



# SPOTLIGHT ON KATHERINE SOULE BURK

*Written by Weezie Oldenburg for the  
Publicity and Communications Committee*



AUGUST  
2022

THE CEDARS POST

Kathy Burk grew up in the Syracuse area of New York. Her father was an attorney, but he had always wanted to be involved in farming. Kathy spent her earliest years on the family farm near Baldwinsville, N.Y. There were “not many people, but lots of animals.” She learned that though the animals did not talk, they did communicate. Did you ever try to take an egg from an angry chicken? Communication turned out to be her life’s work.

Early education began in a one-room school for first and second grades. By junior high, the family had moved back to Syracuse. A good student, Kathy excelled in math and science and was salutatorian of her graduating class. In addition to playing cello in the Syracuse all-city orchestra, Kathy enjoyed sports. The “lake-effect” provided ample snow to encourage winter sports and summer offered hiking, camping and water sports. She has continued to be interested in these activities, even doing some scuba diving around ship wrecks off the North Carolina coast, Jamaica, the Bahamas, and even in the Red Sea. Answering a question about favorite ways to travel, she wrote “One way I like to travel is to walk.”

In eleventh grade Kathy attended a tea sponsored yearly by the local alumnae club of Vassar College. The invitations went to local girls with strong academic records. Kathy was impressed with so many professional women in roles outside the usual roles for women at that time. She decided to apply. She was accepted and was offered a scholarship. She earned an A.B. with a major in Mathematics and a minor in Philosophy.

Although she wanted to pursue an M.S. in computer science, IBM, a cutting-edge company in the development of computer technology, made her an offer she could not refuse. With the machines available in 1965, such as telexes spewing slow speed paper tape, by the end of her twenty-one-year career at IBM she was developing programs and protocols for high bandwidth multiplexors that sit in the middle of the networks. She helped to develop IBM’s communications protocol, SNA, that allowed computers, displays, PCs, bar code readers, etc., in IBM labs worldwide, to talk to each other.

Kathy had two IBM telecommunication-related positions overseas. In 1976-1977 it was to Hurley, England where she served as the SNA liaison between Hurley and Research Triangle Labs for development of displays. In 1992-1993 she went to an IBM Laboratory at LeGaude, France where she transferred the network management technology for a new IBM multiplexor to its first implementation developed in the LeGaude Laboratory.

During one posting in the Triangle, she managed to receive that Masters in Computer Science from UNC by stretching her course work over four years with the blessing of IBM. Her thesis was a test tool program design for which she received the Masters and also a nice award from IBM.

Since coming to The Cedars in 2013, Kathy has involved herself in many activities. She belongs to the Kehillah Synagogue in Chapel Hill in which she is very active. On occasion, she takes part in Saturday services by chanting a short passage in Hebrew. It takes much preparation but is very rewarding. She still participates with the UNC Computer Science group, going to yearly meetings.

Kathy is currently Chair of the Finance Committee, which serves as the Members’ voice at budget time as well as studying monthly budget reports which are reported at Members meetings. She is a regular lap swimmer and led the focus group for the pool area in relation to our proposed renovation. “At The Cedars I was blessed to meet and marry Arnold Burk – all too short a time together.”

