

SPOTLIGHT ON STEPHEN DEAL

Interviewed by Rich Hendel for the Communications Committee



A headline in a December 1990 Catawba Valley (NC) newspaper read *Hotel One of Western North Carolina's Foremost Meeting/Banquet Facilities*. The story began "Holiday Inn Piedmont Center's exceptional staff is headed by Stephen Deal, banquet director. Deal's responsibilities include supervision of a wait staff of 25 people and direction of a variety of events at the hotel." He was quoted "We serve anywhere from four to 400 people at a time."

"I like taking care of people. I always wanted to work in a retirement community." That's the first thing that you'll hear from Assistant Dining Room Manager Stephen Deal when you ask him how he ended up in the hospitality business. Stephen grew up on a cattle farm in Newton Conover, a small city south of Hickory in Catawba County. He was the oldest of five boys. His father (now age 91) was a landscaper. His

great uncle owned 3 grocery stores, so it was natural when Stephen began working in one of them at an early age. While still in high school he learned to be a meat cutter at a Winn Dixie. When he was 22, he was promoted to be the manager of a new deli department at the grocery. Stephen proved to be so successful at the job, he was sent by the chain to open delis at other markets throughout the south. In the early 1980s, a man named Leroy Lail, owner of the Hickory Furniture Mart and some Holiday Inns, invited Stephen to become the banquet manager at his hotels. Some of the events were as large as 750 people (each of whom were to be served a 3-course meal at the same time). Stephen got to meet some impressive people (Elizabeth Taylor, Coretta Scott King, Bob and Elizabeth Dole, and even Conway Twitty) in his position as banquet manager. One of the highlights of his job was being in charge of the 1983 wedding reception of Denzel Washington at the hotel.

In 1995 Stephen was invited to work at the Holiday Inn in Chapel Hill, to be banqueting director and be head of the front of the hotel. His next move was to be banqueting director at Duke University Medical Center food services. He oversaw some gatherings as large as 1500 people, and even served foreign royalty. After he had been at DUMC for 6 years, a different company took over the contract which left him without a job. While being laid off, Stephen saw an opening at Hope Valley Country Club. He got the job and remained there for 13 years. During his time at the Country Club he was in charge of many parties. One of these held for 600 guests was for Betty Kenan, an early resident of The Cedars. There Stephen met Glenn O'Neill, the first head of Fine Dining at The Cedars. O'Neill asked him if he'd like to come here, and so that is how Stephen was hired - 9 years ago this month.

Stephen loves the dedication of The Cedars staff. He especially likes organizing special events. He is a fan of NASCAR and the Atlanta Braves, and loves talking with Members about gardening.



FEBRUARY
2024

THE CEDARS POST

FEBRUARY BIRTHDAYS



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LET'S CELEBRATE

**JENNIFER CURTIS,
VIOLIN AND
GABRIEL PELLI,
JAZZ GUITAR**
Monday, February 12, 2pm
DuBose Activities Room



Jennifer Curtis is an internationally acclaimed violinist who performs around the globe as a soloist and chamber musician. She's also a composer and improviser. The New York Times described her second solo concert in Carnegie Hall as "one of the gutsiest and most individual recital programs." She was celebrated as "an artist of keen intelligence and taste, well worth watching out for. Gabriel Pelli is a lifelong musician whose interests span across genres, from jazz to old-time; rock and roll to classical. He has played with groups such as Squirrel Nut Zippers, Onyx Club Boys, The Old Ceremony, and Grand Shores. Their concert will be in the style of gypsy jazz 1930s, 1940s Django Reinhardt and Stefan Grappelli.



**VALENTINE'S DAY CELEBRATION
WITH KEVIN VAN SANT
AND PAUL CREED**

Thursday, February 14, 5:30-7pm Clubhouse Dining Lobby

Guitarist, composer and educator Kevin Van Sant has been a mainstay of the Triangle NC jazz scene for over 20 years. He has performed around the world and at major jazz festivals including five times at the Montreux Jazz Festival in Switzerland. Bassist Paul Creel moved to the Triangle after being displaced by Hurricane Katrina and quickly became a 1st call fixture in the Raleigh Durham jazz community. Paul and Kevin have enjoyed a monthly duo performance at the Pimiento Tea Room in Holly Springs for two years, developing a deep musical rapport and wide ranging repertoire of jazz and American Songbook tunes.

