couney took all comers and never charged for the care he provided which included rotating shifts of doctors and nurses. The quality of care was not matched in any hospital of the time.

It was all spotless inside. Under a sign reading, "All the World Loves a Baby," Couney's barkers harangued the crowd. One of them, Archibald Leach, liked the job enough to stay in show business under the name of Cary Grant. For many years, the incubators were Coney Island's most popular attraction. Over the exhibit's nearly 40 years, more than 1,250,000 visited the babies. During a World's Fair in Chicago, Couney displayed incubators next to Sally Rand's burlesque show. When the police arrested the famous fan dancer for nudity, she is reported to have complained that the babies wore fewer clothes than she did and nobody made a fuss about them!



Couney, who died in 1950 and is viewed today as a pioneer in neonatology, kept alive over 6500 of the 8000 babies who were taken to his exhibit at the Coney Island Boardwalk. The exhibit remained there until 1940 when incubators finally became widely used in hospitals.

Esta Thomas was one of those preemies on exhibit (and is the oldest living Boardwalk Baby). At birth in mid-August, 1923, she weighed just 20 ounces. Two cousins of her father had seen Dr. Couney's exhibit and

immediately arranged for him to visit the home. One day after birth Esta wound up at Coney Island and spent six weeks as a Boardwalk Baby, leaving at the end of September when the exhibit closed for the winter. At that time she weighed 2.5 pounds and then continued to thrive under the care of her mother who placed her in a closed room heated to 90 degrees. As a child, she went back annually with her family to visit Coney Island, Dr. Couney, and the incubator babies.



JANUARY
2022

THE CEDARS POST



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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).

ROBERT GRIFFIN
JAZZ PIANIST
 Thursdays, January 13 &
 27, 5pm Dining Lobby

LET'S CELEBRATE

NORTH RALEIGH MODEL RAILROAD CLUB TRAIN SHOW Saturday, January 8, 10am-3pm Ballroom



The North Raleigh Model Railroad Club (NRMRC) is the N Scale NTRAK and T-TRAK model railroad club in North Carolina's Research Triangle Park area.

Founded in 1974, NRMRC members are dedicated to furthering the hobby of N-Scale model railroading through educational activities, community involvement and public displays. N Scale is a 1/160th scale replica of a prototype (real) train, building, person, automobile or anything else. Members, family and friends are welcome to come view the model trains in action from 10a-3pm in the ballroom.

SENTIMENTAL JOURNEY *with Grand Time for Singing* Thursday, January 13, 4pm Ballroom



Grand Time is excited to return to The Cedars. They will wow you with their array of popular music from the '30's through early '70's. Think "Night and Day," "All the Things You Are," "People," "S Wonderful," "You Do Something to Me," "Unforgettable," and "I'm in the Mood for Love." They'll delight you with the combination of vocals, piano and saxophone. The Cedars Line Dancers will also "wow" you with their dancing. All of this performed by our own Joan Ontjes together with Jim Fields on vocals and sax as well as Robert Spaziano on jazz piano. Each of them has performed extensively particularly in the Triangle area. Refreshments provided.



THE YALE ALLEY CATS Friday, January 14, 3pm Ballroom

The Yale Alley Cats are a world-renowned all-men a cappella singing group from Yale University, making music around the world since their founding back in 1943. Since then, as Yale's classiest a cappella group, the Cats have

created over 200 original arrangements from jazz standards to Motown, from timeless oldies to contemporary chart-toppers. They spend two months a year touring across the globe; destinations have included China, Australia, New Zealand, and England in recent years. Their diverse repertoire allows them to perform for a wide variety of audiences, from students to dignitaries and celebrities including Aretha Franklin, Presidents Obama and Clinton, Jay Leno, and the United Nations.

BEYOND THE CEDARS

Please call Laura at 919-259-7944 or Tara at 919-537-0128 on regular business days if you have signed up for an outing and are unable to attend.



