

The Cardinal at North Hills



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A KISCO SENIOR LIVING COMMUNITY

Don't Miss These Speakers at The Cardinal

By Jane Stroup

Somewhere people may be experiencing the sleepy days of August, but not at The Cardinal! We have an upcoming schedule of dynamic and well-respected speakers.

Parker Call, "tour guide extraordinaire", is already known to many Cardinal residents because she leads fascinating tours around Raleigh. Formerly a third-grade teacher who thought children could learn more with field trips, she wrote a new curriculum and eventually started her own tour business. She will speak on "The Civil War in Raleigh" on August 4 at 2 pm.

Dr. David Zonderman is an Alumni Distinguished Professor in History at North Carolina State. He specializes in American history, especially labor history, and has a new book coming out on workers and the Civil War. He will speak on "A Turning Point in American History: The Shift from Rural to Urban America" on August 24 at 3:30 pm.

Dr. Robert Dunn, Professor of Applied Ecology at NC State, will discuss "The Natural History of the Future". That's the name of his new book, which has a provocative subtitle: "What the Laws of Biology Tell Us about the Destiny of the Human Species". As a *New York Times* writer wrote about Dunn: "We live on nature's terms. The sooner we recognize this, Dunn argues, the better." **Learn about the iron laws of nature! He will speak on September 1 at 3:30 pm.**

August 2022



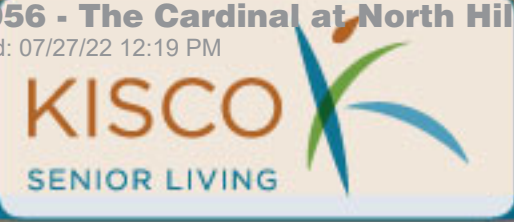
North Carolina Beaches

By Harriet Jablonover

"Come on down and I will show you what easy living is all about." That's what Cardinal resident Matilda Smith told me when I started asking residents about their beach experiences.

Matilda shared this: "My great-grandparents owned property in Morehead City beginning in the 1800s. ... My grandmother built a summer cottage for our family in 1937. I grew up there and am still enjoying it to this day ... but my main love of Morehead comes from the many boats I have owned over the years. ... Now that I have aged out of struggling with sails and rough seas, I am enjoying my waterfront porch and garden."

It's already August, and many residents are away at the beach—especially long-time North Carolinians. Mary-Owens Fitzgerald says her family has been going to Oak Island since 1945 (they called it Long Beach then). Their first cottage was destroyed by Hurricane Hazel, but her father rebuilt it a year later. *(Continued on pg. 4)*



Resident Birthdays

- 08/03 Cindy McCarty
- 08/03 Don Jacobs
- 08/07 Thea Roberts
- 08/08 Marie Jones
- 08/09 Irene Silverstein
- 08/10 Harold Hall
- 08/13 Betty Singletary
- 08/14 Nancy Kirk
- 08/15 Anastasia Bradley
- 08/20 Ann Hall
- 08/20 Lucile Jones
- 08/21 Sandra Heard
- 08/22 Emmie Whitley
- 08/22 Jane Stikeleather
- 08/23 Marlene Daugherty
- 08/24 Alma Whittaker
- 08/27 Lucy Rhodes
- 08/27 Mildred Dillon
- 08/29 Emma Garnett Satterfield
- 08/30 Robert Grossman
- 08/31 Alyce Cavanaugh

Notable Quotable:



Lucille Ball, born August 6, 1911

"The more things you do, the more you can do."

~Lucille Ball~

Playing Pool at the Cardinal

By Harriet Jablonover

Pass by the *Billiards Room* four days a week where you will find *pool* players having a good time. Regulars in the resident group are David Smith (aka Smitty), Alec Whittaker, John Czinege, Jack Bass, Ralph Johnson, and Sid Comer. Others sometimes drop by, often to shmooze!

I asked some of the regulars what they like about the game. Ralph Johnson shared that he "shoots *pool* mostly for the camaraderie, not to mention the enjoyment." He added, "It would be nice to have a couple more players for balance." David told me he enjoys the competition, camaraderie, and strategy. "It's good for hand-eye coordination." Jack Bass was new to the game before coming to The Cardinal. His children immediately bought him a cue stick and he became a regular. For John Czinege, it is "an easy way to spend some time with a group of friends ... also gives you a chance to learn a new skill and compete in a friendly way."

The history of *billiards*, the umbrella name for all cue sports, is a bit vague. However, there's some agreement that indoor cue sports began in Europe in the 14th century. Croquet was popular at that time, but could not be played in bad weather.



Therefore, the European nobility, who wanted to entertain themselves year-round, adapted games for indoor tabletops.

