

SPOTLIGHT ON FRANCES CARRINGTON GRAVELY

Written by Stephen Schaeffer for the Communications Committee



Frances Gravely moved to The Cedars in 2024 after living most of her life in Chapel Hill, a progressive town she loves dearly. After researching with two friends all of the CCRCs in Chapel Hill, and eventually narrowing to three, it was not until the death of her lifelong friend Charlotte Battle that the final decision was a no brainer! She had visited Charlotte's veranda apartment several times and loved it for its beauty, location and architectural details. With assistance from Frances' sister Susan, best friend of Charlotte's daughter Sharlie, the transition was completed. This vignette is indicative of Frances' good fortune in life. Indeed, as she remarked to me, "Like so many things in my life, there are opportunities that come and you just think – this is what I am supposed to do now."

Frances grew up with her sister Susan and two brothers, Steve and Page, experiencing an idyllic childhood in Rocky Mount, a thriving city of 40,000 – the birthplace of Hardee's and also known for tobacco and banking. Frances' parents, both with the name "Lee," upon their marriage moved into the imposing house on Falls Road of Lloyd Lee Gravely, Sr., after his wife's early death from tuberculosis. Also living there at the time were another widowed gentleman, a long-time manservant and a cook – all of whom wanted nothing to change! Frances' father was president of a tobacco wholesaler, The China American Tobacco Company, in the family for generations, which blended tobacco in its warehouses and shipped around the world. The Gravely household was often abuzz with business guests from near and far and Frances and her siblings basked in this international education.

With this in her blood, it was not unusual that approaching her junior year at Sweet Briar College she should be interested in a year abroad in France. But her maternal grandfather, who was not in agreement, insisting she should spend all four years at Sweet Briar, brokered a deal to finance a year after graduation. As chance had it, her grandfather died just before applications were due for the post graduate year. Determined as ever, Frances with a math degree in hand moved to London, forsaking a coveted job offer in systems analysis from IBM. She rented a flat with two females, one English and one American, and the Londoner led her to a job with Fred Perry, the noted Wimbledon champion who had founded a sports clothing line. Frances graduated to other jobs while in the UK, one of which was marketing refuse compacters! After two years she returned to Chapel Hill, partly because of its liberal reputation, but also because it was close to her family after nearly 8 years away from them, with the last two years of high school at St Catherine's, college years and abroad.

Soon she found herself in a UNC masters program in educational media – a bit of psychology and media design – to develop components like educational slide shows and training videos. At the same time she met and married David Frankstone who was in law school. Soon after their marriage David was offered and purchased land from his Coker relatives on North Boundary Street and the couple designed and built their modern home (with treated heart pine from an old home in Roxboro) where they began to raise their two children, Susan and Lee. After a divorce Frances left the house, but soon was able to repurchase it. When the house burned to the ground in 1996 due to an electrical malfunction after Hurricane Fran, Frances, then remarried to Haig Khachatoorian, employed Raleigh architect Kenneth Hobgood to design an award-winning modern home of steel, glass and teak.

Frances' life has been one of recognizing and taking opportunities. She told me that one of her most important ones was the 1983 founding (with her mother and sister Susan) of VIETRI, the Hillsborough company that is the largest importer of fine Italian handcrafted dinnerware and accoutrements. That opportunity consumed Frances from 1983-2012 as she actively served in management roles and now continues on its board. That is a story in itself which will debut soon in Connections. Welcome, Frances – to your next opportunity here at The Cedars!



AUGUST
2024

THE CEDARS POST

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LET'S CELEBRATE



IN THE SPIRIT OF THE 2024 SUMMER OLYMPICS WE'LL BE OFFERING A PARIS THEMED MONTH OF EVENTS!

