

JANUARY 2018

Casa Chronicle



Celebrating January

Polka Music Month

Change Your Stars Month

Book Blitz Month

First Foot Day

January 1

World Braille Day

January 4

Bubble Bath Day

January 8

International Kite Day

January 14

Thank Your Mentor Day

January 18

Activity Professionals Week

January 21–27

Big Wig Day

January 26

At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.

An American Original



Stephen Foster has been called America's first pop artist, thanks to the musical artistry he put into penning some of the 19th century's most memorable songs. You may not be familiar with all 200 of his hits, but his classics "Oh! Susanna," "Camptown Races," "Old Folks at Home" (known as "Swanee River"), and "My Old Kentucky Home," have earned their rightful place in America's national songbook. Don't be surprised to find yourself humming some of these tunes on January 13, Stephen Foster Memorial Day.

Long before the technology was available to record music, Foster was a professional songwriter. He was born near Pittsburgh, Pennsylvania, in a community of immigrants from Italy, Scotland, Ireland, and Germany. His own musical compositions would eventually reflect the influence of European musical traditions as well as church hymns. Living in an era before formal public schooling, Foster taught himself how to play the clarinet, violin, guitar, flute, and piano. He likely wrote his first hit, "Oh! Susanna," as a teenaged member of a secret society known as the "Knights of the S.T." (Square Table). "Oh! Susanna" became so popular that it was the anthem of the California Gold Rush.

Foster may today be lauded as an American icon, but in 1855 his life took a bad turn. His parents and best friend died, he separated from his wife, and he became heavily indebted to his publishers. It may come as no surprise that it was during this time in his life that he wrote "Hard Times Come Again No More." Sadly, with no copyright laws to protect his songwriting, Foster did not reap much financial reward for this or any other of his most popular compositions. By the early 1860s, his life was a daily struggle, and he was forced to move in and out of hotels in New York City. He died on January 13, 1864, with just 38 cents in his wallet. Although he died a pauper, he has achieved legendary status at the forefront of America's artistic elite.

January Birthdays

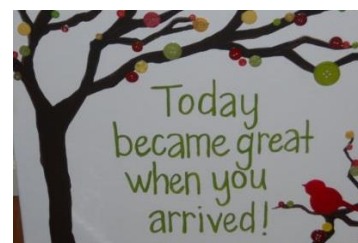
In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

★HAPPY★
BIRTHDAY!

Mary Brause ~ 1/10
Edith Dalton ~ 1/11
Goldie Black ~ 1/19
Earl Cornwell ~ 1/21
Eva Becker ~ 1/28
Larry O'Hanlon ~ 1/31



Harry Collier ~ RM 207
Emma Ochoa ~ RM 110
Janet Stewart ~ RM 126
Julieta Berger ~ RM 125
Patrick McGinley ~ RM 260



The Twelfth Day of Christmas



The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas,

as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.

Flying High

Save the eagles! You'll get your chance on January 10, Save the Eagles Day. There are more than 70 species of eagles around the world, some of which are listed as endangered species, but fortunately most of these majestic birds are large and powerful enough to survive in most any condition. Eagles may not be the fastest or most agile of raptors, but compared to hawks and falcons, they stand out as the largest. Stellar's sea eagle from the northeastern coast of Asia is the heaviest at 20 pounds, but the Philippine eagle, at 3.35 feet tall and with a more than seven-foot wingspan, is considered the largest. This eagle, the national bird of the Philippines, is the world's rarest and most powerful eagle. At the other end of the spectrum is the South Nicobar serpent eagle, considered the world's smallest. Found only on India's Great Nicobar Island, this eagle is barely 1.5 feet tall and, as the name suggests, eats mainly snakes and lizards. Eagles tend to be loners and fly at high altitudes, sometimes up to 10,000 feet. They can hunt from such high altitudes because they can see clearly up to 50 miles away with their "eagle eyes."

Little Man with Big Success



Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's

hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon.

Electric Ahead of Its Time



In this era of electric vehicles, it seems that technology knows no boundaries. But on January 10, 1985, when inventor Sir Clive Sinclair

unveiled his newest invention, the Sinclair C5 electric vehicle, it was immediately dismissed as a failure. However, without the C5, who knows where electric vehicles and all their high-tech trappings would be today?

Clive Sinclair made his fortune inventing pocket calculators in the 1970s and home computers in the 1980s. He was such an important personality in England that he was knighted in 1983, the very same year he founded Sinclair Vehicles. Inventing an electric-powered vehicle had been Sinclair's passion since the 1950s. Interestingly, in America in 1912, electric cars outnumbered vehicles run by an internal combustion engine. But as the internal combustion engine became more efficient, electric model cars were rendered obsolete. Clive hoped to flip this trend with his C5, which was less a car and more of an electrically assisted pedal vehicle—kind of a souped-up recumbent tricycle with a battery-powered engine that went 15 mph and had a polypropylene shell. It was marketed as an alternative to both cars and bicycles, but it never took off. Out of the 14,000 manufactured, only 5,000 sold. Sinclair's invention became a notorious flop.

Fast-forward 32 years, and it seems the world may finally be ready for the C5. Sir Clive Sinclair's nephew Grant Sinclair has brought his revamped C5, called the Iris E-Trike, to a world full of bicycle lanes and environmental-awareness campaigns. Better yet, its top speed is 30 mph and it has a more powerful motor. Once again, it seems as if the target consumer is someone who wants the earth-friendliness of a bicycle wrapped in the comfort of an enclosed car. So is the world finally ready for the C5? Only time will tell. The first models of the C5 were made available at the end of 2017.

Note from Activities

I hope you will join us on Tuesday, 1/23 at 11 am in the activity room for our Town Hall meeting. We will also be having our Food 4 Thought with Treavor, our Dietary Director on Wednesday, 1/24 at 11 am in the activity room. We look forward to meeting with you!

****Please do not place your room trays or other trash in the hallways. Please press your pendant and ask a caregiver to remove these items from your room. Thank you for your cooperation****

In Loving Memory

Rodney Lloyd
September 1934 ~ November 2017

Eugene Grove
September 1942 ~ December 2017

Mary Philpot
December 1936 ~ January 2018