ALPHONSE MUCHA: ART NOUVEAU VISIONARY at NCMA

Wednesday, January 19, 10am Lobby

Czech-born Alphonse Mucha (1860–1939) was one of the most celebrated artists in Paris at the turn of the 20th century. As an influential force behind the art nouveau movement, he created sumptuous posters and advertising—promoting such everyday products as cigarette papers and tea biscuits—that transformed the streets of Paris into open-air art exhibitions. *Alphonse Mucha: Art Nouveau Visionary* celebrates the Mucha Trust Collection's first major U.S. tour in 20 years, featuring a vast array of posters, illustrations, ornamental objects, and rarely seen sculpture, photographs, and self-portraits. Additional works from the NCMA's collection highlight the American interpretation of the European aesthetics that influenced Mucha as well as his close friendship with French sculptor Auguste Rodin. **Register on Cedars Connect beginning January 1, deadline January 16. Cost: \$33 for ticket and transportation. Maximum 10 people. Bring money for lunch. East Café serves hot entrées, fresh salads, desserts, coffee, beer, wine, and more.**



SHOPPING TRIP TO FLYLEAF BOOKS

Tuesday, January 25, 1:15pm Lobby

Flyleaf Books is an independent bookstore located in Chapel Hill featuring new and used books as well as a large children's section. They also have a nice gift section including jigsaw puzzles, boxed cards, journals and more. Don't miss Jamie Fiocco's Book Chat on January 21st via Zoom at 2pm as she talks about newly released books and more. **Register on Cedars Connect beginning January 1, deadline January 23. Cost: \$4 for transportation.**

ANNOUNCEMENTS

LOW VISION SUPPORT GROUP

Monday, January 3, 11am Classroom

Do you suffer from a low vision condition? Come share valuable information and resources with fellow Members at our low vision support group. The group will meet on the first Monday of the month.

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, January 7, 1-2pm Art Studio



Cellist **Caroline Stinson**, accompanied by pianist Gabrielius Alekna will present our next (mostly Beethoven) program on **Sunday, January 23, at 3pm** in the Ballroom. In 2018, Caroline became the first new member of the Ciompi Quartet since 1995. She is Associate Professor of the Practice at Duke University. Subscribers, please join us for this outstanding performance. Ballroom doors open at 2:30pm. If you have questions, please contact Nancy Buell at 617-699-6193 or nhbuell@gmail.com.

THE CEDARS EVENTS

1/1 SATURDAY

Happy New Year!

- 9am Ping Pong **B** ■
- 9am Cribbage **CL** ■

1/2 SUNDAY

- 11am Interdenominational Service **B** ■

1/3 MONDAY

- 8:30am Aquafit On Your Own **P** ■
- 8:30am Cardio Combo **B** ■
- 9am Library Workday **L** ■
- 9:30am Balance Basics **B** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Challenge **B** ■
- 10:30am Knit & Stitch **CR** ■
- 11am Low Vision Support Group **CL** ■
- 11:30am Tai Chi **B** ■
- 1pm Poker **CR** ■
- 1:30pm Play Reading Group **Z** ■

1/4 TUESDAY

- 8:30am Total Body Strength & Stretch **B** ■
- 9:45am Sit & Be Fit **B** ■
- 10:45am Sit & Be Fit **B** ■
- 1pm Golf Croquet **GL** ■
- 4:30pm Line Dancing **B** ■

1/5 WEDNESDAY

- 9am Ping Pong **B** ■
- 9:15am Aquafit **P** ■
- 10am Open Door Bible Group **CR/Zoom** ■
- 10:30am Balance Basics **B** ■
- 11:15am Balance Challenge **B** ■
- 12:45pm Duplicate Bridge **CR** ■

1/6 THURSDAY

- 8:30am Cardio Combo **B** ■
- 9:30am Sit and Be Fit **B** ■
- 11am Cedars University **B** ■
- 1pm Bocce **GL** ■
- 1:30pm Modern American Canasta **CR** ■

