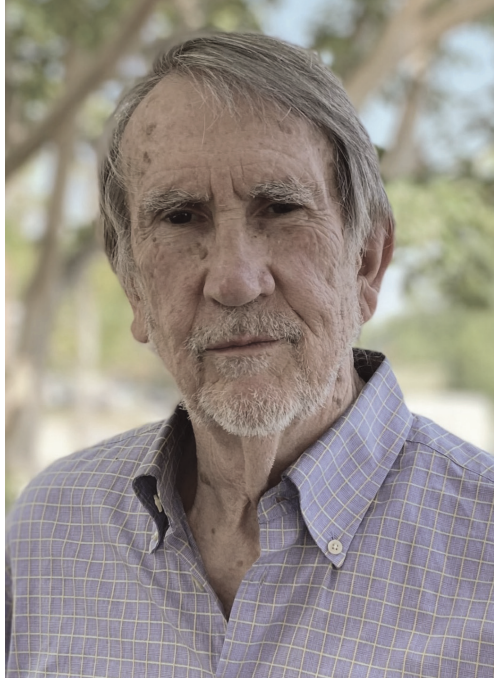


Spotlight on **Fred Hobson**

Fred Hobson has traveled the world from Europe to Asia and all around the United States, yet he remains firmly rooted in North Carolina, particularly Yadkin County, where he grew up, Ashe County, where he savors mountain views from the porch of his family's cabin, and the Research Triangle, where he pursued his education and for nearly a quarter-century enjoyed a distinguished career as Lineberger Professor in the Humanities at UNC. He has chronicled his life-long love of basketball in a lively book, *Off the Rim* (2006), showing us glimpses of his high school self reenacting notable moments from Carolina games alone under the hoop in his driveway, his college self struggling to make the UNC team as a walk-on, his adult self regretfully abandoning even casual play after repeated knee injuries. The beginning of his college career coincided with the early years of legendary coach Dean Smith's; as an alum and faculty member he followed the Tar Heels from a seat in the Dean Dome, and, shortly before the coach's retirement in 1997, Fred crossed paths with him at RDU. Ever gracious, Smith recognized the former freshman player with a compliment: "You were one of the best jumpers we ever had." Typically modest, Fred reflects on Smith's memory and his kindness. "He did recall the one thing I could do well."

Fred does many things well, including teaching and writing. Once he had wanted to be a journalist, but a stint at the *Winston-Salem Journal* left him hungry for a broader canvass. He turned toward academia and discovered the work of journalist/critic H.L. Mencken, a commentator on the South with a combative spirit and a masterful command of words. Through a series of books about Southern literature,



Southern history, and Southern culture, Fred pursued Mencken, ultimately writing a biography that was nominated for the Pulitzer Prize. Borrowing a phrase from Faulkner for his 1983 book, *Tell About the South*, Fred has proved himself a keen analyst and a clear-eyed critic.

Yet Mencken's aggressiveness was not the only feature of Southern culture that has fascinated Fred. He has commented that in his family, women were often the bearers of culture, and he has paid tribute to two of his female ancestors in

his 2005 collection, *The Silencing of Emily Mullen*. The title essay tells the painful story of his great-grandmother, who committed suicide by jumping down a well in 1881, a dramatic release from a repressive society. More encouraging is the story of his great-aunt Lelia, a gifted teller of Brer Rabbit stories who was in her youth a missionary in China and teacher of the future Madam Chang Kai-shek. "What an adventure Lelia Tuttle had had," Fred writes. And in many ways his own career has been an adventure in empathy, craftsmanship, and discernment.