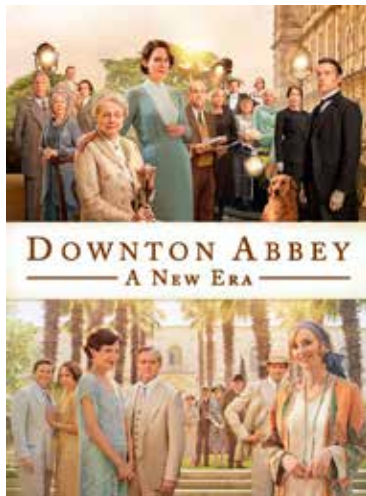
## AUGUST BIRTHDAYS



Sondra VanSant.....	2
Suzanne Head.....	3
Anna Cabral.....	3
Priscilla Winn.....	4
Flora Shedd.....	5
Richard Hendel.....	5
Anne Cates.....	6
Gordon Duff.....	6
Jeanette Kimmel.....	7
Sally Hammond.....	7
Gene Sandler.....	7
Judd Sloane.....	7
Elizabeth Kent.....	8
Carmen Woodruff.....	10
Howard Hochman.....	11
Beatrice de Castro.....	12
Julie Lentz.....	12
Gustavo Montana.....	13
Judith Kraska.....	13
Frank Sloan.....	15
Tom Nuzum.....	17
Mely Colindres.....	18
Joan Montana.....	18
Barb Updegrave.....	18
Carolyn Taff.....	19
Richard Hoggard.....	21
Joan Powell Greene.....	22
William Yount.....	24
Jane McPherson.....	25
Faye Rapp.....	25
Amelia Fountain.....	25
Milton Barber.....	26
Dan Clare.....	28
Linn Royster.....	30
Guenther Waechtershaeuser.....	30
Patricia Nenninger.....	31

*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



## MOVIE OF THE MONTH

*Downton Abbey: A New Era*  
Monday, August 15, 2pm Ballroom

From award-winning creator Julian Fellowes comes the motion picture event *Downton Abbey: A New Era*. The much-anticipated cinematic return of the global phenomenon reunites the beloved cast as they go on a grand journey to the South of France to uncover the mystery of the Dowager Countess' newly inherited villa. The Crawleys and their staff welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to

uncover a mystery about the Dowager Countess and her past. Starring Hugh Bonneville, Jim Carter and Maggie Smith. (2022)

## THE NASHVILIFIERS

Tuesday, August 16, 3pm Ballroom

Join us for an afternoon of fun with The Nashvilifiers who perform classics from the golden age of country music including Merle Haggard, Hank Williams, Roger Miller, Lefty Frizzell, Johnny Cash, and more. Band members include singer Tom Collins-Meltzer, upright bassist FJ Ventre and stringmeister Danny Gotham. Country style refreshments will be provided.



## CHILL OUT ON A HOT DAY, SUMMER SOCIAL

Wednesday, August 24, 4pm Ballroom

The food and beverage committee will host a "Chill Out on a Hot Day" Summer Social. What better time of year to beat the heat with your friends at The Cedars. Enjoy a variety of cold drinks along with some Chef inspired refreshing appetizers.

**ROBERT GRIFFIN**  
JAZZ PIANIST  
Thursdays, August 4 & 18, 5pm  
Dining Lobby

**RICHARD TAZEWE**  
PIANIST  
Fridays, August 12 & 26, 5pm  
Dining Lobby

# BEYOND THE CEDARS

## GREGG MUSEUM OF ART & DESIGN IN RALEIGH

Thursday, August 18, 1pm Lobby

With approximately six new exhibitions each year, there is almost always something new to see at the Gregg. These engaging shows present diverse artists, cultures, media, and techniques and examine the regions where art and design intersect with science, engineering, math, and technology. We will have a docent tour of the four current exhibitions on view: *Egyptian Tent*, *Across the Threshold of India*, *Eric Serritella - Sharing Spaces*, and *Frank Lee Craig - Near Distance*. **Register on Cedars Connect beginning August 1 (registration begins at 9am), deadline August 15. Cost: \$12 for docent tour and transportation. Maximum 12 people**



## SHOPPING TRIP TO BRIGHTLEAF SQUARE IN DURHAM

Tuesday, August 23, 11am Lobby

Cutting edge fashion and rare books. Home goods, collectibles and specialty shops ...

Brightleaf Square features independent retail in a historic setting. Shop for unique gifts from locally-owned shops and have a bite to eat at any of our restaurants for a truly memorable afternoon. **Register on Cedars Connect beginning August 1 (registration begins at 9am), deadline August 21. Cost: \$7 for transportation. Maximum 12 people.**



## MAKE IT TO THE BUS ON TIME

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.