1/7 FRIDAY

- 9:15am Aquafit **P** ■
- 11am Fit Friday: Zumba **B** ■
- 3pm Classic Canasta **CR** ■

1/8 SATURDAY

- 9am Ping Pong **B** ■
- 9am Cribbage **CL** ■
- 10am North Raleigh Model Railroad Club Train Show **B** ■

1/9 SUNDAY

- 11am Interdenominational Service **B** ■
- 2pm Chamber Orchestra **LB** 🎷 ■

1/10 MONDAY

- 8:30am Aquafit On Your Own **P** ■
- 8:30am Cardio Combo **B** ■
- 9am Library Workday **L** ■
- 9:30am Balance Basics **B** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Challenge **B** ■
- 10:30am Knit & Stitch **CR** ■
- 11am Beginner Tai Chi **B** ■
- 11:30am Tai Chi **B** ■
- 1pm Poker **CR** ■
- 1:30pm Play Reading Group **Z** ■
- 2pm Great Books **CL** ■

1/11 TUESDAY

- 8:30am Total Body Strength & Stretch **B** ■
- 9:45am Sit & Be Fit **B** ■
- 10:45am Sit & Be Fit **B** ■
- 1pm Golf Croquet **GL** ■
- 4pm Beginner Line Dancing **B** ■
- 4:30pm Line Dancing **B** ■

1/12 WEDNESDAY

- 9am Ping Pong **B** ■
- 9:15am Aquafit **P** ■
- 10am Open Door Bible Group **CR/Zoom** ■
- 10:30am Balance Basics **B** ■
- 11:15am Balance Challenge **B** ■
- 12:45pm Duplicate Bridge **CR** ■

1/13 THURSDAY

- 8:30am Cardio Combo **B** ■
- 9:30am Sit and Be Fit **B** ■
- 11am Cedars University **B** ■
- 1pm Bocce **GL** ■
- 1:30pm Modern American Canasta **CR** ■
- 4pm Sentimental Journey with Grand Time for Singing **B** ■
- 5pm Robert Griffin - Pianist **DL** ■

1/14 FRIDAY

- 9:15 Aquafit **P** ■
- 11am Fit Friday: Cardio and Core **B** ■
- 3pm Classic Canasta **CR** ■
- 3pm The Yale Alley Cats **B** ■

1/15 SATURDAY

- 9am Ping Pong **B** ■
- 9am Cribbage **CL** ■
- 11am Accessing UNC Libraries **L** ■

1/16 SUNDAY

- 11am Interdenominational Service **B** ■

1/17 MONDAY

- 8:30am Aquafit On Your Own **P** ■
- 8:30am Cardio Combo **B** ■
- 9am Library Workday **L** ■
- 9:30am Balance Basics **B** ■
- 10am Pilates Fusion with Joan **Z** ■
- 10:15am Balance Challenge **B** ■
- 10:30am Knit & Stitch **CR** ■
- 11am Beginner Tai Chi **B** ■
- 11:30am Tai Chi **B** ■
- 1:30pm Play Reading Group **Z** ■
- 4pm Finishing Touches: Death Café **CR** ■

1/18 TUESDAY

- 8:30am Total Body Strength & Stretch **B** ■
- 9:45am Sit & Be Fit **B** ■
- 10:45am Sit & Be Fit **B** ■
- 1pm Golf Croquet **GL** ■
- 1pm Let's Talk Cinema *Thappad* (The Slap) **B** ■
- 4pm Beginner Line Dancing **B** ■
- 4:30pm Line Dancing **B** ■

1/19 WEDNESDAY

- 9am Ping Pong **B** ■
- 9:15am Aquafit **P** ■
- 10am Open Door Bible Group **CR/Zoom** ■
- 10am Alphonse Mucha: Art Nouveau Visionary at NCMA **LB** 🎷 ■
- 10:30am Balance Basics **B** ■
- 11:15am Balance Challenge **B** ■
- 12:45pm Duplicate Bridge **CR** ■