MONTHLY MOVIE - *THE TASTE OF THINGS*

Monday, August 12, 2pm DuBose Activities Room

The Taste of Things is a French historical romantic drama film written and directed by Trần Anh Hùng starring Juliette Binoche and Benoît Magimel. Set in 1889, it depicts a romance between a cook and the gourmet she works for. Cook Eugenie and her boss Dodin grow fond of one another over 20 years, and their romance gives rise to dishes that impress even the world's most illustrious chefs. When Dodin is faced with Eugenie's reluctance to commit, he begins to cook for her. *The Taste of Things* indulges our palates with an exquisite seven-course love story for the soul. In French with English Subtitles.



THE CEDARS WINE TASTING "GRAPE EXPECTATIONS"

Wednesday, August 14, 4pm
Dubose Activities Room

The theme will be the wines of Spain and Portugal. The event is hosted by Dick Isabel who will be joined by Tyler Morgan from Empire Wine Distributors. Five wines will be sampled and all can be purchased. There is no charge for the tasting. **Reservations are required and can be made by calling the Concierge at 919-259-7937 beginning at 9am on August 1.**

ONYX CLUB BOYS WITH FRENCH SINGER, SOPHIE DAL-PRA

Tuesday, August 20, 2pm
DuBose Activities Room

Onyx Club Boys teams up with accomplished French singer, Sophie Dal-Pra, for this special appearance at The Cedars. Let us whisk you away to a sidewalk cafe in Paris for an hour, as we play French chanson in the spirit of Edith Piaf, Jazz Manouche ala Django Reinhardt, Valse Musette, and a selection of contemporary French music. **French wine and pastries from Le Macaron will be served.**



BEYOND THE CEDARS



NEW HOPE VALLEY RAILWAY Friday, August 9, 9:30am Lobby

The NCRM operates New Hope Valley Railway so that visitors can experience a ride on our historic railroad. Also affectionately known as the "Triangle's Train," it travels along 4 miles of historic railroad track through piney woods and over a trestle on an hour-long, round

trip from Bonsal to New Hill and back. We will be riding on the #309 Caboose which is fully air conditioned and limited to 10 people. **Call the Concierge at 919-259-7937 beginning August 1 at 9am to sign up, deadline August 8. Cost: \$25 for train ride and transportation. Maximum 9 people.**

SHOPPING TRIP TO FLYLEAF BOOKS Thursday, August 22, 2pm Lobby

Flyleaf Books is an independent bookstore located in Chapel Hill featuring new and used books as well as a large children's section. They also have a nice gift section including jigsaw puzzles, boxed cards, journals and more. **Call the Concierge at 919-259-7937 beginning August 1 at 9am to sign up, deadline August 21.**



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



NEW HOPE VALLEY RAILWAY Friday, August 9, 9:30am Lobby

SHOPPING TRIP TO FLYLEAF BOOKS Thursday, August 22, 2pm Lobby

THE TEXTILE HERITAGE MUSEUM IN HISTORIC ALAMANCE COUNTY Wednesday, August 28, 1:30pm Lobby



THE TEXTILE HERITAGE MUSEUM IN HISTORIC ALAMANCE COUNTY

Wednesday, August 28, 1:30pm Lobby

The Textile Heritage Museum, located in the former Glencoe Company Store and Administrative offices, has hundreds of original textile

artifacts on exhibit from massive machine looms to knitting and sewing machines to the office equipment employees once typed the orders, billing, and correspondence for the mill operations. Some of those original documents and ledgers can also be viewed in the museum. The Glencoe Company Store is partially recreated with many familiar dry good products as well as exhibits representing some of the great textile corporations including Burlington Industries, Glen Raven Mills, Copland Mills, Holt Hosiery, Pickett Hosiery, and Dixie Belle Mills. **Call the Concierge at 919-259-7937 beginning August 1 at 9am to sign up, deadline August 26. Cost: \$12 for transportation. Maximum 12 people.**

THE CEDARS EVENTS

8/1 THURSDAY

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

8/2 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Strength and Conditioning **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Classic Canasta **CV4** ■
6pm First Friday Concert with The Haw River Boys **GL** ■

