

AUGUST 2017

RICHMOND TERRACE

RICHMOND TERRACE * 89 RANKIN * 519-736-5571 * 519-736-1169



IN MEMORY OF.....

Ivan T
Ernestine M
Betty B
Helen R

WELCOME.....

Carol F-B
Lola M
Assunta Z

TEA ROOM

Open Wednesday's
1:30-3:30
In Cafe

GIFT SHOP

Open
Monday's & Friday's
9:00-1:00
Wednesday's
12:00-4:00

THANK YOU

I would like to thank all of the family and friends who came out to our "Country Hoedown". Your participation helped make this event a success!

Words from the Administrator...

Bring on the warm weather ☺

It's natural to enjoy all kinds of outdoor activities in August!

I encourage you to be safe by following these sun-safety tips year-round to help prevent serious skin damage.

1. Keep in mind the sun is strongest between 10 am and 4 pm.
2. Wear clothing that's dark and tightly woven.
3. Wear a wide-brimmed hat and sunglasses.
4. Remember that UV rays bounce off sand, snow, concrete, and water.
5. Keep very young children (6 months or less) out of the sun.
6. Sunscreens need to be applied liberally and evenly over all exposed areas.
7. For children, they recommend sunscreen with an SPF 30 or higher.
8. Reapply sunscreen after swimming, perspiring, and toweling off.
9. Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
10. For people with thin or thinning hair, apply sunscreen to the scalp as well.
11. Remember stay in the shade whenever possible.

Lastly have FUN and make MEMORIES!

Laura R.E. Scott R.N., Administrator

FAMILY FORUM

WE ARE LOOKING FOR NEW FAMILY MEMBERS TO JOIN OUR FAMILY FORUM. MEETINGS ARE HELD THE **FIRST THURSDAY** OF EVERY MONTH FROM **11:45- 1:00**.

LUNCH IS PROVIDED!

PLEASE CONTACT MELISSA

@ 519-736-5571 EXT.233 IF YOU PLAN ON ATTENDING

NO MEETINGS FOR THE SUMMER.

NEXT MEETING SEPTEMBER 14TH

The Legends of Bigfoot



Since 1992, believers in the preternatural have gathered during the last weekend in August in Carson, Washington, for Bigfoot Daze, a celebration of the legend of Bigfoot. Washington state is an appropriate venue, for stories of “wild men” living in

the woods have long been part of Native American lore in the Pacific Northwest. Curiously, the indigenous stories of a massive, hairy, ape-like man, known as Bigfoot or Sasquatch, are set in the very same locales as contemporary sightings. Is it merely a coincidence that modern sightings overlap with historical record? Or is there really a Bigfoot?

While most people agree that Bigfoot sightings are hoaxes, some researchers have looked for plausible explanations to the many sightings and stories. Bigfoot, they speculate, may be the last existing specimen of a prehistoric giant ape, *Gigantopithecus*, which could have crossed the Bering land bridge from Asia into North America. Other experts suggest that Bigfoot is the last living Neanderthal or other crude human-like creature such as *Paranthropus robustus*. All of these explanations, however, lack sufficient scientific evidence and proof.

And yet, despite the lack of hard evidence, many cultures across the world have claimed to see similar creatures. The Sasquatch has been sighted in the Pacific Northwest. The Yeti, also known as the Abominable Snowman, has been part of the legend in the Himalayas. Australia has its own version of a large ape-like human, called a Yowie, stalking the Outback. In Mongolia, the creature is called an Almas. In China, it is called the Yeren. The tribes of the jungles of South America spin tales of the Mapinguari. Perhaps the reason people still want to believe in this fantastic creature despite hard evidence is because so many separate cultures around the world claim to have sighted it. Are all these humans suffering the same delusion? Or are there really Bigfoot-like creatures scattered across the globe?

This Joke's on Joe

Joe Miller was a popular actor on England's stages in the early 1700s. He performed in the plays of Shakespeare and excelled at comedy. Miller, though, is not remembered for his acting but for a pamphlet of jokes published after his death on August 15, 1748, entitled *Joe Miller's Jests*. This is why August 16 is celebrated as Joe Miller's Joke Day.

Strangely, Joe Miller himself likely had nothing to do with the joke book bearing his name. A down-and-out writer named John Mottley compiled the volume and used the popularity of Miller's name to advertise his work. It was a savvy marketing move, for the book was wildly popular and was published in three editions in its first year. The first edition presented 247 jokes and witticisms. Over 100 years later, the book was still being published and updated with over 1,300 jests. The stage comedian's name has even entered our modern language. A “Joe Miller” is a term for an old, time-worn joke or a groaner. Scant thanks for the comedian who made Mottley a small fortune.

First in Flight?



Orville and Wilbur Wright are widely credited for inventing modern powered flight in 1903 on the sandy beaches of Kitty Hawk in North Carolina. The story of German aviator Gustave Whitehead throws a wrench into the gears of this lauded

history. Whitehead emigrated to America in the late 1800s and spent much of his adult life building and experimenting with airplanes. His supporters claim that he performed the first powered flight on August 14, 1901, two years before the Wright brothers. When, in 1935, the magazine *Popular Aviation* published an article detailing the possibility of Whitehead's achievement, experts set out to verify these claims—but no hard evidence was ever discovered.

