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Read how your purchase of a 2024 Mah Jong card will help support the Duke Caring House charity.

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If you are looking for an indoor activity during the colder winter months, try Drafts and Crafts, an adult-only facility where you pick your craft, order your drink, and start crafting.

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There is another new restaurant that is worth a visit. The Mill, located at 3201 Edwards Mill Road in Raleigh, offers traditional American and Southern fare.

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November was a busy month for the A&CC including the Annual Holiday Arts & Crafts Show and Sale and hosting an event in conjunction with the Social Events Planning Committee (SEPC).

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The CA Choir presents its holiday program on Saturday, December 9 and Sunday, December 10 with performances by Acoustic Traditions, Alita Bluford on accordion, and a barbershop quartet, The Arbor Belles.

[Investment Education Club](#)

This month's update includes information on the December social gathering as well as recent presentations on Navigating the Medicare Open Enrollment Period and Tax Considerations In and Near Retirement.

[Juliette Club](#)

On November 6, members of the Juliette Club created some beautiful and fun holiday ornaments at Christal Cerrone's glass studio, including "ugly sweater" ornaments.

[Shalom Club](#)

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[Silver Synchers](#)

Join the Silver Synchers for a short holiday confection by the indoor pool on Friday, December 8, or Wednesday, December 13, from 9:30 to 9:45 AM.

[Social Dance Club](#)

The Social Dance Club is having a dance party on Friday, December 15 from 7 to 9 PM, and Social Dance Club dance lessons on the foxtrot will be held Wednesdays at 3:30 PM, December 6, 13, and 20.

[Social Events Planning Club](#)

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In This Edition

[Theater Club](#)

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[Veterans Club](#)

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[Woodworkers Club](#)

At the November Woodworkers Club meeting, Jeff Greenhut presented a fascinating history of human development and our dependence on and use of wood.

[Working Stiffs Club](#)

The Working Stiffs Club held its first annual Trunk or Treat event at Piedmont Hall. Dozens of people came to enjoy margaritas and munchies.

General Articles and Information

[Important Medicare Dates and a Money-Saving Tip](#)

Two important dates are approaching: the end of the Open Enrollment Period (OEP) and the Medicare Advantage Annual Open Enrollment Period. Also, learn about a tip that could save you money when purchasing your medications.

[Barbara the Bookworm | November 2023 Holiday Gift Giving Edition](#)

See the holiday season reading suggestions from Barbara the Bookworm for adults and grandchildren.

[Happiness and Relationship Building](#)

How is your happiness level lately? We have had many opportunities to walk outside and enjoy the gorgeous fall weather and beautiful colors here in our community and state. Read about some happiness busters to be aware of.

Contact Information

[CA Veterans Club Handyman Services](#)

[Notary Service](#)

[Local Area Contact Information](#)

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[Reminder | 2024 Mah Jong Group Card Collection, December 8 | Piedmont Hall](#)

Katheryn Hamilton will be in Piedmont Hall on Friday, December 8 between noon and 1:30 PM, to accept your money for the purchase of a 2024 Mah Jong card in support of Caring House. Last year, Carolina Arbors' participation in this effort raised \$905. Each card ordered electronically as a group earns a \$5 donation to the Caring House charity. The large-print card is \$15; the regular-sized print card is \$14.

Important Information:

- Because of how I must purchase the cards, **I must have exact cash**. Checks will be returned.
- To help me sort and acknowledge receipt of money by email please include the following information on the **OUTSIDE of an envelope**.
 - Your name.
 - Your email address.
 - The size and number of each card you wish to purchase.
 - The amount of money enclosed (\$15 for each large card; \$14 for each regular-size card).
- Those who cannot get to Piedmont Hall on Friday, December 8, may leave their envelope in the club lockbox.

If you need any additional information, please contact me directly via email at Kathryn@hamiltonink.com or via text at 914-420-1790.

Thank you for joining us in supporting Caring House.

Article by Kathryn Hamilton



Click on the link below to learn more about Duke Caring house.

<https://caringhouse.org/>

Out and About

Drafts and Crafts

If you are looking for an indoor activity during the colder winter months, you may want to try Drafts and Crafts.

It is located at 3117 Guess Road in Durham and is an adult-only facility. You pick a craft, order a drink from a selection of beer, wine, and non-alcoholic beverages, review the instructions, and start crafting. It provides an enjoyable activity for a couple, a couple of friends, or a group of friends. You can arrange for a large group with a reservation, but for groups under eight, you can just show up.

Some of the crafts available are mini terrariums, canvas painting, glass etching, glass painting, woodburning, and various types of stitching. Craft kits start at \$20. They are open Wednesday through Friday from 4 to 10 PM, Saturday from noon to 10 PM, and Sunday from 1 to 8 PM. You can find all the details as well as special event nights on the website, craftsanddrafts.com.

