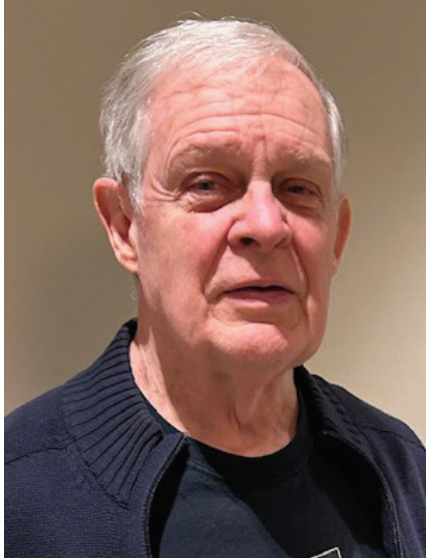


## Spotlight on David Bennett

David Bennett is an engineer-inventor with a career that revolved around making liquid-propane electronic fuel injection (LP-EFI) systems work in various vehicles. He developed an interest in fuel systems in college and notes that at that time he “had the worst grades but the most (important) patents.” He went on to produce many more patents, had many productive years, loved solving problems, riding motorcycles and keeping track of the stock market. His journey, however, had to be recalibrated after he had a stroke in 2019 that left him with a right-side visual field loss and aphasia that made speaking and reading difficult. Many of us see him at The Cedars playing pool, in the gym, at the poker table, in the dining rooms, and know he’s sharp, good-humored, and game for a challenge.

David grew up around Pittsburgh, the eldest of three, where his early passions were cars, trucks, and taking things apart to see how they worked. He enrolled at General Motors Institute (now Kettering University) to study mechanical engineering, and this is where he began filing ideas focused on fuel systems. He also served in the Marine Corps Reserve, and after graduation he spent about five years in a GM division and then moved to Cummins, the diesel-engine company. In the early 1980s he headed to Los Angeles, where he married and raced motorcycles on weekends, a hobby of speed and grit that perfectly fit the engineer who loved machines. There was then a move to the countryside outside Minneapolis, in a place called Lake Lillian, where he put down roots—with horses on the property, a once-abandoned high school converted to new use—and he built companies around an idea of: cleaner, smarter fuel delivery. David figured out how to make LP-EFI actually work on vehicles when others couldn’t. The result was a cluster of patents—six on LP-EFI alone and roughly eighteen overall—and real-world fleet conversions, including work with Schwan’s, the national frozen-food delivery company.



His systems often cost about half of competitors’, and they stayed in use for many years after he sold his stake.

Life brought more turns. David returned to Minneapolis, earned a master’s degree, and began PhD studies at the University of Minnesota. Around that time he met Marcia Hanson, a highly accomplished banker with deep Midwestern ties. Together they traveled widely, kept a second home in Montana, and rode motorcycles in big-sky country. Marcia faced serious health challenges with remarkable grace—including a kidney transplant made possible by a niece—and the two took care of each other through thick and thin. In 2019, just shy of finishing his PhD, David had a stroke. He and Marcia moved to North Carolina to be near her family, and then they made their way to our community at The Cedars.

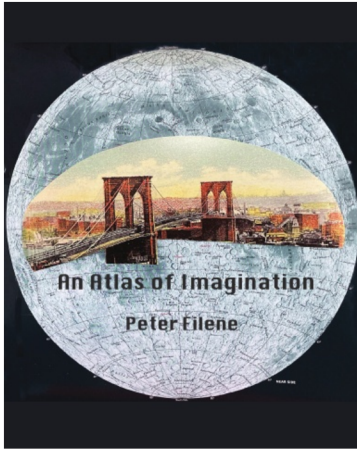
As many of you know, we lost Marcia in May 2025. David is on his own, and he has come a long way. His speech has improved, and he’ll tell you straight away: recovering language takes work, and the best therapy is using it—over meals, games, and easy conversations with neighbors. Family is close. His nephew, Charles (a lawyer from Dallas), helps with finances and paperwork so David can focus on living well here. Ask David about his life and he won’t lead with awards or patents; he’ll tell you about solving problems, riding motorcycles with Marcia, and, these days, the pleasure of a good movie from the ’50s or ’60s and football games. If you see David, ask him about liquid propane injection—or the best hook shot in a Pittsburgh driveway. He’s got stories worth hearing, a mind that still loves to tinker, and the generous spirit of a neighbor who’s very glad to be here.