8/3 SATURDAY

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

8/4 SUNDAY

11am Interdenominational Service **D-AR** ■
2:30pm Movie Matinée: August Rush **D-AR** ■

8/5 MONDAY

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

8/6 TUESDAY

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

8/7 WEDNESDAY

8:30am Bocce **GL** ■
 10am Open Door Bible Group **D-AR/Zoom** ■

1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■

8/8 THURSDAY

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

8/9 FRIDAY

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

8/10 SATURDAY

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

8/11 SUNDAY

11am Interdenominational Service **D-AR** ■
2:30pm Movie Matinée: Midnight in Paris **D-AR** ■

8/12 MONDAY

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

8/13 TUESDAY

1pm Mah Jongg **CV4** ■
 1:30pm Mah Jongg **CV2** ■
 2pm The Cedars Lecture Series **D-AR** ■

8/14 WEDNESDAY

8:30am Bocce **GL** ■
 10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■
4pm Wine Tasting **D-AR**  ■

8/15 THURSDAY

11am Cedars University **D-AR** ■
 1:30pm Modern American Canasta **CV3** ■
 3pm Scrabble **CV4** ■

8/16 FRIDAY

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

8/17 SATURDAY

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

8/18 SUNDAY

11am Interdenominational Service **D-AR** ■
2:30pm Movie Matinée: Cool Runnings **D-AR** ■

8/19 MONDAY

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

8/20 TUESDAY

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

1:30pm Mah Jongg cv2 ■
2pm Onyx Club Boys with French
Singer, Sophie Dal-Pra D-AR ■

8/21 WEDNESDAY

8:30am Bocce GL ■
10am Open Door Bible Group D-AR/Zoom ■
1pm Party Bridge cv4 ■
2pm Mah Jongg cv2 ■

8/22 THURSDAY

8:30am Cardio Combo D-AR ■
9:30am Sit and Be Fit D-AR ■
11am Cedars University D-AR ■
1:30pm Modern American Canasta cv3 ■
2pm Flyleaf Bookstore LB 📖 ■
3pm Scrabble cv4 ■

8/23 FRIDAY

9:30am Balance Basics D-AR ■
10:15am Balance Challenge D-AR ■
11am Fit Friday: Strength and
Conditioning D-AR ■
1pm Chess Club cv2 ■
1pm Mexican Train Dominos cv4 ■
1:30pm Men's Bridge Group cv3 ■
3pm Classic Canasta cv4 ■

8/24 SATURDAY

10am Cribbage cv2 ■
1:30pm Modern American Canasta cv2 ■
12:30pm Duplicate Bridge D-AR ■
2pm Mexican Train Dominos cv4 ■

8/25 SUNDAY

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

8/26 MONDAY

8:30am Cardio Combo D-AR ■
9:30am Balance Basics D-AR ■
10am Pilates Fusion with Joan z ■
10:15am Balance Challenge D-AR ■
11:30am Tai Chi D-AR ■
12:30pm Play Reading Group z ■
1pm Poker cv3 ■
2pm Chess Club cv2 ■
2pm Mexican Train Dominos cv4 ■

8/27 TUESDAY

8:30am Total Body Strength & Stretch D-AR ■
9:30am Sit & Be Fit D-AR ■
1pm Mah Jongg cv4 ■
1:30pm Mah Jongg cv2 ■

8/28 WEDNESDAY

8:30am Bocce GL ■
10am Open Door Bible Group D-AR/Zoom ■
1pm Party Bridge cv4 ■
1:30pm The Textile Heritage
Museum LB 📖 ■
2pm Mah Jongg cv2 ■

8/29 THURSDAY

8:30am Cardio Combo D-AR ■
9:30am Sit and Be Fit D-AR ■
11am Cedars University D-AR ■
1:30pm Modern American Canasta cv3 ■
3pm Scrabble cv4 ■