MOVIE OF THE MONTH - *MAESTRO*, 2023

Monday, February 26, 2pm DuBose Activities Room

Maestro is an American biographical romantic drama film that centers on the relationship between American composer Leonard Bernstein and his wife Felicia Montealegre. It was directed by Bradley Cooper, from a screenplay he wrote with Josh Singer. It was produced by Martin Scorsese, Cooper, Steven Spielberg, Kristie Macosko Krieger, Fred Berner and Amy Durning. The film stars Carey Mulligan as Montealegre alongside Cooper as Bernstein; Matt Bomer, Maya Hawke, and Sarah Silverman appear in supporting roles.



BEYOND THE CEDARS

HANDCRAFTED TIMBER FRAMED WOODSHOP TOUR IN BAHAMA

Tuesday, February 13, 1pm Lobby

Nestled in North Durham on the Little River you will find a German style timber framed workshop. The owner and designer, Rich Glisson, invites you inside to share his story from concept (on graph paper) to construction and the many successes and failures in between. During the tour, you are sure to admire Rich's keen eye for great detail and craftsmanship, not to mention his vast collection of fine tools and historic artifacts.

Register on Cedars Connect beginning February 1 at 9am, deadline February 11. Cost: \$7. Maximum 7 people.



RRG birdhouse ornament, Cocobolo Wood (South America) and Olive Wood (Greece)



CAROLINA BASKETBALL MUSEUM

Wednesday, February 28, 2pm Lobby

The Carolina Basketball Museum is located in the Dean E. Smith Center complex

and celebrates the rich history of the University of North Carolina men's basketball program. The museum opened in 2008 and underwent an extensive refurbishment in 2017 to its current state. Visitors to the museum will enjoy a seven-minute video detailing the history and tradition of Carolina Basketball, interactive displays commemorating significant accomplishments, and a number of display cases filled with artifacts that tell the story of this great program. **Register on Cedars Connect beginning February 1, deadline February 26. Cost: \$4 for transportation. Minimum 6 people.**

NC SYMPHONY ORCHESTRA WITH ANNUAL CONCERTO COMPETITION WINNERS, CONDUCTED BY TONU KALAM

at UNC Hill Hall

Thursday, February 29, 6:30pm Lobby

Featuring Isabelle Kosempa, mezzo-soprano; Frances Norton, violin and Cindy Xu, double bass. **Register on Cedars Connect for transportation, cost \$4. Call the box office at 919-962-1039 to purchase tickets.**



LADYSMITH BLACK MAMBAZO

at Carolina Theater

Sunday, March 3, 7pm Lobby

The year 2023 marks the 63rd anniversary of Joseph Shabalala forming Ladysmith Black Mambazo. His group would not only conquer all of South Africa, but would become a worldwide phenomenon, winning more Grammy Awards (Five), and receiving more GRAMMY Award nominations (Nineteen), than any World Music group in the history of recorded music. **Register on Cedars Connect for transportation, cost \$7. Call the box office at 919-560-3030 to purchase tickets.**

MAKE IT TO THE BUS ON TIME

Please call Laura at 919-259-7944 on regular business days if you have signed up for an outing and are unable to attend or call the Concierge at 919-259-7937.