*by JUDITH BOND BRADLEY  
with assistance from Charles Bennett and AI  
for the Communications Committee*

# Learning Opportunities

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## **Joys of Learning Series: An Atlas of Imagination with Peter Filene** **Thursday, December 4th, 2pm, The Cedars Room**



Historian, photographer, writer, and teacher extraordinaire Peter Filene will take you from Utah to the moon and from the 16th century to now. Using gorgeous, fanciful illustrations from his recent book, *An Atlas of Imagination*, he will discuss how he has collaged maps with postcards to reveal hidden meanings in cartography. Copies of the book will be available for purchase: \$20 cash or check.

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## **Dr. Davis Bingham Discussion and Book Signing** **Monday, December 8th, 2pm The Cedars Room**

"Love Lifted Me" isn't just a string of memories. It's a mosaic of triumphs and failures, missteps and milestones — a reflection of the journey that has shaped me into who I am today. I hope you will find not only fascinating stories, but also something that stirs your own reflections — whether it's a chuckle, a pause, or a sudden sense of déjà vu. Thank you for holding my story in your hands and in your heart.



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## **Cedars Lecture Series with Dick Isabel: Bob Farb** **Tuesday, December 9th, 2pm The Cedars Room**



Bob Farb will discuss how law enforcement officers use deadly and lesser forms of force, the 2021 North Carolina reforms enacted in response to national concerns following George Floyd's death, and the role of body cameras in evaluating whether proper force was applied. A UNC and Harvard-trained attorney, Bob served as a Durham Assistant District Attorney and spent 43 years at the UNC School of Government, specializing in criminal law and procedure.

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# Holiday Excitement

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## **Holiday Sing Along with Daniel Steinert** **Tuesday, December 2nd, 3pm The Piano Lobby**



Join us for a festive Holiday Piano Sing-Along filled with cheer, music, and community spirit! Gather around the piano to sing your favorite seasonal tunes while enjoying hot chocolate and freshly baked cookies. It's the perfect way to celebrate the season—warm up your voice, sip something sweet, and share in the joy of holiday traditions together.

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## **Cedars Chanukah Dinner** **Tuesday, December 16th, 6pm The Cedars Room**

Join us for a festive Chanukah Dinner as we come together to celebrate the Festival of Lights in warmth and community. Enjoy an evening filled with tradition, laughter, and connection as we light the menorah, share stories, and reflect on the season's message of hope and renewal. This joyful gathering is a wonderful opportunity to celebrate the enduring spirit of Chanukah with friends and family.



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## **Cedars New Years Eve Dance Party** **Wednesday, December 31st, 7pm The Cedars Room**



Celebrate the arrival of a brand-new year at our exciting NYE Party! Enjoy an evening filled with music, dancing, and festive cheer as we count down to midnight together. Toast to new beginnings, create lasting memories with friends and loved ones, and revel in the joy of celebration. With laughter, sparkle, and a lively atmosphere, this is the perfect way to welcome the year ahead in style! The ball will drop at 9 pm



# Coming Events

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## **Destressing During the Holidays Meditation and Breathwork**

**Monday December 1, 1pm The Cedars Room**



Unwind and restore your calm this season with our holiday de-stress meditation class. Guided breathing, gentle mindfulness practices, and quiet reflection will help you release tension and reconnect with a sense of peace. Join us for a soothing session designed to ease holiday pressures and leave you feeling centered, refreshed, and ready to embrace the season with clarity and ease.

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## **Preffered Choice Dining Presentation**

**Monday December 15, 2pm The Cedars Room**

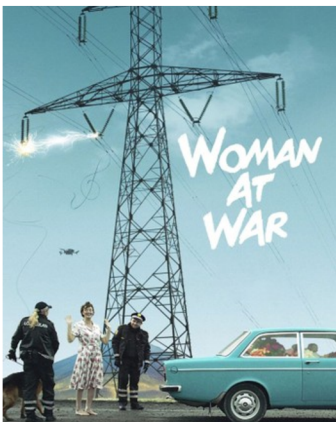
Join us for an informative lecture introducing our new points-based dining system, designed to make mealtime more flexible, personalized, and convenient for residents. Learn how the system works, explore dining options, and discover how to make the most of your points for everyday meals or special occasions. Dining staff will be on hand to answer questions and help you navigate this exciting new program.