Article and photo by Nancy Ratan



Restaurant Review | The Mill

There is another more recent restaurant that is worth a visit. The Mill, located at 3201 Edwards Mill Road in Raleigh, offers traditional American and southern fare. The atmosphere is very cozy and there is a comfortable patio area for outside dining in warmer weather.

The menu includes a wide selection of shareables to start. Don't miss the delicious onion rings. There are also a charcuterie board, nachos, wings, and so much more. The dishes are large, so you may want to choose from one of the small plates for your next course, which includes fish tacos, ravioli, shrimp and grits, short rib poutine, and more. If you want a larger portion, full-size entrées include steaks, burgers, pork chops, and a daily fish special.

The hours are Monday through Sunday, 4 to 9 PM, with late-night bar hours from 9 to 11 PM Thursday to Saturday. They also have brunch on Sunday from 10 AM to 3 PM. Find all the details at themillraleigh.com.

Article and photos by Nancy Ratan



News from CA Clubs and Groups

Arts & Crafts Collaborative (A&CC)

Arts and Crafts Show & Sale

November was a busy month for the A&CC. On Sunday, November 12, the annual holiday Arts & Crafts Show and Sale took place at Piedmont Hall. Over 30 resident artisans sold hand-crafted items to a large turnout from Carolina Arbors and some surrounding neighborhoods. The Atlas Nomads food truck was there for lunch, and Jay Hallett provided guitar music and vocals for added atmosphere. The art raffle was a big success, with many of the participating artists donating their beautiful work to raise money for the club. As chair of the Show and Sale, Gayle Bedard's hard work made the event possible, with the help of her team.

If you did not have a chance to shop on the day of the sale, many CA artists and crafters participate in [The Marketplace](#) and offer items year-round.



Pat Yahner helps with the raffle as Jim and Midge Ologge sell tickets.



In conjunction with the Social Events Planning Committee (SEPC), the A&CC hosted an event on November 16 to celebrate the winter solstice with lighted lanterns displayed outside Piedmont Hall. Inspired by similar celebrations in Hillsborough and at the NC Art Museum, the A&CC held two workshops prior to the event, under the direction of Susan Drago and Maureen Gard, for attendees to create their lanterns, and the SEPC provided a hot chocolate bar and sweet treats at the event.



Creating the lanterns.



Even the moon attended the festival.

The A&CC will meet next on December 9 from 10 AM to noon for a holiday party where we will make ornaments and gift tags. Club members will receive an email with a registration link.

Article by Mindy Tomasevich | Photos by Abby DeLotto and Mindy Tomasevich

[CA Choir](#)

The Carolina Arbors Choir will be presenting its holiday musical program on Saturday, December 9 at 2 PM and 4 PM, and Sunday, December 10 at 3 PM in Piedmont Hall. Tickets will be \$8 for residents and \$9 for nonresidents. Ticket sales are via credit card on OCA. Tickets are transferrable, but not refundable.

The choir has been hard at work rehearsing Christmas and Chanukah songs with beautiful choral arrangements. *You will even have a chance to sing along to some of your holiday favorites.* In addition, there will be individual performances by club singers and musicians Acoustic Traditions, an accordion solo by Alita Bluford, and the female barbershop quartet, The Arbor Belles.

The Carolina Arbors holiday choir concert promises to be very enjoyable for all who attend.

Article by Annette Haveson

[Investment Education Club](#)

Holiday Happy Hour

December 18 | 5 to 7 PM | Piedmont Hall | Varsity Room

This meeting will be a social event for Investment Education Club members and their guests. No formal presentation is planned. Attendees should bring their own wine, beer, or other beverage of choice as this is a BYOB event.

Club officers and advisory board members will be bringing cheese, crackers, and other appetizers to share. Attendees are welcome to do the same but that is strictly voluntary. Paper plates, napkins, plastic utensils, and cups will be provided as well.

Please note that this event starts at 5 PM, which is earlier than our normal meeting time. We will be downstairs in the Varsity Room and using the bar/counter to serve shared snacks and/or appetizers.

Please register for the Happy Hour on OCA so that the club can plan accordingly. For additional information on the Investment Education Club or on this event, contact club officers Jim Briggs or Cynthia Jonas.

Year End Thank You

The Investment Education Club has had a very successful year thanks to its officers, advisory board members, and the supportive residents of Carolina Arbors. Our advisory board has curated some wonderful, informative, and helpful programs that have been well-attended. We have had several meetings this year where attendance was at capacity in Pinehurst 1 and 2. Fidelity Investments came and spoke to us about bond investing, which has been out of favor for a decade or more. We had two successful meetings in July and August when we typically don't have summer meetings due to low attendance. That all doesn't happen without some work and some appreciated support.

The information from our most recent two meetings has been made available. First, the slide presentation of Bruce Hays' 2024 Medicare Update from the October meeting is available on the club's webpage. Also, the Piedmont Hall audiovisual team videotaped Bruce's presentation. The link to the videotape is:

[IEC Presentation: Navigating the 2023 Medicare Open Enrollment Period.](#)

Second, the PowerPoint presentation from the November meeting given by residents Bob Green, Gil Howarth, and Cynthia Jonas titled "Tax Considerations in and Near Retirement" is also available on the club's webpage. It is highly recommended that you review this presentation on taxes if any of the following apply to you:

- New to taking Required Minimum Distributions for 2023 or 2024 (i.e., turn age 73).
- Purchased an electric vehicle in 2023.
- Lost a spouse recently.