At The Cedars, Fred has been a generous friend and a good citizen, collaborating to plan the Joys of Learning lectures, helping to anchor the Sunday social hour in Camden, and conversing amiably on sports, politics, literature, and local lore. While he now shares his family vacation cottage in the mountains with his daughter and grandchildren, he can often be found there on the porch, thinking, reading, reminiscing, and admiring the view.

by **JOY KASSON**
for the Communications Committee

Learning Opportunities

Documentary Film Group: The New Yorker at 100 **Friday, June 5th 1pm, The Cedars Room**



What began in the 1920's as a humor magazine filled with stories from members of the Algonquin Roundtable soon developed into a magazine with a group of writers who had the opportunity to dig deeply into the stories they were working on. The New Yorker at 100, touches on stories from each of the decades and even more, follows many of the current writers as they work on their stories, holding interviews, tracking down leads, and meeting with editors who go over every single word. Of course, humor still reigns. Every week hundreds of comics are submitted and only 10-15 are chosen.

Cedars Lecture Series: Perry Aycock - The Cedars: Past, Present, and Future

Tuesday, June 16th 2pm, The Cedars Room

Join Perry Aycock, President of The Cedars of Chapel Hill, for an insightful exploration of our community's unique legacy. Discover the eccentricities that define our character while tracing our remarkable growth over the last two decades. From reflecting on our foundational history to understanding the vision for the future, this session offers a comprehensive look at the "State of the Cedars" and where we are headed next...



Joys of Learning: Adam Versényi "a full emptiness and an empty fullness." **Wednesday, June 24th 2pm, The Cedars Room**



April 2024. Adam Versényi and his sister, Andrea, take their 94-year-old mother, Dinny, to Switzerland for a medically assisted death. As he reflects on his memories of his mother, on their journey to Switzerland, and on his relationship with loss, this piece also acts as Versényi's exploration of life and death. Unable to exist without each other, life gives death "a full emptiness and an empty fullness."

Out and About

Sip and Shop at J. McLaughlin supporting The CEP
Sunday, June 7th 2pm-5pm, Lobby Shuttle Service available



Come across the street to J. McLaughlin and shop, sip, and bite. J McLaughlin has all kinds of timeless pieces and fun clothing for Ladies and gentlemen who want to look put together and stylish but still appreciate comfort and wearability. Transportation will be available from the clubhouse. 15 percent of all sales during this event go to the Cedars Education Programs.

International Lunch Bunch- Mediterranean Deli
Thursday, June 18th 11am, Lobby Registration \$4

A Franklin Street staple since 1991, Mediterranean Deli is a beloved Chapel Hill institution famous for its massive display cases and authentic flavors. Offering over 60 fresh items, including signature falafel, kebabs, and award-winning gluten-free pita, it caters to vegan, vegetarian, and kosher diets with ease. Whether you're grabbing a sampler platter or browsing their specialty market, it remains a vibrant cornerstone of the local community.



Duke Lemur Center and Picnic with Michele
Monday, June 22nd 11am, Lobby Registration \$20



Visiting the Duke Lemur Center is an unforgettable wildlife adventure. Guided tours take you deep into the forested habitats of Durham, North Carolina, offering a rare look at the world's largest, most diverse population of these endangered primates outside Madagascar. Join us for a picnic lunch and some fun animal encounters. Tour is ADA accessible, but some optional areas may have limited accessibility.

Supporting Community

Juneteenth Documentary: Faith and Freedom **Friday, June 19th 1pm, The Cedars Room**



A black man is troubled by the legacy of American slavery and the misuse of Christianity to justify it. He travels throughout Texas and discovers how the Juneteenth holiday reveals a resilient hope that empowered the formerly enslaved and their descendants to fight for freedom in an often unjust society. This film explores these themes through a spiritual lens.

Pride Documentary: Disclosure (2020) **Tuesday, June 23rd 1pm, The Cedars Room**

Disclosure is an eye-opening documentary that examines Hollywood's historic and complex depiction of transgender people. Featuring leading trans creatives like Laverne Cox and Lilly Wachowski, the film analyzes iconic on-screen moments from Boys Don't Cry to Pose. Director Sam Feder traces an evolution from dehumanizing tropes to authentic visibility, confronting deep-seated societal anxieties and ultimately revolutionizing how we see, understand, and value trans lives today.