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## **Let's Talk Cinema with Linda Luftig: Woman at War**

**Friday, December 19th, 1pm The Cedars Room**



In Icelandic with English subtitles, Iceland's official submission for an Academy Award as Best Foreign Language Film. A bold, quirky, and engrossing film that examines the story of the uphill battle of a woman who dares to step up against corporations and governments to save the planet. A total pleasure to watch. Engaging, serious, eccentric, and fun! Imagine a three-piece band on screen playing the background music.

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# Musical Fun



## **Ukulele Holiday Sing Along** **Thursday December 11, 2pm The Cedars Room**

Join the Cedars ukulele jammers, led by Rollie Olin, for a festive sing-along of favorite Christmas and Hanukkah tunes. Bill Gibson will lead the audience in singing. Lyric booklets will be provided, so everyone can join the fun. A joyful way to start the holiday season—come sing along!

## **Classical Concert Series: Ivory and Gold Duo** **Sunday December 14, 3pm The Cedars Room**

Renowned performers Anne and Jeff Barnhart—the Ivory & Gold Duo—blend piano, flute, and vocals in a sparkling mix of jazz, Broadway, ragtime, and Americana favorites. For this program, they will be playing an arrangement of familiar holiday songs. Their infectious humor, dazzling musicianship, and warm stage rapport promise an afternoon of joy and nostalgia. Subscribers Only, Doors Open 2:30 Contact: Nancy Buell with questions



## **Cedars Singers Holiday Performance** **Thursday, December 18th, 2pm & 3:30pm The Cedars Room**

Under the direction of Pat Beyle with Joy Douglas at the piano, the Cedars Singers will present a lively holiday program featuring Christmas and Hanukkah music, and a mix of spirited, humorous, and beautifully harmonized selections. The program will include full-chorus numbers, a women's ensemble piece, solos and duets (some with surprises!), and an audience sing-along.



# Special Events Schedule

## Monday, December 1

1pm Destressing During  
The Holidays, TCR

## Tuesday, December 2

3pm Holiday Singalong,  
The Pub

## Wednesday, December 3



6:30 Duke Symphony,  
Lobby

## Thursday December 4

2pm Joys of Learning:  
Peter Filene, TCR

## Sunday December 7



Silent Art Auction Starts  
2pm NC Symphony, Lobby

## Monday, December 8

2pm Dr Davis Bingham  
Book Discussion and  
Signing, TCR

## Tuesday, December 9



10am Iphone Photography  
Workshop, Classroom  
2pm Cedars Lecture  
Series with Dick Isabel,  
TCR

## Thursday, December 11

2pm Ukulele Holiday Sing  
Along, TCR

## Friday, December 12



9:45am North Carolina  
Museum of Art, Book of  
Ester exhibition

## Sunday, December 14

3pm Classical Concert  
Series: Ivory and Gold, TCR

## Monday, December 15

2pm Preferred Choice  
Dining Presentation, TCR

## Tuesday, December 16



6pm Hannukuh Celebration  
Dinner, Dining Room

## Thursday, December 18

2pm & 3:30pm Cedars  
Singers Holiday Programs,  
TCR

## Friday, December 19

1pm Lets Talk Cinema, TCR

## Wednesday, December 31

7pm New Years Eve Dance  
Party TCR

### Group Contacts

#### Bocce

Barbara Putney

#### Chess Club

Carol Downs

#### Cribbage

Malcolm Jackson

#### Duplicate Bridge

Jo Hazzard

#### Early Birds

Margaret Rook

#### Golf Croquet

Bill Kirwan

#### Knit and Stitch

Margaret Rook

#### Mah Jongg

Joan Mendelsohn

#### Memoir Writing Group

Nancy Lebo

#### Mexican Train Dominoes

Mary Ann Van Kampen

#### Modern American Canasta

Bonnie Farb

#### Open Door Bible Study

Nancy Cobey

#### Ping Pong

Pat Kelley

#### Play Reading Group

Bill Gibson

#### Poker

Richard Orcutt

#### Pole Walking

Joan Onjes

#### Samba

Jesse Ogburn

#### Sunday Chapel Church

Nancy Cobey



Registration Required



Off-Campus

## Signed up for a trip?



Make it to the bus on time. Please call the Concierge at 919-259-7937 if you registered and are unable to attend.