This presentation was not videotaped.

The link to the club's webpage is [Investment Education Club OCA Webpage.](#)

Article by Cynthia Jonas

Juliette Club

On November 6, members of the Juliette Club created some beautiful and fun holiday ornaments at Christal Cerrone's glass studio. These included "ugly sweater" ornaments, but they were really beautiful. Everyone had an enjoyable great time.

Article and photos by Nancy Ratan



Shalom Club

"What Is Jewish Comedy?"

On November 21, the Shalom Club took an enjoyable virtual trip to Cuba with speaker Cindy White.

The Shalom Club will be hosting the traditional Chanukah candle lighting in the lobby of Piedmont Hall for all eight nights of the holiday. Beginning on Thursday, December 7, and ending on Thursday, December 14, at 5 PM each evening, we are inviting all members of the Shalom Club, their friends, and family to join us in this celebration of lights.

Humor traditionally plays a large role in Jewish culture. On December 19, guest speaker Stan Darer will demonstrate several different styles of comedy, including videos from Jewish and non-Jewish comedians. Following the discussion, we will determine if there IS such a thing as Jewish comedy.

Elections were held for the empty 2024 Board position. Ila Deutsch and Arlene Cohen were elected as Vice President and Treasurer, respectively.

Happy Chanukah to all who celebrate the holiday.

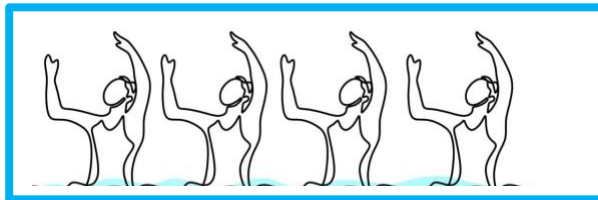
Article by Arlene Cohen, vice president

Silver Synchroners

Visions of Sugarplums

Please join the Silver Synchroners for a short holiday confection by the indoor pool on Friday, December 8, or Wednesday, December 13, from 9:30 to 9:45 AM. There will be no special seating as space is very limited, but we will be water dancing to festive holiday music to share the joy of this beautiful season.

Article by Debbie Turner



Social Dance Club

Social Dance Party – Friday, December 15 | 7 PM

The Social Dance Club is having a dance party on Friday, December 15 from 7 to 9 PM which will be open to everyone in the community. A variety of holiday music will be played for dancing and listening pleasure. You can either dance to the holiday tunes or listen to help get into the holiday spirit. There is no charge for the dance, and registration is not required. Bring a snack to share and BYOB. This promises to be a fun evening of enjoyable music, whether you want to just listen or dance, so come join the fun.

Social Dance Club Dance Lessons – Foxtrot | Wednesdays 3:30 PM | December 6, 13, and 20

Tom and Cathy Smith will be teaching the foxtrot for the dance lessons in December. Lessons will be taught on three Wednesdays at 3:30 PM, December 6, 13, and 20. The foxtrot can be danced to many songs, both old and new. The lessons will start at the beginning so anyone can try it. Dancing is great for the mind-body connection. So come out, learn a new dance, and exercise while having fun.

For questions, contact Cathy Smith at smithtcr@gmail.com or Jan Starnowski at janstar44@gmail.com.

Article by Cathy Smith

Social Events Planning Club

We are happy to report that we have a full leadership team to kick off 2024. It comprises co-leaders, Malgo Seaman and Judy Garrett; co-secretaries, Peggy Heysse and Jan Starnowski; Treasurer, René Netzer; and co-administrators, Janet Elmo and Francina Franks. Judy and René are newcomers to the leadership team, and we welcome them with open arms.

Although our activities slowed down as the year has been racing to the end, we can report a terrific turnout at both the November Coffee Connection (November 1) and Sing Along (November 5) that featured 60s tunes.

Because the third Wednesday is so close to the Christmas weekend, we're suspending the Brown Bag Lunch Buddies for December, but will pick up again in January.

The following are some dates to save in January as we continue our traditions:

- **January 3** | Coffee Connection (first Wednesday of every month) – a great way to start the year.
- **January 10** | Club monthly meeting (second Wednesday of every month) – help ring in some ideas for 2024 events.
- **January 14** | Sunday Sing Along (we don't have our room reservation yet, so keep an eye out for a confirmation of this date on OCA and CA Owners' Facebook page).
- **January 17** | Brown Bag Lunch Buddies (third Wednesday of every month) – bring your lunch and join neighbors you know and have yet to meet.

Enjoy these photos. How many of these folks do you know?



CC leader Pat Yahner enjoying some downtime.