The name "*pool*" came from the betting process where *pool* refers to a collective bet. *Billiards* was derived from the French "*bille*" meaning ball. *Snookers*, another *billiards* game which was first played in India by British soldiers in 1875, is very popular in the U.K. The name "*Snookers*" is what newbies are called in the Royal Military Academy.

Pool and *billiards* are different games although the tables look similar. A *pool* table has six pockets. The surface is usually a wool-nylon blend. The *billiards* table has no pockets. The surface is usually worsted wool. The number of balls and the length of the cues are different for each game. Clarification: The table in our *Billiards Room* is a *pool* table!

The group here plays Tuesdays at 9:30 a.m., Thursday, Saturday and Sunday at 2 p.m. David Smith wants people to know that even if you have never played, come along; the regulars have a lot of patience and are very willing to teach.

A Better Way to Use Up That Meal Plan

By Jane Stroup

Many people at The Cardinal find they have money left from their meal account at the end of the month. In the past, most people used it to buy wine or cookies or a few other items. But now there's a way you can also express your generosity: Donate to the Raleigh-based Inter-faith Food Shuttle.

The Cardinal has partnered with the Food Shuttle so you can make your gifts with ease. Just fill out a donation sheet in the Pub, indicating how much you want to give.

Director of Culinary Services

Brad Itzkowitz devised the plan to provide a healthy alternative to simply buying wine. (That's also why he is offering cheeses and fresh fruit when in season.)

The Cardinal's dining service has fixed costs that it must cover whether we eat or not, so The Cardinal will keep half of your donation. For tax-deduction purposes, you can, if you ask, receive a letter from the Food Shuttle confirming your donation, which will be half of what you set aside.

You can give as much as \$50 each month (\$5 is the minimum donation). The plan started in March and raised about \$400 in its first three months. Let's keep it up.

The Longest Day Fundraiser

By Blair Simmons

On June 21st we took part in the Longest Day Fundraiser, where we spent the entire day participating in healthy and fun activities to raise funds and awareness for the care, support, and research efforts of the Alzheimer's Association. The first half of the day was spent being active by participating in exercise classes and going on outdoor walks. In the afternoon, we held a huge Bingo game for the fundraiser finale.

Our fundraising goal for this year was to raise \$2,000 and we exceeded that goal by raising

over \$3,100! A huge thank you to everyone who participated and donated. We could not have pulled it off without you!



Residents and associates participating in The Longest Day walk



Fundraiser Bingo!

Upcoming Dates & Notables

- 08/04 - Speaker: Parker Call
- 08/11 - Cardinal Spelling Bee
- 08/12 - Wheelchair/Walker Adjustments
- 08/17 - Piano Performance by Nicole Wang
- 08/24 - Speaker: David Zonderman



Welcome, New Residents!

- Nancy "Boo" Manning Apt. 409
- Bob Brainard Apt. 333
- Thyra Smith Apt. 418
- Veronica Bandy Apt. 503
- John Gilbert Apt. 113
- Deborah Steed Apt. 317



Continued From Pg. 1 ... North Carolina Beaches



View from Matilda Smith's waterfront porch and garden in Morehead City

"It's a 'golden oldie' with no frills," says Mary-Owens.

North Carolina is rich in beaches; there are more than 25 distinct ones between the borders of Virginia and South Carolina. In the 1880s, Passport Ferry took people from the mainland to Carolina Beach, one of the oldest, for the day, but the town only started to flourish in the 1920s.

Emerald Isle is reputed to be one of the prettiest. According to some sources, Atlantic Beach is most popular, one reason being that it faces south, which protects it from wind and ocean water. Resident Ruth Barnett loves the small town as it enjoys good restaurants as well as a nice beach. The Barnetts have a great porch which allows for wonderful views.

There are a multitude of books available about the history of the coastal towns and beaches. The Museum of Coastal Carolina on Ocean Isle Beach enjoys the distinction of being the only museum on a barrier island.

Not Just Suspense, But Classic Suspense!



Why not look a little deeper into the library's collection of mystery and suspense novels?

The Cardinal library has a wealth of popular mystery and suspense novels—by authors such as Lee Child, David Baldacci, and James Patterson. But we also have classics—suspense novels that have stood the test of time.

Masterpiece Theatre fans know Inspector Morse. Read about him in *The Silent World of Nicholas Quinn*, a 1977 Colin Dexter novel with a plot that keeps on twisting.

Another British writer, Ann Cleeves, has had three television series based on her detective stories. We have two of her books. P. D. James is another wonderful British author, a baroness whose grim mysteries are elegantly drawn. We have several of hers, including *The Skull beneath the Skin*.

Ed McBain wrote more than 50 books in his "87th Precinct" series of police novels. The Cardinal has the last one, *Fiddlers*. A critic praised his "ingenious plotting, deft dialogue, and ... credible characterization."

Finally, we have three Agatha Christie mysteries. Enjoy!