8/30 FRIDAY

9:30am Balance Basics D-AR ■
10:15am Balance Challenge D-AR ■
11am Fit Friday: Strength and
Conditioning D-AR ■
1pm Chess Club cv2 ■
1pm Mexican Train Dominos cv4 ■
1:30pm Men's Bridge Group cv3 ■
3pm Classic Canasta cv4 ■

8/31 SATURDAY

10am Cribbage cv2 ■
1:30pm Modern American Canasta cv2 ■
12:30pm Duplicate Bridge D-AR ■
2pm Mexican Train Dominos cv4

ANNOUNCEMENTS

The remaining First Friday
Meadowmont/Cedars Concerts for
2024 are as follows:

Friday, August 2nd - The Haw River Boys

Friday, September 6th - Far From Done

Friday, October 4th - Jimmy Hayes Band

Friday, November 1st - Jon Shain (*5-7pm)

Concerts are from 6-8pm on The
Cedars Great Lawn (weather
dependent). Meadowmont residents
are encouraged to bring their own
chairs. *Time change due to daylight
savings.

JEWELRY REPAIR WITH EVA MOGENSEN

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

CEDARS PORCH COLLECTION

Monday, August 12, 8:30am

Food should be out for
pickup by 8:30am on
Front Porches or Veranda Parking
Lot Bench, or you can leave a
check anytime with the Clubhouse
Concierge. Questions, contact Joy
Metelits at 919-933-0724.



GET INVOLVED

SHABBAT SERVICE LED BY
CONNIE MARGOLIN
Friday, August 9, 4pm DuBose
Conference Room (2nd Fridays)

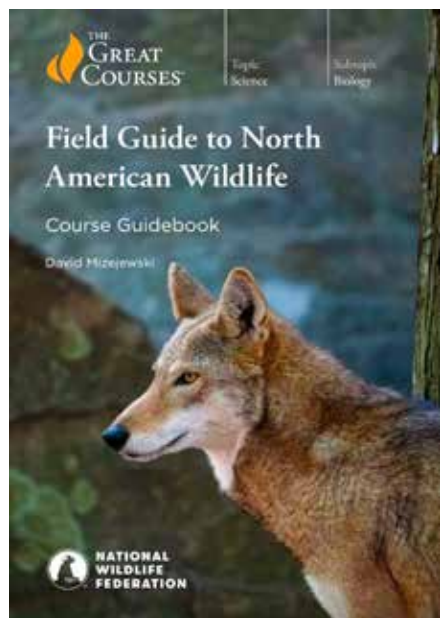
GREAT SHORT STORIES
Monday, August 12, 10am Camden
Villa 2nd Floor

Blackberry Winter
by Robert Penn Warren

Lectures on DVD

FIELD GUIDE TO NORTH AMERICAN WILDLIFE

Thursdays through September 5,
11am DuBose Activities Room



In *Field Guide to North American Wildlife*, join author and television host David Mizejewski, a naturalist with the National Wildlife Federation, for a fascinating 12-lecture course that focuses on 12 wild animals found throughout North America. You'll meet a two-foot-long salamander that breathes through its skin. You'll follow a single monarch butterfly on its astounding 3,000-mile journey from southern Canada to central Mexico. You'll discover how black bears may offer key insights into human health, and so much more. This course is a chance to experience the beauty and wonder of these incredible animals and to learn why safeguarding their future is so crucial to our own.

LEARNING OPPORTUNITIES

SUMMER OLYMPICS WORKOUTS AT THE CEDARS

Tuesday, August 6, 8:30am and 9:30am
DuBose Activities Room

Paris will host the Summer Olympics for the third time (1900, 1924, 2024) from July 26 to August 11. Over 10,000 athletes from 206 countries will participate, and the 2024 games will be the first to have an equal number of men and women participants. There will be 329 medal events featured with four sports that are fresh on the Olympics scene: breaking (break dancing), skateboarding, sport climbing and surfing.