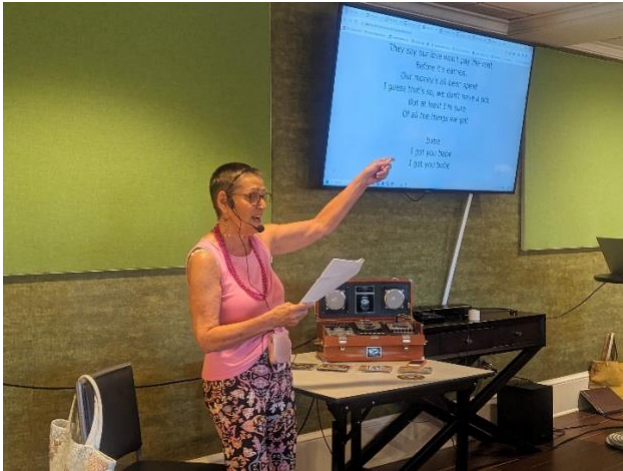


The Men's Table (women allowed).



It's a family affair for the Lindbergs.

The Sing-Along brought out several members from the CA Choir and lots of others (like this writer) who wouldn't dare audition for it!



Sing-Along's fearless leader, Pat Luftman.



A good crowd showed up to have fun!.



Choir members, front and center, harmonize beautifully.

Happy Holidays to all, and our best wishes for a healthful and happy New Year!

Article by Janet G Elmo | Photos by Jan Starnowski

Theater Club

CA Theater Club Happenings November

A dozen Theater Club members recently attended an Improvisation Workshop offered by Carolyn Cole, an adult educator turned improviser who trained at major theater schools including The Upright Citizen's Brigade, Second City, and iO in Chicago. Carolyn teaches improvisation at many venues around the Triangle and believes that improv wisdom can make a positive difference in your everyday life.

Participants thoroughly enjoyed performing different exercises during the two-hour event. Going around a circle, one activity involved building a story with each person adding only a single word to what the previous person said. This made you get out of your own head because the story might not turn out to be what you had thought of in your mind. Another exercise asked people around the circle to build a 'collective story' with each person adding a single sentence alternating with 'fortunately' and 'unfortunately'. This really made participants think outside the box and get creative. Another exercise helped actors with body language and facial gestures.



[Carolyn Cole](#) "Never Stop Improv-ing."

One participant was a member of the Theater Club's lighting crew, Tom Emerson, who does not consider himself an actor. He shared that this workshop was a bit outside of his comfort zone. He surprisingly had an enjoyable time. He learned that in Improv, it is important to pay attention and to produce a response quickly. A good response is important, but due to time constraints, it might not be the best response. There are situations in real life when one needs to pay attention and a quick response is essential. And there are no mistakes in Improv. You need to 'go with the flow' of what happens before you and the success of the team is more important than individual success.

To end the year, a small number of Theater Club members are presenting a short skit prepared especially for the Veterans Club's December 20 meeting. The 10-minute skit, entitled "My FedEx Christmas," by Jeff Lovett, is about Nicky who is a naughty boy and is tired of getting "crummy" Christmas presents. He does something different this year. If your club is interested in exploring the possibility of a short skit to entertain your members, or participating in a workshop, please contact Alita Bluford at alitabluford@gmail.com.

On Sunday, February 18, in collaboration with the Social Events Planning Club, we will host Grandparents Day. Watch for details in early January.

Thank you for your support in 2023, especially for attending our most recent production, "Love Letters."

Article by Alita Bluford, Tom Emerson, and Pat Luftman

Veterans Club

November was a very busy month for the club starting off with “Operation Green Light,” held from November 6 to 12. Residences and businesses were asked to light a green light to let veterans know that they are seen, appreciated, and supported with the approach of Veterans Day. Many residents displayed a green light on their homes and Piedmont Hall was lit in green as seen in the photo that follows.

The US Marine Corps’ 248th birthday commemoration took place on November 10, with the raising of the Marine Corps flag in front of Piedmont Hall. This event was well attended by club members of every military branch, not just Marines, and resident members. Retired US Marine Corps’ Rich Kmiec again spearheaded the event with a birthday cake in the Piedmont Hall lobby, and was assisted by Jue-Ling Tai.

Veterans Day, celebrated on November 11, is a federal holiday in the United States, observed annually in honor of all military veterans of the United States Armed Forces. Our guest speaker was Retired US Marine Corps Lt. General Walter Gaskins, who is currently the Secretary of the NC Department of Military and Veterans Affairs. The CA choir performed superbly with military and patriotic songs. Randy Martell played TAPS at the end of the ceremony. Morning refreshments of mini-Danish and coffee were made available by the club’s Program and Events Coordinator, Jan Vollmer, who was ably assisted by her husband Jim, Gordon Smith, Jue-Ling and Chin Tai, Susan Griffin, and Miriam Gettinger. In attendance were 198 club members and CA residents.