## GREGG MUSEUM OF ART & DESIGN IN RALEIGH

Thursday, August 18, 1pm Lobby

## SHOPPING TRIP TO BRIGHTLEAF SQUARE IN DURHAM

Tuesday, August 23, 11am Lobby

## GET INVOLVED

### MEMBER DISPLAY CASE

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

## ANNOUNCEMENTS

### JEWELRY REPAIR WITH EVA MOGENSEN

Friday, August 5, 2-3pm Art Studio

### CEDARS PORCH COLLECTION

Monday, August 15, 8:30am

Food should be out for pickup by 8:30am on Front Porches or Veranda Parking Lot Bench, or you can leave a check anytime with the Clubhouse Concierge. Questions, contact Joy Metelits at 919-933-0724.

# THE CEDARS EVENTS

## 8/1 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 ■  
 12:30pm Play Reading Group z ■  
 1pm Poker CR ■

## 8/2 TUESDAY

8:30am Total Body Strength & Stretch B ■  
 9am Golf Croquet GL ■  
 9:45am Sit & Be Fit B ■  
 10:45am Sit & Be Fit B ■  
 2pm Caregivers' Support PD ■

## 8/3 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 ■

## 8/4 THURSDAY

8:30am Cardio Combo B ■  
 9:30am Sit and Be Fit B ■  
 9am Golf Croquet GL ■  
 11am Cedars University B ■  
 1:30pm Modern American Canasta CR ■  
 2pm Chess Club CL ■  
 5pm Robert Griffin - Pianist DL ■

## 8/5 FRIDAY

9:15am Aquafit P ■  
 11am Fit Friday: Barre Fusion B ■  
 3pm Classic Canasta CR ■

## 8/6 SATURDAY

9am Ping Pong B ■  
 9am Cribbage CL ■

## 8/7 SUNDAY

11am Interdenominational Service B ■

## 8/8 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 with Nina B ■  
 12:30pm Play Reading Group z ■  
 1pm Poker CR ■  
 2pm Book Chat with Booksellers from Flyleaf CR ■

## 8/9 TUESDAY

8:30am Total Body Strength & Stretch B ■  
 9am Golf Croquet GL ■  
 9:45am Sit & Be Fit B ■  
 10:45am Sit & Be Fit B ■

## 8/10 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 ■

## 8/11 THURSDAY

8:30am Cardio Combo B ■  
 9am Golf Croquet GL ■  
 9:30am Sit and Be Fit B ■  
 11am Cedars University B ■  
 1:30pm Modern American Canasta CR ■  
 2pm Chess Club CL ■

## 8/12 FRIDAY

9:15 Aquafit P ■  
 11am Fit Friday: Strength Circuit B ■  
 3pm Classic Canasta CR ■  
 5pm Richard Tazewell - Pianist DL ■

## 8/13 SATURDAY

9am Ping Pong B ■  
 9am Cribbage CL ■

## 8/14 SUNDAY

11am Interdenominational Service B ■

## 8/15 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 with Nina B ■  
 12:30pm Play Reading Group z ■  
 1pm Poker CR ■  
 2pm Movie of the Month *Downton Abbey: A New Era* B ■

## 8/16 TUESDAY

8:30am Total Body Strength & Stretch B ■  
 9am Golf Croquet GL ■  
 9:45am Sit & Be Fit B ■  
 10:45am Sit & Be Fit B ■  
 3pm Nashvillifiers B ■

## 8/17 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 ■

## 8/18 THURSDAY

8:30am Cardio Combo B ■  
 9am Golf Croquet GL ■  
 9:30am Sit and Be Fit B ■  
 11am Cedars University B ■  
 1pm Gregg Museum of Art & Design in Raleigh LB ■  
 1:30pm Modern American Canasta CR ■  
 2pm Chess Club CL ■  
 5pm Robert Griffin - Pianist DL ■

## 8/19 FRIDAY

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

## 8/20 SATURDAY

9am Ping Pong B ■  
 9am Cribbage CL ■

## 8/21 SUNDAY

11am Interdenominational Service B ■

## 8/22 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 with Nina B ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CR ■

## 8/23 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9am Golf Croquet GL ■
- 9:45am Sit & Be Fit B ■
- 10:45am Sit & Be Fit B ■
- 11am Shopping Trip to Brightleaf Square 🚗 ■