PLAYMAKERS REPERTORY COMPANY

Sunday, February 4, 1:30pm Lobby

CAROLINA BALLET

Saturday, February 10, 1pm Lobby

HANDCRAFTED TIMBER FRAMED WOODSHOP TOUR IN BAHAMA, NC

Tuesday, February 13, 1pm Lobby

CHAMBER ORCHESTRA

Sunday, February 18, 2pm Lobby

CAROLINA BASKETBALL MUSEUM

Wednesday, February 28, 2pm Lobby

NC SYMPHONY ORCHESTRA WITH ANNUAL CONCERTO COMPETITION WINNERS

at UNC Hill Hall

Thursday, February 29, 6:30pm Lobby

THE CEDARS EVENTS

2/1 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 1pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
 3pm Scrabble **CV4** ■

2/2 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Barre Fusion **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
2pm Campus Safety Presentation D-AR ■
 3pm Canasta **CV4** ■

2/3 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

2/4 SUNDAY

11am Interdenominational Service **D-AR** ■
1:30pm PlayMakers LB 🦋 ■
2:30pm Movie Matinée:
Sixteen Candles **D-AR** ■

2/5 MONDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Balance Basics **D-AR** ■
 10am Pilates Fusion with Joan **Z** ■
 10:15am Balance Challenge **D-AR** ■
 10:30am Knit & Stitch **CV4** ■
 11am Tai Chi **D-AR** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■

2/6 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 1pm Mah Jongg **CV4** ■
 1pm Golf Croquet **GL** ■
 1:30pm Mah Jongg **CV2** ■

2/7 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■

2/8 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 1pm Golf Croquet **GL** ■
1pm Let's Talk Cinema Film Moonrise Kingdom Followed by Discussion D-AR ■
 1:30pm American Canasta **CV3** ■
 3pm Scrabble **CV4** ■

2/9 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Strength and Conditioning **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

2/10 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
1pm Carolina Ballet LB 🦋 ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

2/11 SUNDAY

11am Interdenominational Service **D-AR** ■
2:30pm Movie Matinée: Notting Hill **D-AR** ■

2/12 MONDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Balance Basics **D-AR** ■
 10am Pilates Fusion with Joan **Z** ■
 10:15am Balance Challenge **D-AR** ■
 10:30am Knit & Stitch **CV4** ■
 11am Tai Chi **D-AR** ■
 12:30pm Play Reading Group **Z** ■
 1pm Poker **CV3** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■
2pm Jennifer Curtis, Violin and Gabriel Pelli, Jazz Guitar D-AR ■

2/13 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 1pm Mah Jongg **CV4** ■
 1pm Golf Croquet **GL** ■
1pm Handcrafted Timber Framed Woodshop Tour in Bahama LB 🦋 ■
 1:30pm Mah Jongg **CV2** ■

2/14 WEDNESDAY

Happy Valentine's Day!
 10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■
5:30pm Valentine's Day Celebration with Kevin Van Sant DL ■



2/15 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 1pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
 3pm Scrabble **CV4** ■

2/16 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Cardio and Strength **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

2/17 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

2/18 SUNDAY

11am Interdenominational Service **D-AR** ■
2pm Chamber Orchestra LB 🦋 ■
2:30pm Movie Matinée: Selma **D-AR** ■

2/19 MONDAY

8:30am Cardio Combo **D-AR** ■
9:30am Balance Basics **D-AR** ■
10am Pilates Fusion with Joan z ■
10:15am Balance Challenge **D-AR** ■
10:30am Knit & Stitch **CV4** ■
12:30pm Play Reading Group z ■
1pm Poker **CV3** ■
2pm Chess Club **CV2** ■
2pm Mexican Train Dominos **CV4** ■

2/20 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
9:30am Sit & Be Fit **D-AR** ■
1pm Mah Jongg **CV4** ■
1pm Golf Croquet **GL** ■
1:30pm Mah Jongg **CV2** ■
2pm Cedars Lecture Series with
Charles Coble **D-AR** ■

2/21 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
1pm Party Bridge **CV4** ■
2pm Mah Jongg **CV2** ■

2/22 THURSDAY

8:30am Cardio Combo **D-AR** ■
9:30am Sit and Be Fit **D-AR** ■
11am Cedars University **D-AR** ■
1pm Golf Croquet **GL** ■
1:30pm American Canasta **CV3** ■
3pm Scrabble **CV4** ■
3pm Wild Tails **NC D-AR** ■