On November 16, club members were treated to an annual dinner hosted by the Ruritan Club at Lynn’s Crossroads in Durham. A wonderful dinner of ham and trimmings, along with dessert, was followed by a meaningful program saluting past and present veterans of the Armed Forces. Club President Marshall Ross and his wife Geneva presented the veterans with commemorative lapel pins and “A Prayer for All Veterans.”

Our second annual appreciation dinner was held on November 17 at the Embassy Suites in Brier Creek. The event was attended by 120 club members and guests who were served a delicious dinner of chicken, pork, or salmon. Everyone voiced their enjoyment with their meals. Once again, hats off to Jan Vollmer and her staff for a job well done.

Our next monthly meeting on December 20 will feature a skit by the Theater Club titled “My FEDEX Christmas Request,” a play about a naughty boy. Holiday refreshments will be served and there will be **door prizes**. Please sign up on OCA below by December 8 to reserve your seat. [Signup link](#)

We are always looking for input from our members, and volunteering is a great way to move our club forward. If you are interested in volunteering, please contact 2nd VP Patricia McFetridge at pattimac.mcfetridge@gmail.com.

And don’t forget our Handymen for odd jobs around your home. A brochure outlining these services is now available at the Front Desk in Piedmont Hall, and a partial list of services is always included near the back pages of the monthly newsletter. To schedule a project, send an email to Handyman Program Coordinator, Herb Weinman at execdoc@gmail.com.

Article by Dan Murray, Secretary



Operation Green Light | Photo by Dan Murray.



Marine Corps Birthday | Photo by Kevin Geraghty.



Veterans Day | Photo by Kevin Geraghty.



Appreciation Dinner | Photo by Dan Tyson.

Woodworkers Club

At the November Woodworkers Club meeting, Jeff Greenhut presented a fascinating history of human development and our dependence on and use of wood. Prehistoric humans used wood for hunting weapons, tools, and fire. As civilization progressed, wood was used for shelter and construction. As metallurgy progressed, wood was transformed into charcoal which would burn at the higher temperatures needed to process iron into steel (and eventually into backyard barbecues).

Human ingenuity developed wood into hundreds of uses, including furniture, wagon wheels, barrels, artwork, musical instruments, and paper. In modern times, wood is still the major component of home construction. Efficient uses of wood resulted in the development of plywood, chipboard, medium-density fiberboard (MDF), and other cost-saving methods. Although trees take many years to mature, tree farming assures an ample supply of wood through a sustainable process.



Jeff Greenhut presents information about wood usage throughout human history.

Article and photo by Marc Goldberg

Working Stiffs Club

The Working Stiffs Club held its first annual Trunk or Treat event at Piedmont Hall. Dozens of people came to enjoy Margaritas and Munchies!

- First Place - Diane King - Skeleton Crew!
- Second Place - Kathy Passarella - The Witches of Carolina Arbors.
- Third Place - Chris and Sally Chalkley - Ted Lasso.

Honorable mention goes to Daryl and Darline Burgess for their pumpkin-themed space and for Darline's exquisite flair for making the margaritas!

Congratulations to our winners who won fun bottles of ghoulish spirits.

Article by Letticia Ruderman



Max and Dona Eichner.



Jim and Gail Packet, Bonni Gold, and Diane King.

General Articles and Information

Important Medicare Dates and a Money-Saving Tip

There are two very important dates approaching related to Medicare enrollment.

- The **Medicare Open Enrollment Period (OEP)** ends on Thursday, **December 7**. During this period Medicare beneficiaries may change their Part D prescription Plans or their Medicare Advantage Plans. The changes become effective **January 1, 2024**.
- The **Medicare Advantage Open Enrollment Period** runs from **January 1 through March 31**. During this period Medicare Advantage enrollees who wish to change Advantage plans or switch to traditional Medicare may do so.

Money Saving Tip

When you enroll in a Part D or Medicare Advantage Plan, include more than the drug store where you typically purchase your drugs. The Medicare Plan Finder allows you to enter up to five pharmacies at one time. When you do, you will see a page that looks like the one below (without the red and green boxes).

There is no requirement that you purchase all your drugs from the same store.

As you review the page, you may see that some drugs are less expensive at different stores than your regular store. In some cases, mail order may be even cheaper. In the example below, you could save \$291.59 by purchasing at the lowest-cost stores instead of the store with the lowest total cost, in this case, Harris Teeter.