Cedars Pride Parade

Friday, June 26th 11am, Great Lawn



We're hosting a walking parade to honor our LGBTQ+ community and their allies. It is a straightforward show of solidarity and a chance to connect with the people around you. Whether you choose to walk the circle, cheer from the sidelines, or just hang out on the lawn, your presence matters. Everyone is welcome. Let's keep supporting others and stand together.

Celebrating 250

Dr. Dan The Music Man Patriotic Piano Celebration **Monday, June 29th 1pm, Lobby**



Join Dr. Dan the Music Man for a fun patriotic piano sing-along. This performance brings the audience into the act, featuring a lively lineup of classic American anthems and traditional favorites. Focused on community and great music, Dr. Dan's piano playing creates an engaging, spirited atmosphere, whether you are just watching or joining in on the fun.

Bill Melega: America Turns 250 **Wednesday, July 1st 7pm, The Cedars Room**

Join us for a fascinating lecture by Bill Melega as he explores Orange County's pivotal role as a precursor to the Revolutionary War. Focusing on the Regulator Rebellion against Governor Tryon, Bill will share how local resistance and unrest helped spark the revolutionary spirit that would shape our nation's future. What a wonderful way to kick off our 250-year celebration and reflect on the history that unfolded right here in our own community.



Forever Unstrung Patriotic Sing Along **Friday, July 3rd 2pm, The Cedars Room**



Enjoy a Tropical Twist on a Patriotic Sing-along. member-led band, Forever Unstrung, is ready to get you in the mood to celebrate. Wear your red, white, and blue and warm up your vocal cords. Celebrate a quarter of a millennium on island time. Refreshments to be served in the lobby.

Around The Cedars

Wellness Workshop: Pelvic Floor Health and Fall Prevention with Fyzical Tuesday, June 2nd 11 am, Cardroom



Join Dr. Alissa Wiertsema from FYZICAL Therapy & Balance Center for an informative and engaging Wellness Workshop focused on Pelvic Floor Rehabilitation. Learn how pelvic floor therapy can help improve bladder control, strengthen core muscles, reduce discomfort, and enhance overall quality of life for both men and women.

East Chapel Hill Indian Culture Club Cricket Demo Sunday June 7th 3pm, Great Lawn

Join us for a fun and exciting afternoon Cricket Game & Demonstration from East Chapel Hill High School. Come learn about one of the world's most popular sports, enjoy the lively atmosphere, and cheer on the players during this special cultural event.



Floral Arrangements with Darcie, the O'Florapist Friday, June 12th 10am-12pm, Art Studio Registration \$30



Discover the art of floral design in this hands-on flower arrangement workshop. Learn how to select blooms, balance color and texture, and create a beautifully composed arrangement to take home. This welcoming class offers step-by-step guidance and creative inspiration. Participants will create their own arrangement to take home.

Advertising and Publications

Flyers and Bulletins: If you wish to post a flyer, please check with the Life Enrichment team first for guidelines at least 2 weeks in advance. Unauthorized flyers are subject to removal

Chit Chat: The deadline for Chit Chat Submissions is 9 am on the Friday prior to the issue release. Release dates for June are the 12th and 26th. Submissions should be sent to Sujei at SGarcia@CedarsofChapelHill.com by June 5th and 19th, respectively.

July Events and Cedars Post: Information for the July Post should be emailed to Chandler at Cmusson@cedarsofChapelhill.com by June 10th at 9 am. Unconfirmed events are subject to postponement or cancellation of reservations.

Resources and Tech

Durham County Library Resource Drop -In **Thursday, June 11th 2-3:30pm, Lobby Drop-In**



The Durham County Library will be on hand to help members learn about and access audiobooks, online recipes, streaming services, archives, and more. Don't have a Durham County card? Librarians can get you signed up! Bring your Kindle or tablet, and they will help you get logged in and access all the services they have to offer.