# Recurring Weekly Schedule

## Monday

9am Ping Pong TCR  
9am Aquafit P  
9:45am Aqua Walking P  
10:15am Better Balance TCR  
10:30am Knit & Stitch CL  
11am Latin Dance TCR  
12:30pm Play Reading Group Z  
1pm Poker CR  
2pm Chess Club CR  
2pm Mexican Train Dominos CR

## Tuesday

8:30am Total Body Strength & Stretch TCR  
9:30am Sit & Be Fit TCR  
10:45 Pilates with Brianna TCR  
1pm Samba CR  
1pm Golf Croquet GL  
1pm Mah Jongg CV4  
1pm Supervised Open Gym Time

## Wednesday

8:15am Circuit Work TCR  
9am Aquafit P  
9am Ping Pong TCR  
10am Open Door Bible Group  
D-AR/Zoom  
10am Mat Yoga TCR  
11:15am Chair Yoga TCR  
1pm Bocce GL  
1pm Duplicate Bridge TCR  
1pm Party Bridge CR  
1:30pm Mah Jongg CR

## Thursday

8:30 Cardio Combo TCR  
9:30am Sit and Be Fit TCR  
11am Cedars University TCR  
1pm Golf Croquet GL  
1pm Supervised Open Gym Time  
1:30pm Modern American Canasta CR  
3pm Scrabble CR

## Friday

8am Early Birds TCR  
9am Aquafit P  
10am Better Balance TCR  
10:45am Barre with Brianna TCR  
1:30pm Samba CR  
1:30pm Men's Bridge Group CR

## Saturday

8am Early Birds TCR  
9am Ping Pong TCR  
10am Cribbage CL  
11am Ping Pong for Parkinsons TCR  
1:30pm Modern American Canasta CR

## Sunday

11am Sunday Chapel Church, TCR  
2-5pm Tech Support with Holden Lim

## Exceptions

No Classes 12/24-26  
No Classes 12/31-1/1



# Arts and Culture

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## **Silent Art Auction for The Cedars Education Program**

**Sunday, December 7<sup>th</sup> through Saturday December 13<sup>th</sup>, Clubhouse**



Bid all week on unique, original treasures—perfect gifts for friends and family. The event runs from Sunday, December 7 through Saturday, December 13 at 3 PM, with proceeds supporting Cedars employees' educational goals through the 2026 Cedars Education Program Grants. Guests are welcome to enjoy the display and bid alongside members. Winning bidders, please pay and pick up items by 6 PM on December 13.

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## **From Snapshot to Photograph: Elevating Your iPhone Images, Composition and Editing Basics with Diane Cashion**

**Tuesday, December 9th, 10am, The Classroom, Registration \$40**

In this hands-on workshop, you'll explore key principles of photographic composition and learn simple editing techniques you can use right on your iPhone. With guidance from photographer and teacher Diane Cashion, you'll practice applying these skills to your own images for immediate improvement. Please bring a fully charged iPhone with a few photos you'd like to enhance.



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## **NC Museum of Art Field Trip: Book of Esther Special Exhibit**

**Friday, December 12, 9:45am Lobby Registration \$30**



Explore The Book of Esther at the North Carolina Museum of Art, a captivating exhibition that brings the ancient story of courage, faith, and identity to life through art. Featuring exquisite works inspired by the biblical heroine who saved her people, the display invites reflection on themes of power, justice, and resilience across cultures and time. Registration includes transportation, a docent-led tour, and admission to the special exhibit.