## 8/24 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 ■
- 4pm Chill Out on a Hot Day, Summer Social B ■

## 8/25 THURSDAY

- 8:30am Cardio Combo B ■
- 9am Golf Croquet GL ■
- 9:30am Sit and Be Fit B ■
- 11am Cedars University B ■
- 1:30pm Modern American Canasta CR ■
- 2pm Chess Club CL ■
- 2pm Performance Poetry and Petite Prose with Jane Hauser B ■

## 8/26 FRIDAY

- 9:15 Aquafit P ■
- 11am Fit Friday: Cardio and Core B ■
- 3pm Classic Canasta CR ■
- 5pm Richard Tazewell - Pianist DL ■

## 8/27 SATURDAY

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

## 8/28 SUNDAY

- 11am Interdenominational Service B ■

## 8/29 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 ■
- 12:30pm Play Reading Group z ■
- 1pm Poker CR ■
- 2pm Are You My Type? with Rich Hendel B ■

## 8/30 TUESDAY

- 8:30am Total Body Strength & Stretch B ■
- 9am Golf Croquet GL ■
- 9:45am Sit & Be Fit B ■
- 10:45am Sit & Be Fit B ■

## 8/31 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 ■



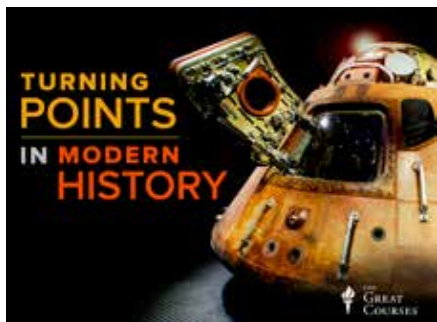
It's tomato season and Jean's Neighborhood Market brings us wonderful produce.



Check out what's growing in our gardens.

Lectures on DVD

**TURNING POINTS IN MODERN HISTORY**  
 Taught by Dr. Vejas Gabriel Liulevicius, University of Tennessee, Knoxville  
 Thursdays, September 1 through November 17, 11am Ballroom



Turning Points in Modern History takes you on a far-reaching journey around the globe—from China to the Americas to New Zealand—to shed light on how two dozen of the top discoveries, inventions, political upheavals, and ideas since 1400 shaped the modern world. Taught by award-winning history professor Vejas Gabriel Liulevicius of the University of Tennessee, Knoxville, these 24 thought-provoking lectures start in the early 15th century and culminate in the age of social media to reveal astounding threads that weave through the centuries. You'll also witness turning points with repercussions we can only speculate about because they are still very much in the process of turning.

Dr. Vejas Gabriel Liulevicius earned his B.A. from the University of Chicago and his Ph.D. from the University of Pennsylvania. After receiving his doctorate, Dr. Liulevicius served as a postdoctoral research fellow at the Hoover Institution on War, Revolution, and Peace at Stanford University. Professor Liulevicius has won many awards and honors, including the University of Tennessee's Excellence in Teaching Award and a National Endowment for the Humanities Fellowship. At the university he teaches courses on modern German history, Western civilization, European diplomatic history, Nazi Germany, World War I, war and culture, 20th-century Europe, nationalism, and utopian thought.

# LEARNING OPPORTUNITIES

**BOOK CHAT WITH BOOKSELLERS FROM FLYLEAF**  
 Monday, August 8, 2pm Cardroom

Booksellers from Flyleaf Books in Chapel Hill will be on hand to share recommendations for great reads in various genres, including historical fiction, history, science, children's books, cooking and other staff favorites.



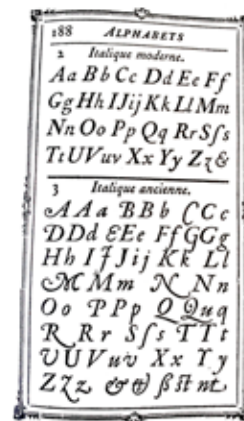
**PERFORMANCE POETRY AND PETITE PROSE**  
 Thursday, August 25, 2pm Ballroom

Jane Hauser will "Perform Poetry" and tell tiny stories. Special guests Pat Beyle and Dorsey Whitehead will be there too. We hope to see you for something a little different and fun!