Tech Literacy with Chandler: Avoiding Scams **Thursday, June 11th 10:30am, Cardroom**

learn to identify common "red flags" used by scammers, such as high-pressure tactics and imposter schemes. The class focuses on practical strategies and safe reporting practices. Turn uncertainty into awareness and ensure your personal information stays protected. No device is needed to participate. This is a lecture-style class designed for people with any level of technical skills.



Low Vision Discussion Group **Tuesday, June 16th 11am, Cardroom**



While low vision conditions are unique to each individual, they can often be better managed through shared support and understanding. Join us for the first meeting of our Low Vision Discussion Group. This welcoming gathering is an opportunity for Members to connect, share helpful resources and practical tips, explore assistive tools and technology, discuss daily challenges, and support one another in a meaningful community setting. Whether you are newly navigating low vision or have years of experience, all are welcome to join the conversation.

Special Events Schedule

Friday, June 2nd

11am: Pelvic Floor WS, CR

Friday, June 5th

1pm: Documentary Film Club, TCR

Sunday, June 7th

2-5pm Sip and Shop at J Mclaughlin, LB
3pm Cricket Demo, GL

Wednesday June 10th

10:30am NC Symphony on site ticket sales. CL

Thursday, June 11th

10:30 am Avoiding Scams with Chandler, CR
2pm: Durham County Library, Lobby and Library

Friday, June 12th

10am Floral Workshop, AS


Monday, June 15th

2pm: Peer Support Group with Helen, CL

Tuesday, June 16th

2pm: Cedars Lecture Series with Dick Isabel: Perry Aycock, TCR

Thursday, June 18th

 11am Lunch Bunch: Med Deli LB

Friday, June 19th

2pm: Juneteenth Documentary: Faith and Freedom, TCR

Monday, June 22nd

 11am Duke Lemur Center and Picnic Lobby

Tuesday, June 23rd

1pm Pride Documentary: Disclosure, TCR


Wednesday, June 24th

2pm Joys of Learning: Adam Versényi, TCR


Friday, June 26th

1am Cedars Pride Parade, GL


Monday, June 29th

1pm Dr. Dan The Music Man Patriotic Piano Celebration, LB 

Wednesday, July 1st

7pm: Bill Malegna: America Turns 250 

Friday, July 3rd

2pm Forever Unstrung  Patriotic Sing Along, 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

Barbara Kemper

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

Pole Walking

Joan Ontjes

Samba

Jessie Ogburn

Sunday Chapel Church

Nancy Cobey



Sign-up Required



Off-Campus & Sign-up Required

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

8:45am Ping Pong For Parkinsons
TCR
9am Aquafit P
9:45am Aqua Walking P
10am Balance 101 TCR
10:30 Balance 102 TCR
10:30am Knit & Stitch CR
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
9am Golf Croquet GL
9:30am Sit & Be Fit TCR
10:30am Ping Pong
12pm Pilates with Brianna
1pm Samba CR
1pm Mah Jongg CR
1pm Supervised Gym Touchpoints

Wednesday

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

Thursday

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

Friday

8am Early Birds TCR
9am Aquafit P
10am Balance 101 TCR
10:30am Balance 102 TCR
11am Barre with Brianna TCR
1:30pm Men's Bridge Group CR
1:30pm Samba CR

Saturday

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

Sunday

11am Sunday Chapel Church, TCR
4pm Mindful Moves with Joanne, TCR

Exceptions

Check the Portal for the Most
Current Changes

Announcements

- ✦ Jewelry Repair with Eva Mogenson
Friday, June 5, 2pm The Classroom
- ✦ First Friday Concert Series, June 5th, John Shain
and Merritts BLT, 5:30 pm
- ✦ The North Carolina Symphony will be on site
June 10th from 10:30-12 pm for in-person Season
Ticket Sales
- ✦ Shabbat Service led by Connie Margolin
Friday, June 12, 4pm (2nd Fridays)
DuBose Conference Room
- ✦ Keep an eye on the Portal and Chit Chat for Arts
Transportation as local seasons are announced.