	CVS Pharmacy #05313 ✔ Preferred	Walgreens #15499 ⊖ Out-of-network	Harris Teeter Pharmacy #304 ✔ Preferred	Publix Pharmacy #1817 ✔ Preferred	Mail Order Pharmacy ✔ Preferred
Amantadine hcl 100mg tablet	\$227.56	\$2,761.76	\$228.30	\$215.43	\$226.96
Carbidopa-levodopa 25-250mg tablet	\$134.10	\$2,235.16	\$282.08	\$193.48	\$133.50
Finasteride 5mg tablet	\$0.36	\$1,103.08	\$0.16	\$0.38	\$0.16
Furosemide 20mg tablet	\$0.26	\$68.88	\$0.06	\$0.28	\$0.06
Gabapentin 300mg capsule	\$75.06	\$3,378.44	\$167.60	\$104.77	\$74.46
Gemtesa 75mg tablet	\$3,631.03	\$13,597.92	\$3,199.10	\$3,501.72	\$3,634.92
Hydrochlorothiazide 12.5mg tablet	\$0.32	\$142.16	\$0.12	\$0.34	\$0.12
Irbesartan 300mg tablet	\$0.82	\$1,302.72	\$0.62	\$0.84	\$0.62
Potassium chloride 10meq tablet extended release	\$33.98	\$195.12	\$72.18	\$48.62	\$32.98
Total yearly drug cost	\$4,103.49	\$24,785.24	\$3,950.22	\$4,065.86	\$4,103.78


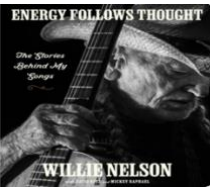

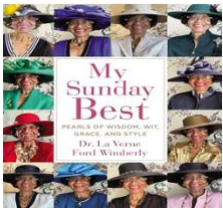
For help with Medicare questions at any time, including help to make the right choices, you may contact [Senior PharmAssist](#) at 919-688-4772 to schedule an appointment with a Senior Health Insurance Information Program (SHIIP) counselor and a pharmacist, or you may contact me directly at brucehaysnc@gmail.com. SHIIP volunteers provide unbiased assistance to individuals with eligibility questions and problems related to Medicare.

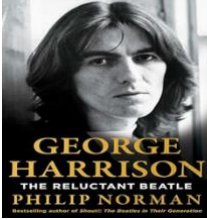
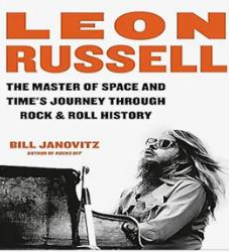
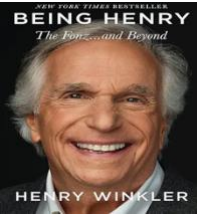

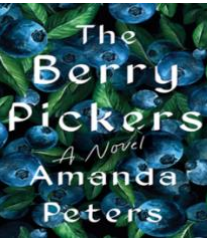
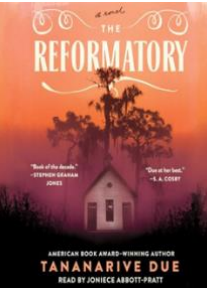
Article by Bruce Hays

[Barbara the Bookworm | December 2023 Holiday Gift Giving Edition](#)

The ideas for holiday gift giving continue!

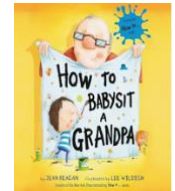
In Iceland, December 24, also known as Jolabokaflo, is celebrated with the families exchanging books and then enjoying the evening reading and drinking hot chocolate. The November Barbara the Bookworm article featured many books for holiday gifts and here are more suggestions. Happy Jolabokaflo and happy reading.

Adult Readers	
	Got a Dolly Parton fan on your holiday list? Be sure to check out Dolly’s latest book, Behind the Seams: My Life in Rhinestones . With over 450 color photographs, this book is sure to please Dolly fans as well as those interested in Dolly’s unique style and fashion.
	To help celebrate his 90th birthday, Willie Nelson released Energy Follows Thought: The Stories Behind My Songs . Learn the stories behind Willie’s favorite songs along with a variety of never-seen-before photos.
	Barbra Streisand fans have been anticipating her autobiography for years and the wait is now over. Over 1,000 pages long, My Name is Barbra tells her entire life story with a career spanning over 60 years.
	My Sunday Best: Pearls of Wisdom, Wit, Grace, and Style is sure to bring a smile to all. Dr. La Verne Ford Wimberly decided to stay positive and connected during the pandemic by taking and posting selfies of her Sunday outfits for 52 weeks. America has fallen in love with not only her joy, but also her words of wisdom.