1/20 THURSDAY

8:30am Cardio Combo **B** ■
9:30am Sit and Be Fit **B** ■
11am Cedars University **B** ■
1pm Bocce **GL** ■
1:30pm Modern American Canasta **CR** ■
2pm Let's Talk Cinema *Thappad* Discussion
Via Zoom led by Linda Luftig z ■

1/21 FRIDAY

9:15am Aquafit **P** ■
11am Fit Friday: Barre Fusion **B** ■
2pm Book Chat with Jamie Fiocco z ■
3pm Classic Canasta **CR** ■

1/22 SATURDAY

9am Ping Pong **B** ■
9am Cribbage **CL** ■

1/23 SUNDAY

11am Interdenominational Service **B** ■
1:30pm PlayMakers LB 📄 ■
3pm Classical Concert Series B ■

1/24 MONDAY

8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9am Library Workday **L** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **z** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
11:30am Tai Chi **B** ■
1pm Poker **CR** ■
1:30pm Play Reading Group **z** ■
2pm Popcorn and a Movie - *Respect* B ■

1/25 TUESDAY

8:30am Total Body Strength & Stretch **B** ■
9:45am Sit & Be Fit **B** ■
10:45am Sit & Be Fit **B** ■
1pm Golf Croquet **GL** ■
1:15pm Shopping Trip to
Flyleaf Books LB 📄 ■
4pm Meet and Greet with
Artist Nerys Levy s ■
4:30pm Line Dancing **B** ■

1/26 WEDNESDAY

9am Ping Pong **B** ■
9:15am Aquafit **P** ■
10am Open Door Bible Group **CR/Zoom** ■
10am Polymer Clay Workshop with
Aud Ackerman s 📄 ■
10:30am Balance Basics **B** ■
11:15am Balance Challenge **B** ■
12:45pm Duplicate Bridge **CR** ■

1/27 THURSDAY

8:30am Cardio Combo **B** ■
9:30am Sit and Be Fit **B** ■
11am Cedars University **B** ■
1pm Bocce **GL** ■
1:30pm Modern American Canasta **CR** ■
2pm Members Meeting B ■
5pm Robert Griffin - Pianist DL ■
6:45pm NC Symphony at UNC LB 📄 ■

1/28 FRIDAY

9:15 Aquafit **P** ■
11am Fit Friday: Strength Circuit **B** ■
3pm Classic Canasta **CR** ■

1/29 SATURDAY

9am Ping Pong **B** ■
9am Cribbage **CL** ■
11am Accessing UNC Libraries **L** ■

1/30 SUNDAY

11am Interdenominational Service **B** ■

1/31 MONDAY

8:30am Aquafit On Your Own **P** ■
8:30am Cardio Combo **B** ■
9am Library Workday **L** ■
9:30am Balance Basics **B** ■
10am Pilates Fusion with Joan **z** ■
10:15am Balance Challenge **B** ■
10:30am Knit & Stitch **CR** ■
11:30am Tai Chi **B** ■
1pm Poker **CR** ■
1:30pm Play Reading Group **z** ■

POOL CLOSED FOR AQUATIC THERAPY

Mondays, 1-4pm

Wednesdays, 1-4pm

Fridays, 1-4pm

GET INVOLVED

GREAT BOOKS

Monday, January 10, 2pm Classroom

The Baby by Mary Gordon

ACCESSING UNC LIBRARIES

Saturdays, January 15 & 29, 11am
Library

Want to borrow books from UNC
Libraries? Contact Nancy Lebo with
questions at 919-259-7330.



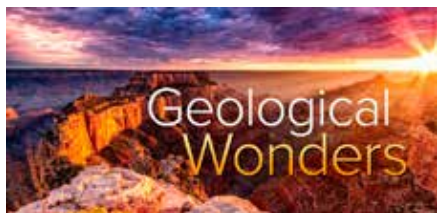
BOOK CHAT WITH JAMIE FIOCCO

Friday, January 21, 2pm Zoom Invite

We welcome back Jamie Fiocco,
owner of independent bookstore
Flyleaf Books in Chapel Hill, as she
talks about newly released books,
from lighthearted fiction to thought-
provoking nonfiction - and everything
in between! Please join us!