Great Short Stories Series

Contact Bill Buxton bill.buxton@vistagechair.com

June 8: We Didn't by Stuart Dybeck

June 22: TBD

10 am DuBose Conference Room

Cedars University: Stories of America's National Parks

From Yellowstone to the Everglades, get to know America through our natural landscapes preserved by the National Park System.

Starting June 25th, 11 am, The Cedars Room

Art Class at The Cedars with Nerys Levy

Next Session: Tuesday, June 9th at 10:00 AM (Meets 2nd & 4th Tuesdays)

Relaxing outdoor (weather permitting) art sessions for all skill levels. Work in your preferred medium; supplies are provided or bring your own. Fee: \$20 per session directly to the instructor. Registration/questions: Paula Sloan 919-812-5002 or paula.sloan07@gmail.com.

CEDARS PORCH COLLECTION: Monday, June 8th, 8:30 am

Food should be out for pickup by 8:30 AM On Front Porches or Veranda Parking Lot Benches. You can leave a check anytime with the Clubhouse Concierge. Questions: Contact Joy Metelits at (919) 933-0724 or joymetelits@gmail.com

Remaining 2026 Collection Dates: June 8, July 13, Aug 10, Sept 14, Oct 5, Nov 2, Dec 7

June Birthdays

Richard Moss 1-Jun
Jean Hodder 2-Jun
Joy Kasson 2-Jun
Margaret Rook 4-Jun
Mary Beck 5-Jun
Wendell Rosse 5-Jun
Malcom Jackson 6-Jun
Sue Tiedeman 9-Jun
Blair Keagy 12-Jun
James Sowell 12-Jun
MJ Weeks 12-Jun
Hanna Hasl-Kelchner
13-Jun
Peggy King 13-Jun
Carol Stamm 13-Jun
Mary Bryan (MB) Adair
14-Jun
Sarah Fulp 14-Jun
Philip Gura 14-Jun
Jessie Ogburn 16-Jun
June Russell 16-Jun
David Leith 18-Jun
Ken Woodard 19-Jun
James Beck 23-Jun
Sally Orcutt 23-Jun
Christine Kehrer 30-Jun

Fitness Happenings

The Natural Prescription: Walking, Wildlife, and Wellness

Swapping the treadmill for a local nature trail transforms a routine workout into an engaging adventure. Walking on natural surfaces like dirt or gravel challenges the stabilizing muscles in your feet and ankles, improving your real-world balance far better than flat pavement. Furthermore, focusing on the changing scenery acts as a brilliant distraction, allowing you to walk further and boost cardiovascular health without feeling like you are working harder.

Beyond physical perks, nature walks lower stress hormones and reduce blood pressure. Encountering local wildlife is a major highlight, but sharing the trail safely requires distance. Use the "rule of thumb" by holding your thumb out at arm's length; if you cannot completely cover the animal, you are too close. Admire creatures from afar, never offer food, and give mothers extra space during the spring.

To keep your workouts safe, invest in supportive walking shoes with deep tread to prevent slips on loose gravel. For added stability and to reduce knee impact by up to 25%, consider using trekking poles. Before heading out, always pack a water bottle to stay hydrated, let someone know your route, and carry a cell phone for emergencies.

While larger wildlife catches the eye, smaller pests like ticks and mosquitoes pose the most frequent health risks. Protect yourself by applying insect repellent and wearing light-colored clothing, which makes bugs easier to spot. If you walk near tall grass, tuck your pants into your socks, and always perform a quick skin and clothing check once you return home.

Ultimately, the golden rule of outdoor fitness is to stay firmly on designated paths. Wandering off the trail increases your risk of tripping over hidden roots, stepping into holes, or brushing against poison ivy.

For a more exotic natural encounter, **join us for a trip to the Duke Lemur Center on Monday, June 22nd**. Meet your fitness goals and some affable primates as we explore the largest colony of lemurs outside of Madagascar. Picnic lunch and a docent-led tour will be provided



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

In-House TVChannel 1340
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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