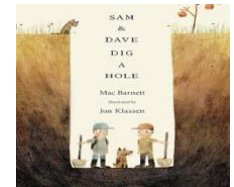
	<p>Rejoice Beatles fans! George Harrison: The Reluctant Beatle is another biography giving fans a rare and revealing portrait of perhaps the most misunderstood and mysterious Beatle. Biographer Philip Norman completed decades-long research and had access to inside sources for this latest biography.</p>
	<p>Back in the 1960s, the Wrecking Crew, a group of high revered studio musicians, performed on thousands of popular records. Leon Russell, the piano player of the Crew, performed on just about every famous rock group in the 60s and 70s along with going off on his own writing such award-winning classics as A Song for You and This Masquerade. Any rock history music fan will delight in reading Leon Russell: The Master of Space and Time's Journey Through Rock and Roll History</p>
	<p>Who doesn't love Henry Winkler, aka Fonzie, who stole everyone's hearts on Happy Days? With a career in the entertainment industry spanning over 40 years, Winkler, an award-winning actor, author, comedian, producer, and director, shares his lifelong effects of stardom and his struggle to become whole in Being Henry: The Fonz...and Beyond.</p>
	<p>Remember the book The Things They Carried? Author Tim O'Brien is back with America Fantastica. Historical fiction and mystery lovers will enjoy this brilliant and rollicking odyssey where a disgraced journalist robs a bank, takes the teller as a hostage, and leads the authorities on a cross-country chase.</p>
	<p>In 1962, a Nova Scotia Native American family (Mi'kmaq) arrived in Maine to pick blueberries. Four-year old Ruthie vanishes in the blueberry field and is never found. Norma, the daughter of an affluent family, has troubling dreams and comes to realize there is something her parents are hiding and spends decades trying to uncover the family secret in The Berry Pickers.</p>
	<p>When the son of a wealthy Florida landowner picks on Gloria, her 12-year-old brother Robbie defends her and kicks the son, landing Robbie a sentence at Gracetown School for Boys, a reformatory. Robbie quickly learns how to survive in the Jim Crow South while Gloria works on getting Robbie released. To complicate things, Robbie sees ghosts and visions predicting what his future will be if he remains in the reformatory where boys are known to disappear. The Reformatory is a brilliant work of historical fiction, mystery, and horror, keeping readers on the edge of their seat.</p>

Reading with Grandkids

[How to Babysit a Grandpa](#) and [How to Babysit a Grandma](#) offer grandkids hilarious suggestions for babysitting, such as what to eat for a snack (anything dipped in ketchup) and what to do on a walk (jump in mud puddles). These two books will keep grandkids requesting a read over and over.



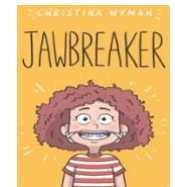
[Sam and Dave Dig a Hole](#) makes for a great read aloud to younger children and a great read for early readers. Sam and Dave decide to dig a hole to find something spectacular. Published in 2014, this title continues to be a best seller from the award-winning authors.



First published in 1982, [A Cup of Christmas Tea](#) tells the story of a nephew who visits his elderly great aunt at holiday time. Told in rhyme, the nephew comes to realize the power of the human spirit. This title is a great choice for a read aloud with grandkids.



Remember those upper elementary/middle school issues? Sibling rivalry? School bullies? Orthodontia? Using humor, author Christina Wyman's [Jawbreaker](#) is a graphic novel to which all kids can relate.



Article by Barbara Andrews

Happiness and Relationship Building

How is your happiness level lately? We have had many opportunities to walk outside and enjoy the gorgeous fall weather and beautiful colors here in our state. Remember that being outside helps your brain create happy chemicals and greatly contributes to you being happy from the inside out, independent of circumstances.

I wanted to mention a couple of happiness busters to be aware of.



1. On social media, be careful about comparing yourself to others. According to Stephanie Dahlberg, a licensed independent clinical social worker, comparative thinking is another behavior that takes away from your happiness. “Comparative thinking is what you think of when you think about scrolling through social media and you see this person who seems to have it all ... their lives on the little pictures and posts are just amazing,” Dahlberg said. Even if you aren’t saying or thinking to yourself “I want this” or “I wish I had this,” just seeing a different situation can make you naturally compare yourself to the folks you follow on social media, she noted. Additionally, try to remember that what you are seeing on social media or the curated stories you hear from loved ones are not the full picture.
2. Monitor your thoughts when you first wake up in the morning. If you don’t have a gratitude practice, doing one first thing in the morning is a great way to frame your day in a positive way and set yourself up for a day that looks at the glass half full.
3. Do you have toxic people in your life? Easily identified because when you are around them your body feels stressed. Limit your exposure to them. Surround yourself with people who look at the glass half full instead.
4. Be intentional in conversations. I hear many people talk about their dissatisfaction with their adult children’s relationship. You probably already know that what you resist, persists. To put it another way, attention goes to where energy flows. If you focus on what is wrong with the relationship and anticipate having arguments in your conversations; that will most likely be what happens. On the other hand, try to visualize a positive outcome to your conversations. Prior to a conversation, literally spend about five minutes painting a complete picture in your head. Both of you are smiling, nodding your head, and projecting positive body language. This greatly increases the chances that you indeed will have a happier, more positive conversation.

Another exercise to increase happiness and life satisfaction is an appreciation practice. No matter how many negative qualities your loved one has, focus on the positive ones. (Remember that **you** might have one or two negative qualities also!). Do an appreciation practice with your loved ones. Sit down and say something you appreciate about the other person. Then have them give you an appreciation. Each of you does this five times. If you do it daily, you will greatly enhance your relationship. For more tips on how to be happy from the inside out, check out Marci Shimoff’s best-selling book: [Happy for No Reason](#)

Article and photo by Alita Bluford

Contact Information

CA Veterans Club Handyman Services

The CA Veterans Club offers a variety of handyman services for donation. All donations from handyman projects stay in the community for veterans and special CA projects. To arrange for help from the *Veterans Handyman Group*, please contact the Handyman Coordinator, Herb Weinman at execdoc@gmail.com.