Cedars Members can get into the spirit of the games by participating in one of two Olympic-inspired fitness classes on Tuesday, August 6. Enjoy a sampling of 12 popular sports for a well-rounded workout with cardio, strength and flexibility moves. The 8:30am class will be mostly standing and the 9:30am class will be entirely seated. Contact Julie Hardison at 919-259-7922 with questions.



THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL WITH JOY KASSON

Tuesday, August 13, 2pm
DuBose Activities Room

The Cedar's lecture series in August will feature Member Joy Kasson who will speak on William F. Cody and the invention of the Wild West. Joy Kasson served as a UNC Professor of American Studies and English from 1971 until 2015. Joy served as Chair of the American Studies Department for ten years and also received numerous awards during her tenure.

The Nashvilifiers put on a great performance for us as we enjoyed BBQ sliders, sweet tea and wine.





Hula Noho Seated
Hula class sponsored
by The American
Dance Festival.

**REGULAR GROUP
ACTIVITIES CONTACT
INFORMATION**

- Bocce Ellen Herron
252-646-2930
- Chess ClubCarol Downs
703-282-6191
- Classic Canasta Sally Sullivan
919-903-8077
- CribbageMalcolm Jackson
919-951-7626
- Duplicate BridgeBetty White
919-967-4064
- Early BirdsJoan Bingham
919-968-3213
- Golf CroquetRhonda Innes
919-259-7150
- Interdenominational Service Nancy Cobey
919-619-4534
- Knit & StitchMargaret Rook
919-292-1497
- Mah JonggNorma Kupersmidt
919-724-9070
- Memoir Writing Group.....Nancy Lebo
919-259-7330
- Mexican Train Dominoes Mary Ann Van Kampen
919-943-8670
- Modern American..... Bonnie Farb
Canasta 561-613-7509
- Open Door Bible Study...Nancy Cobey
919-619-4534
- Ping PongPat Kelley
919-489-0053
- Play Reading Group... Sue Bielawski
919-933-4428
- Poker.....Richard Orcutt
919-259-7533
- Pole Walking.....Joan Ontjes
919-219-5128

**Exploring the Dueling
Dinosaurs exhibit at
the NC Museum of
Natural Sciences.**



SUDOKU PUZZLE

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: **Hard**

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

Puzzle by websudoku.com

FITNESS ARTICLE

FLEXIBILITY = FREEDOM (TO MOVE)

WHAT: The ability of joints to move.

WHY: Flexibility can make everyday activities easier on your body and can decrease your risk of injury.

Stretching can improve your circulation as well as your posture; good posture improves balance.

WHEN: After warming up the body with an activity such as walking, cycling, swimming or an exercise class. The warm-up increases muscle elasticity, so you will gain more from your stretching routine.

WHERE: In a chair, on a mat or while standing.

HOW: Stretch to the point that you can feel a mild tension in the muscle; stretching should not cause pain.

Hold each stretch for a minimum of 10 seconds; 30 seconds to one minute will produce better results.

Breathe as you stretch; holding your breath will restrict the muscle from elongating. Try to relax as much as possible.

Be sure to stretch all major muscle groups, especially the hamstrings, chest and back muscles.

Try to perform your stretching routine at least three times per week.

Learn safe and effective stretches by attending a group fitness class in the DuBose activity room.

WHO: Everyone! Inactivity decreases flexibility, so posture chronically becomes worse and it becomes difficult to move. Consistent stretching routines can significantly improve flexibility at any age.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

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Concierge 919-259-7937

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Spa & Salon..... 919-259-7940

Dining Reservations 919-259-7932

Work Orders 919-259-7918

Security 919-883-7666

Transportation..... 919-259-7740

The Cedars Post is published monthly for the purpose of advertising on and off campus activities.