**ARE YOU MY TYPE?**  
 with Rich Hendel

Monday, August 29, 2pm Ballroom

Everywhere you look, there are typefaces. Before Steve Jobs at Apple offered computer-users choices of typefaces, most of us had to make do with whatever letter style came with our typewriters or computers. Now we have seemingly unlimited choices. Where do all these typefaces come from? Who makes them? How are typefaces created? What's the difference between a typeface and a font? Are there good typefaces and bad typefaces? Can typefaces be racist? Typefaces tell a story – how they look causes us to react in subtle ways. These days it seems everyone has a favorite font. What does your choice of typeface say about you? This will be the story of typefaces themselves.



## SCHOLARSHIP PROGRAM FOR THE BENEFIT OF CEDARS EMPLOYEES

Help Create a Scholarship by Christmas!



Mark Your Calendar for  
 Sunday, December 11, 10am-2pm

17th Annual Bake Sale, Raffle, Silent Art Auction and Unique Boutique is coming to the Clubhouse!



MAKE something special: paint, knit, bead, sew, bake, take a photograph, woodwork.

DONATE a nearly new "ex-cessory" or small art/household collectable item.

VOLUNTEER your support is greatly appreciated!

It will be here before you know it. For questions or inspiration call Anne Boyer at 919-259-7800.





Beautiful morning for kayaking and canoeing on Jordan Lake.

Steve Stone, Director of Animal Care at The American Wildlife Refuge, brought along Klik Klak the Barred Owl, Rasputin the Great Horned Owl and Pellet the Red-shouldered Hawk for a very informative presentation.



Very enjoyable afternoon viewing O-scale model trains at Bob and Judy Slater's one-of-a-kind train room.

**REGULAR GROUP  
ACTIVITIES CONTACT  
INFORMATION**

- Chess Club .....Carol Downs  
703-282-6191
- 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  
Canasta 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

**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: **Hard**

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

Puzzle by websudoku.com

# FITNESS ARTICLE

## STAYING ACTIVE IN WARM WEATHER

When the temperature goes up in the summer months, exercising outside can become challenging. It's easier to become overheated when the sun is beaming down all day and with humidity, sweat doesn't evaporate as quickly, so the body has a harder time releasing heat. The American Heart Association has recommendations for staying safe while staying active in the summer.

**Timing is key:** Avoid exercising outside in the middle of the day. It's usually hottest between Noon and 5p.m.

**Hydrate:** Drink water before, during and after physical activity, even if you don't feel thirsty. Bring a bottle of water with you.

**Dress for success:** Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric can also be a big help. Protect yourself from the sun with sunglasses, a hat or visor and plenty of sweat-resistant sunscreen.

**Listen to your body:** Do not exercise vigorously if you show signs of an existing illness (i.e. fever, diarrhea, extreme fatigue, etc.). These can decrease your body's tolerance for heat and increase your risk of a heat illness.

**Doctor's orders:** Check with your healthcare professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic disease or any medical concerns. Certain medications like beta blockers, ace receptor blockers, calcium channel blockers and diuretics can exaggerate the body's response to heat.

**Buddy up:** If you can, work out with a partner for safety...and fun!

**Take it inside:** Join a group exercise class in The Cedars ballroom or pool, follow an exercise video on Channel 1340, work out in the fitness room or walk the halls in your building or at the mall.



Slade Crumpton and  
Bobbi Bender Crumpton  
434 Cedar Berry Lane

Dr. Jim and Sarah Fulp  
512 Cedar Club Circle

**SAVE THE DATE!**

**MARGARET  
ROOK'S ANNUAL  
WATERMELON PARTY**  
Sunday, September 11, 4pm Dining Patio  
Rain Date: September 18



**The Cedars Club, Inc.**

**100 Cedar Club Circle, Chapel Hill NC 27517**

Editor..... Laura Booker, 919-259-7944  
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Cedars Live TV.....Channel 1341  
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Fax..... 919-259-7001  
Spa & Salon..... 919-259-7940  
Dining Reservations ..... 919-259-7932  
Work Orders ..... 919-259-7918  
Security ..... 919-883-7666

*The Cedars Post is published monthly for the purpose of advertising on and off campus activities.*