Services Offered	
Batteries and Filters	Keyless Entries and Deadbolts
Electric Switches	Lightbulb Replacement
Faucet Replacement	Microwave Installation
Flag Installation	Outdoor Faucet Repair
Furniture Assembly	Screen Repair
Garbage Disposals	Sheetrock Repair
General Handyman	Stereo Setup
Grab Bars	Thermostat Installation
Hang Shelves and Curtain Rods	Toilet Flapper and Fill Valve Repair
Hang TVs	Window Replacement
... and much more	

If you are a good handyman (you need not be a pro), and would like to volunteer to assist the veterans, please contact Herb Weinman at execdoc@gmail.com.

Notary Service

Constance Collins | 803-517-2020 | artfulc@yahoo.com

Local Area Contact Information

Below is a list of where to report various concerns or issues you may encounter:

Concern or Issue	Contact Information
Life-threatening or other emergencies	Call 911
Gas Leak	Call 877-776-2427 (24 hours)
Nonemergency Durham police	Call 919-560-4600
HOA account or dues payment	Call LandArc at 888-646-9888 or email to custsvc@landarc.com
CA common property	CA Management Company (Associa) using this link OCA Issues and Requests Form or the Piedmont Hall front desk at 984-219-7051
Piedmont Hall/outdoor facilities	CA Management Company (Associa) using this link OCA Issues and Requests Form or the Piedmont Hall front desk at 984-219-7051
Landscaping (common area or home)	Yardnique at CAservices@yardnique.com
Home warranty you want Pulte to address	RDU Warranty (Pulte) at RDUWarranty@pulte.com
Streetlights	Duke Energy at Duke-Energy customer-service/request-light-repair
Street signs	City of Durham at Durham Transportation Dept/Traffic-Sign-Markings
Potholes in Durham	City of Durham Public Works at Durham-One-Call-Online-Request or call 919-560-1200
Durham facilities, e.g., streets, sidewalks, trash collection, animals, water, etc.	Durham One Call at Durham One Call report-a-problem or call 919-560-1200
Mail delivery or mail kiosks	Durham Post Office at 1100 Miami Blvd. or call 919-420-5230
Confidential Communications to the HOA BOD	Send an email to CarolinaArborsBOD@gmail.com

Associa Contact Information

Piedmont Hall:

	357 Carolina Arbors Drive, Durham, NC 27703, 984-219-7051	
Associa Property Management	Customer Service	888-646-9888
General Manager	Phillip Smith (919-914-1174)	Phillip.Smith@associacarolinas.com
Operations Manager	James Pierce	James.Pierce@associacarolinas.com
Lifestyle Director	Emily Knights	Emily.Knights@associacarolinas.com
Assistant Lifestyle Director	John Allen	John.Allen@associacarolinas.com
Assistant Lifestyle Director	Breanna Wolf	Breanna.Wolf@associacarolinas.com
Operations Assistant	Kaley Young	Kaley.Young@associacarolinas.com
Administrative Assistant	Gianna Farino	Gianna.Farino@associacarolinas.com
Customer Service Associate	Venecia Raynor	Venecia.Raynor@associacarolinas.com
Customer Service Associate	Carol Mendyka	Carol.Mendyka@associacarolinas.com
Customer Service Associate	Diane Schiff	Diane.Schiff@associacarolinas.com
Customer Service Associate	David Anderson	David.Anderson@associacarolinas.com
Customer Service Associate	Robert Hawkins	Robert.Hankins@associacarolinas.com
Customer Service Associate	Kim Johnson	Kim.Johnson@associacarolinas.com
Maintenance Technician	Ryan Iglehart	Ryan.Iglehart@associacarolinas.com
Assistant Maintenance Technician	Mohamed Moummad	Mohamed.Moummad@associacarolinas.com
Wellness Director	Jenny Turnage	Jenny.Turnage@associacarolinas.com
Fitness Coordinator	Kathy Cassidy	Kathy.Cassidy@associacarolinas.com
ARC Applications and Landscape Changes	Gianna.Farino@associacarolinas.com	
HOA Assessments	https://associaonline.com/locations/associa-carolinas	
Landscape	caservices@yardnique.com	
Warranty Issues	rduwarranty@pulte.com	

The Newsletter Team

The mission of the CA Times is to provide residents of Carolina Arbors with pertinent information about the homeowners' association, clubs, events, activities, important contact information, and people within our community and in the surrounding areas. We welcome your feedback and can be contacted by sending an email to: CATimesEditor@gmail.com. We hope you enjoy the newsletter.

CA Times Staff

Linda Anderson | Barbara Andrews | Gail Baron | Peter Blaufeux | Alita Bluford
 Bruce Hays, Editor | Ted Raper | Nancy Ratan