MEMBER DISPLAY CASE

If you have a collection of treasures
you'd like to share with our Members
in the display case located in the
upper level of the Clubhouse, please
call Laura Booker at 919-259-7944.



THE WORLD'S GREATEST GEOLOGICAL WONDERS: 36 SPECTACULAR SITES
Thursdays through January 6,
11am Ballroom

GREAT AMERICAN BESTSELLERS: THE BOOKS THAT SHAPED AMERICA
Taught by Peter Conn, Ph.D.
Professor, University of Pennsylvania
Thursdays, January 13 through April 7,
11am Ballroom



Throughout America's storied history, thousands of books have claimed the term "bestseller" in one form or another. The 22 works selected for Great American Bestsellers, however, were chosen for the wealth of information they provide about both the concept of American bestsellers and the larger scope of American culture.

Every work in this course, from literary masterpieces (The Adventures of Huckleberry Finn) to enduring self-help books (How to Win Friends and Influence People), has had a crucial and unique impact on American society. Studying these representative works gives you a deeper understanding of how American literature can both mirror the events of its time and interact with—and in many instances impact—them.

LEARNING OPPORTUNITIES

POLYMER CLAY CLASSES WITH AUD ACKERMAN

Wednesday, January 19, 26 and February 2, 9, 16, Art Studio

The art of creating polymer clay jewelry is a very hands-on and rewarding experience. Just ask the many Members who have taken Aud's polymer clay classes in the past. Aud will teach a 5 week course beginning every Wednesday January 19 through February 16 from 10-noon. Cost is just \$20.00 to cover your course materials. Register on Cedars Connect beginning January 1, deadline January 12, maximum 6 participants.

ART CLASSES WITH NERYS LEVY

Tuesdays, February 8 and 22, March 8 and 22 and April 12 and 26, 10am-Noon, Art Studio

Nerys Levy is a member artist at FRANK gallery. She has traveled the world from the Arctic to the Antarctic working mostly on site. Her website is neryslevy.com.

Her 6 week workshop at The Cedars is open to artists of all levels. Nerys is experienced at giving one-on-one instruction in a class situation. Artists are encouraged to work in their preferred medium/media. This will be a class where the sharing of work and ideas are encouraged. The workshop will include drawing, painting and, when the weather permits, working outside, "plein air". Nerys wants this to be an enriching experience for everyone. She will be happy to answer questions about the class at a meet and greet on January 25, at 4pm in the Art Studio.

Classes will be held every other Tuesday from 10:00am-Noon beginning February 8, through April 26. Cost \$120.00, made payable to Nerys at first class on 2/8. Register on Cedars Connect beginning January 25, deadline February 1, maximum 8 participants.



*Nerys Levy in front of her painting
"Iceberg, Svalbard, Norwegian Arctic"*

MEET THE ARTIST RECEPTION AND CLASS REGISTRATION

Tuesday, January 25, 4pm, Art Studio

ORIGAMI CLASSES WITH BARBARA PEARL, M.A.

Thursday, February 3, 2pm, Art Studio

Celebrate Valentine's Day with this hands-on creative origami workshop with award winning educator and author of Math in Motion, Barbara Pearl. Discover how to make one-of-a-kind valentines to surprise and delight family and friends. Learn the art of paper folding and how to make a holiday card, to give as a gift, or display -- transform an ordinary "peace of paper into the extraordinary". Materials and supplies provided. Register on Cedars Connect beginning January 15, through Feb. 1. No cost or experience required, maximum 8 participants. You are never too old to fold!



TRY SOMETHING NEW FOR A HEALTHIER YOU!