Drinking the Stars



It was on August 4, 1693, that a young Benedictine monk named Dom Pierre Pérignon discovered that his batch of wine was filled with bubbles. This was the

undesired byproduct of refermentation. As the weather cooled in the fall, fermentable sugars in the bottles would go dormant, only to awake in the warming weather and begin to referment. It was Pérignon's job as cellar master of his abbey in the Champagne region of France, to mind the wine cellars and rid the wine of bubbles. Often, the pressure would grow so great inside a bottle that one would explode, leading to a chain reaction of exploding bottles, which could ruin an entire cellar. The wine in these explosive bottles was dubbed "*le vin du diable*," or "the devil's wine." But after tasting the ruined wine, Pérignon exclaimed to his fellow monks, "Come quickly! I am drinking the stars!" On that day, legend has it, French champagne was born.

Leave it to the English to try and steal the French's thunder. Some contend that in the 17th century, 20 years before Pérignon, an English doctor named Christopher Merret recorded the recipe for a champagne-like beverage in a paper presented to the Royal Society. Apparently, English cider makers had been purposefully adding sugar to their wine, simulating the refermentation process, to create sparkling, crisp drinks almost identical to the French champagne.

Regardless of history, French champagne and the name *Dom Pérignon* dominate the market. Yet many other countries continue to produce their own sparkling wines. Italy has Prosecco. Spain has Cava. Germany has Sekt. Even America has its own sparkling wines. But no one is likely to pop a bottle of English *Merret* on New Year's Eve. The French have made sure to protect the name *champagne*, even signing treaties with neighboring countries to assure that true champagne can only come from the Champagne region of France. So the next time you take a sip of the bubbly, think of young Dom Pérignon "drinking the stars."

Rest and Relaxation

August 15 is the day to take it easy and chill out! It's Relaxation Day. Stress management is an important skill to have in this day and age. Often, before you can relax your body, you must quiet your mind. Slow, deep breaths and meditation are a very good way to start. Soothing music and even a warm bath can make this easier. For some, writing or journaling can be relaxing. Still others benefit from guided imagery, where a person suggests and describes a calming setting to imagine. Relaxing the body, ironically, sometimes requires exercise and movement. A walk, hike, or yoga can work your muscles into a state where they are more ready to rest. Alcohol and caffeine counteract rest. Warm milk or herbal tea are a better bet. When both the mind and body are relaxed, it's far easier to take that precious afternoon nap in the hammock.

Golf Rediscovered



The Professional Disc Golf Association has declared the first Saturday in August to be Disc Golf Day. This sport is a combination of golf and Frisbee.

Instead of hitting a ball with a club on a green golf course, players hurl discs down the fairways toward a basket. As in golf, the person with the fewest strokes wins. College students in the 1960s created informal disc golf courses, throwing Frisbees at trees and other landmarks across campuses. But it was "Steady" Ed Headrick who invented the Wham-O Pro model Frisbee in 1964 and then the disc target with chains and a basket, called a Disc Pole Hole, in 1975. One year later, the Professional Disc Golf Association, or PDGA, was founded. In 1979, the PDGA held its first major tournament in Huntington Beach, California, with a \$50,000 prize. Today, the PDGA runs over 3,000 events a year, including 12 major tournaments. Sure, formal disc golf courses exist all over the world, but it's still common to find kids hurling Frisbees through the neighborhood at trees and light poles.

Forest Friends



Orangutans may be found in only two places in the world, but the entire world will celebrate International Orangutan Day on August 19. These large, gentle apes are some of humankind's closest

relatives, sharing not just 97% of their DNA with us, but also possessing the ability to reason and think. It's no wonder that the indigenous people of Indonesia and Malaysia named these magnificent creatures *orang hutan*, meaning "person of the forest." They were believed to be humans who hid from slaveowners in the trees.

Of the four great apes—gorillas, chimpanzees, bonobos, and orangutans—orangutans are unique in that they come from Asia, while all the others come from Africa. There are two species of orangutan: the Bornean orangutan from the jungles of the island of Borneo (shared by Malaysia and Indonesia), and the Sumatran orangutan from the island of Sumatra in Indonesia. Both of these subspecies distinguish themselves from the other great apes because they live primarily in the trees. They climb, travel, and build sleeping nests high in the canopy. Their feet are designed like hands for climbing. Their flexible hips allow them to swivel in any direction. Long, strong arms make it easy to grasp faraway branches. When on the ground, orangutans are clumsy and awkward.

Like most spectacular big animals, orangutans are endangered, primarily due to the destruction of their homes for lucrative palm oil plantations. Currently 40,000 orangutans are believed to inhabit the forests of Borneo and Sumatra. This may sound like a lot, but it takes many years to rear young orangutan. Babies stay with their mothers until six years of age and sometimes into their teens. For this reason, female orangutans give birth only about once every eight years, the longest time between births of any animal on Earth. The time is now to celebrate and protect this rare and beautiful creature.

August Birthdays

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Annette M – August 5th

Nancy M – August 9th

Dorothy M – August 11th

Joan H – August 12th

Veronica H – August 13th

Shirley M – August 14th

Alma C – August 15th

Helen K – August 16th

Rosalina D – August 18th

John D – August 18th

Irena Z – August 27th

Richard P – August 28th

A Car Is Born



Toyota didn't become the world's most successful car company overnight. Its history began on August 28, 1937, when the Toyota

Motor Company split from its parent company, the Toyoda Automatic Loom Works. Toyoda was founded in 1926 in Japan by Sakichi Toyoda, the inventor of a series of manual and machine-powered looms. Today, Toyota is still in the textile business and manufactures sewing machines and looms. However, in 1929, Sakichi encouraged his son Kiichiro to travel to America to investigate the auto industry. The Japanese government strongly encouraged the Toyoda company to begin domestic auto production due to their war with China. The venture proved so successful that the Toyota Motor Co. was spun off, eventually to become the world's leading car manufacturer.