2/23 FRIDAY

9:30am Balance Basics **D-AR** ■
10:15am Balance Challenge **D-AR** ■
11am Fit Friday: Barre Fusion **D-AR** ■
1pm Chess Club **CV2** ■
1pm Mexican Train Dominos **CV4** ■
1:30pm Men's Bridge Group **CV3** ■
3pm Canasta **CV4** ■

2/24 SATURDAY

10am Cribbage **CV2** ■
1:30pm Modern American Canasta **CV2** ■
12:30pm Duplicate Bridge **D-AR** ■
2pm Hand Canasta **CV3** ■
2pm Mexican Train Dominos **CV4** ■

2/25 SUNDAY

11am Interdenominational Service **D-AR** ■
2:30pm Movie Matinée:
Hidden Figures **D-AR** ■

2/26 MONDAY

8:30am Cardio Combo **D-AR** ■
9:30am Balance Basics **D-AR** ■
10am Pilates Fusion with Joan z ■
10:15am Balance Challenge **D-AR** ■
10:30am Knit & Stitch **CV4** ■
11am Tai Chi **D-AR** ■
12:30pm Play Reading Group z ■
1pm Poker **CV3** ■
2pm Chess Club **CV2** ■
2pm Mexican Train Dominos **CV4** ■
2pm Monthly Movie – *Maestro* **D-AR** ■

2/27 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
9:30am Sit & Be Fit **D-AR** ■
1pm Mah Jongg **CV4** ■
1pm Golf Croquet **GL** ■
1:30pm Mah Jongg **CV2** ■

2/28 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
1pm Party Bridge **CV4** ■
2pm Mah Jongg **CV2** ■
2pm Carolina Basketball Museum **LB** 🏀 ■

2/29 THURSDAY

8:30am Cardio Combo **D-AR** ■
9:30am Sit and Be Fit **D-AR** ■
11am Cedars University **D-AR** ■
1pm Golf Croquet **GL** ■
1:30pm American Canasta **CV3** ■
3pm Scrabble **CV4** ■
6:30pm NC Symphony at UNC **LB** 🎻 ■

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, February 2, 2-3pm DuBose
Elm Dining Room

CEDARS PORCH COLLECTION

Monday, February 12, 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.



GET INVOLVED

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, February 9, 4pm DuBose
Conference Room (2nd Fridays)

GREAT SHORT STORIES

Monday, February 12, 10am
Camden Villa 2nd Floor

Wall of Fire Rising by Edwidge
Danticat

CEDARS UNIVERSITY

Lectures on DVD

GREAT MASTERS: ROBERT AND CLARA SCHUMANN - THEIR LIVES AND MUSIC
Taught by Robert Greenberg, Ph.D. Professor, San Francisco Performances

Thursdays through February 15, 11am DuBose Activities Room

In this course by Professor Robert Greenberg you meet the Schumanns - brilliant, gifted, troubled, and unique in the history of music.

THE AMERICAN WEST: HISTORY, MYTH, AND LEGACY

Taught by Patrick N. Allitt, Ph.D. Professor, Emory University

Thursdays, February 22 through May 9, 11am DuBose Activities Room



The brutal conflict of cowboys and Indians. Dusty, dangerous outposts policed by vigilante justice. The six-shooter showdown at high noon. Daring railroad heists and arduous cattle drives. These and other scenes from countless Western films have so shaped our conception of the American West that it's impossible to separate myth from reality. But how wild was the West? Was it really ever "won"?

According to historian and award-winning Professor Patrick N. Allitt of Emory University, the historical approach to understanding the American West has moved far beyond pop culture in recent years. "Nearly all the clichés and bromides of the old Western history have been discarded," he says. "We're now much more aware of the histories, not just of the people who happened to end up on top—but also the histories of the diverse peoples who were defeated or displaced."

LEARNING OPPORTUNITIES

CAMPUS SAFETY PRESENTATION

Presented by Cedar's Health and Safety Committee: Wes Wasdyke, Brandy Watson and Daniel Naples

Friday, February 2, 2pm DuBose Activities Room

Topics to be covered: P.E.R.S. (Personal Emergency Response System) hardware • PERS response security/nursing team • EMS response • Campus disaster plans to include residential fire procedure • Criminal activity/stats, police response. With special guests from Chapel Hill Fire & Rescue and the Chapel Hill Police Department.