It's the time of year when many people resolve to live healthier lives and exercise is often at the top of their list. Trying new activities is beneficial to both the body and the brain by building muscles, improving coordination, breaking through weight loss plateaus and keeping the brain's neurons firing better.

During the month of January, Cedars Members will have the opportunity to try introductory sessions for two of our weekly exercise classes:

INTRODUCTION TO TAI CHI

Mondays, January 10 & 17 at 11am Ballroom

Tai chi is a self-paced series of postures coordinated with focused breathing. Proven to reduce fall risk, it targets all the physical components needed for good balance – leg strength, flexibility, range of motion and reflexes – all of which tend to decline with age.

Join instructor Nina Maier, who has over 20 years of teaching experience to learn the basics of tai chi. Participants can sit or stand while performing the movements and all fitness levels are welcome.

INTRODUCTION TO LINE DANCING

Tuesdays, January 11 & 18 at 4pm Ballroom

Line dancing is a fun way to exercise, improve your memory and build stamina. Many musical genres are played and no partner is needed. Learn the basic steps and lingo with instructor Bruce Gillooly, who has over 50 years of dancing experience.

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: **Easy**

7	1		5		6	4	8	
		9			1	3	2	
4		3		9				6
	7	5	4					8
9					8	6	7	
8				5		7		4
	2	7	6			8		
	4	6	9		7		1	2

Puzzle by websudoku.com

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Bocce	Sue Pendergrass	919-247-7451
Classic Canasta	Sally Sullivan	919-489-6446
Cribbage	Malcolm Jackson	919-951-7626
Duplicate Bridge	Betty White	919-967-4064
Early Birds	Joan Bingham	919-968-3213
Golf Croquet	Joe Murphy	843-957-0674
Interdenominational Service	Nancy Cobey	919-259-7048
Knit & Stitch	Margaret Rook	919-292-1497
Library Workday	Nancy Lebo	919-259-7330
Mah Jongg	Sara Kittner	919-969-6822
Memoir Writing Group.....	Nancy Lebo	919-259-7330
Mexican Train Dominos	Sally Sullivan	919-489-6446
Modern American.....	Bonnie Farb	561-613-7509
Open Door Bible Study ...	Nancy Cobey	919-259-7048
Ping Pong	Pat Kelley	919-489-0053
Play Reading Group...	Sue Bielawski	919-933-4428
Poker.....	Richard Orcutt	919-259-7533

LET'S TALK CINEMA

Thappad (The Slap) 2020

Tuesday, January 18, 1pm Ballroom

Thursday, January 20, 2pm Discussion

Via Zoom led by Linda Luftig

Thappad is the story of Amitra whose seemingly perfect life is shattered when her husband slaps her at a party. Is one slap enough to question what a relationship stands for? *Thappad* turns a single slap into a larger exploration of male entitlement. "One of the finest Hindi dramas in recent years." India – Hindi language (with English subtitles). Streaming on Amazon Prime.

POPCORN AND A MOVIE

Respect

Monday, January 24, 2pm Ballroom

Handpicked for the role by the Queen of Soul herself, Jennifer Hudson plays Aretha Franklin in this biopic that follows the singer from her days in her dad's church choir to her work as a civil rights advocate to her ascent to superstardom. Also starring Forest Whitaker, Marlon Wayans and Audra McDonald. (2021)



Ann Oliver

221 Cedar Breeze Lane

DG and Harriet Martin

110 Cedar Pond Lane

Dr. John and Carolyn Falletta

532 Cedar Club Circle



Many, many thanks to the Employee Appreciation Fund Committee for raising \$400,573!



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

- Editor..... Laura Booker, 919-259-7944
- In-House TVChannel 24
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- Spa & Salon..... 919-259-7940
- Dining Reservations 919-259-7932
- Work Orders 919-259-7918
- Security 919-883-7666



Mark Hewitt Pottery Tour



Classical Concert Series Committee with pianist, Molly Morkoski



Cedars Fall Harvest Celebration