# Announcements

✦ **Jewelry repair with Eva Mogenson**  
**Friday, December 12th, 2pm Art Studio**

✦ **Shabbat Service led by Connie Margolin**  
**Friday December 12<sup>th</sup>, 4pm (2nd Fridays)**  
**DuBose Conference Room**

✦ **Cedars PORCH Collection**  
**Monday, December 8, 8:30am. Your help in November was the largest food collection we've had at The Cedars with 193 pounds of food!**

✦ **Sunday Chapel Church Sundays**  
**The Cedars Room. All are welcome**

**Great Short Stories Series**  
Contact Bill Buxton  
[bill.buxton@vistagechair.com](mailto:bill.buxton@vistagechair.com)

**December 8:** Two stories by James Joyce: Araby and A Little Cloud.

**December 22:** TBD  
10 am Classroom

**Great Courses: Dark Matter, Dark Energy**  
Examine the key concepts of an expanding universe from Albert Einstein to Edwin Hubble  
Thursdays, 11 am  
The Cedars Room

## HAPPY BIRTHDAY

Phyllis Young .....1-Dec  
Tom Archibald .....6-Dec  
Jerry VanSant .....6-Dec  
John Costello .....7-Dec  
Kenton McCartney ..7-Dec  
Mavis Rochen .....7-Dec  
Carolyn Bakewell .....8-Dec  
Peggy Thompson... 8-Dec  
Norm Elliot .....9-Dec  
Richard Mann .....9-Dec  
Dennis Caren .....10-Dec  
Libby Lefkowitz .....10-Dec  
Joe Murphy .....10-Dec  
Bea Hughes .....11-Dec  
Carol Buxton .....15-Dec  
Bill Furr .....15-Dec

Dianne Birch .....16-Dec  
Kit Flynn .....16-Dec  
Sharon Porter .....18-Dec  
Joanne Marshall ....19-Dec  
Sally Terwey .....19-Dec  
Art Werner .....19-Dec  
Linda Birnbaum .....21-Dec  
Henry Lester .....21-Dec  
Tovah Wax .....21-Dec  
Karen Brown .....23-Dec  
Carol McCartney .....25-Dec  
Karen Lazarus .....28-Dec  
Shirley Emerson .....29-Dec  
Dede Hall .....29-Dec  
Marian Buhr .....30-Dec  
Peter Warshaw .....31-Dec



# Fitness Happenings

## Finding Calm: Simple Ways to Destress During the Holiday Season

The holiday season brings joy, tradition, and connection, but it can also create added stress, like busy schedules and emotional overwhelm. These simple strategies can help you care for your well-being and enjoy December with more ease and balance.

### 8 steps for destressing

- 1. Slow Your Breathing** A slow inhale for four counts and a slow exhale for four counts activates the body's natural relaxation response and immediately reduces tension.
- 2. Take a Moment of Stillness** A brief 2–5 minute meditation can quiet the mind, ease overwhelm, and help you feel more centered and balanced.
- 3. Set Realistic Expectations:** Give yourself permission to simplify plans, ask for help, and focus on what truly matters most to you.
- 4. Prioritize Rest:** Create a calm bedtime routine, limit evening stimulation, and allow yourself extra rest to support your energy and mood.
- 5. Gentle Daily Movement:** Light walking, stretching, or chair exercises boost mood, lower stress hormones, and keep the body feeling its best.
- 6. Create Personal Quiet Time:** Even a few minutes alone—reading, listening to soft music, or enjoying a warm drink—can help you recharge.
- 7. Practice Gratitude:** Noticing a few things you're grateful for each day can shift your perspective and increase feelings of calm.
- 8. Use Breathwork During Stressful Moments:** Techniques such as box breathing or pursed-lips breathing can quickly steady the breath and bring the body back into balance.



THE CEDARS CLUB, INC. 100  
CEDAR CLUB CIRCLE, CHAPEL  
HILL NC 27517

In-House TV .....Channel 1340  
Cedars Live TV.....Channel 1341  
Reception ..... 919-259-7000  
Concierge ..... 919-259-7937  
Fax..... 919-259-7001  
Spa & Salon..... 919-259-7940  
Dining ..... 919-259-7932  
Work Orders.....919-259-7918  
Security ..... 919-883-7666  
Transportation..... 919-259-7740