LET'S TALK CINEMA

Moonrise Kingdom, 2012
(rescheduled from January)

Thursday, February 8, 1pm Film Followed by Discussion
Led by Linda Luftig in the DuBose Activities Room

Set on an island off the coast of New England during the summer of 1965, the film features a pre-teen girl and boy who fall in love and run away together. The town mobilizes to search for them and turns upside down. Filled with Wes Anderson's special touches, *Moonrise Kingdom* is one of his best films. Warm, whimsical, poignant, and funny. Starring Bruce Willis, Bill Murray, Edward Norton, and Frances McDormand. Streaming on Apple TV and Amazon Prime.

THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL

with Charles Coble

Hiroshima & Nagasaki: The Story of NC Native Staff Sergeant Warren Coble

Tuesday, February 20, 2pm DuBose Activities Room

Cedars Member, Charles Coble, will speak on the two missions that his uncle flew over Japan to drop the atomic bomb on both Hiroshima and Nagasaki.



WILD TAILS NC

Thursday, February 22, 3pm DuBose Activities Room

Wild Tails NC is home to a diverse collection of displaced exotics serving as educational ambassadors to benefit their wild relatives and conservation efforts. Through their up close and personal outreach programs, they strive to deliver an experience that will expand the public's insights into the animal world, teach the inherent value of all species, and motivate audiences to be proactive in conservation efforts.



UNC Vs. Virginia women's basketball game.

UNC won 81-68.

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: **Medium**

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

Puzzle by websudoku.com

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Chess ClubCarol Downs
703-282-6191

Classic Canasta Sally Sullivan
919-903-8077

CribbageMalcolm Jackson
919-951-7626

Duplicate BridgeBetty White
919-967-4064

Early BirdsJoan Bingham
919-968-3213

Golf CroquetRhonda Innes
919-259-7150

Interdenominational Service Nancy Cobey
919-259-7048

Knit & StitchMargaret Rook
919-292-1497

Mah JonggNorma Kupersmidt
919-724-9070

Memoir Writing Group.....Nancy Lebo
919-259-7330

Mexican Train DominosSally Sullivan
919-489-6446

Modern American.....Bonnie Farb
Canasta 561-613-7509

Open Door Bible Study ...Nancy Cobey
919-259-7048

Ping PongPat Kelley
919-489-0053

Play Reading Group... Sue Bielawski
919-933-4428

Poker.....Richard Orcutt
919-259-7533

Pole Walking.....Joan Ontjes
919-219-5128

FITNESS ARTICLE

BOOST YOUR IMMUNITY WITH EXERCISE

You know how to protect yourself from respiratory illnesses by now – vaccinations, frequent handwashing, social distancing, wearing a mask, and to an extent, maintaining a balanced diet to keep your body as healthy as possible. But another important aspect of supporting your overall health can also come in handy right now to boost your immune system: regular exercise.



A scientific review in the Journal of Sport and Health Science found that exercise can improve your immune response, lower illness risk and reduce inflammation. Exercise increases the circulation of immune cells, making them roam the body at a higher rate and at higher numbers so that they can find pathogens and wipe them out. Another benefit of exercise is that it decreases inflammation in the body. When immune cells try to function with inflammation, it puts the immune system in a chronically inflamed state, making it harder to fight infection.

To achieve the lasting immune effect of exercise, it should be performed regularly. Moderate aerobic activities, such as walking, cycling and swimming are most effective. While other lifestyle habits like eating fruit, managing stress and getting quality sleep can also reduce risk of illness, exercise may be one of the most powerful habits that people can adopt while cases of COVID, flu and RSV are prevalent.

Source: Health.com



The Cedars Club, Inc.

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Dining Reservations 919-259-7932
Work Orders 919-259-7918
Security 919-883-7666
Transportation..... 919-259-7740

Enjoyed a beautiful day out exploring the great State of North Carolina at the History Museum in Raleigh.

