

NOVEMBER 2017



Paintbrush

Assisted Living & Memory Care

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Celebrating November

Adopt-a-Turkey Month

Novel Writing Month

Aviation History Month

Sherlock Holmes Weekend
November 3–5

Easy-Bake Oven Day
November 4

Veterans Day (U.S.)
November 11

World Diabetes Day
November 14

Homemade Bread Day
November 17

International Men's Day
November 19

Thanksgiving Day (U.S.)
November 23

On the Thanksgiving Menu

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the “traditional” dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

For many, turkey is synonymous with Thanksgiving. While there is no exact record of the first Thanksgiving menu, one Pilgrim named Edward Winslow did keep a chronicle of the colony's daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This “fowling” group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans. These birds were not stuffed with bread-based stuffing, but with onions, herbs, and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into sweet sauces, jellies, or tarts. The Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, bass, and lobster were stars of the first Thanksgiving.

Food of the Underworld



November is Pomegranate Month, a month to celebrate this unique superfood, known for its antioxidants and anti-inflammatory properties. The pomegranate—ruby red in color, bursting with edible seeds, and boasting a sweet and tart flavor—was one of the first fruits to be cultivated by humans. But why is this fruit celebrated in November? That story goes back thousands of years.

In ancient Greek mythology, the pomegranate takes center stage in the story of Persephone and Hades, the god of the underworld. In this myth, Hades kidnapped Persephone and stole her away to his underworld realm. Persephone's mother, Demeter, was the goddess of the harvest and agriculture, ruler of the fertility of the earth. Demeter, upon losing her daughter, went into deep mourning, which caused all the crops and plants to cease growing. The world became cold and barren.

Zeus, king of all the gods and goddesses and brother of Hades, finally commanded Hades to release Persephone. However, the clever Hades had already tricked Persephone into eating the food of the underworld: a pomegranate. The Fates had decreed that anyone who ate such food was doomed to stay in the underworld for all eternity. But, because Persephone had eaten only six pomegranate seeds, she was doomed to remain with Hades for only six months out of the year. For the other six months, she was allowed to return to the earth and be with her mother. Demeter grew so overjoyed with Persephone's return that the world was again bountiful and fruitful. Alas, during Persephone's absence, Demeter fell into sorrow, and the world fell barren. This was the ancient Greeks' explanation for the seasons. Demeter's joy brought spring and summer, and her sorrow marked fall and winter—all because Persephone ate the pomegranate seeds.

For this reason, November is the perfect month to celebrate the pomegranate, which has long been a symbol of life and death, rebirth and eternal life, fertility, marriage, and abundance... a little more impressive than your average health food.

But Is It French?

The concoction of bread dipped in a batter of milk and eggs is commonly called French toast, but was this dish really innovated in France? November 28, French Toast Day, may be the perfect time to find out.

Battering and frying bread was common during medieval times as a method of using up stale loaves. The first written mention of this dish, called *pain perdu*, or "lost bread," comes from the court of Henry V in England. Both Spain and Germany had similar recipes. The term *French toast* first appeared in the dictionary in 1660, but it did not use eggs. Instead, bread was dipped in wine, sugar, and orange juice. Another story suggests that it was called *German toast* before World War I. After the war, for patriotic reasons, the dish changed its name to *French toast*, although this is unlikely. Also unlikely is the tale of innkeeper Joseph French, who served up a piece of his French toast in 1724. Regardless of its origins, diners can find delicious French toast in France.

Juke History



The jukebox has been around throughout many musical eras: big band, jazz, country, blues, and rock and roll. November 22, Jukebox Day, commemorates the day the first jukebox was installed in the Palais Royale Saloon, in San Francisco, California, in 1889. The history of the jukebox begins with inventor Louis Glass, who began his career working the telegraph and telephone lines. In 1880, Glass switched careers to the new technology of the phonograph and invented a machine that would play music from a wax cylinder at the drop of a nickel. When Glass boasted that his 15 machines had raked in over \$4,000 in six months, copycats hurried to replicate his music-playing machine. The word *juke* originated with the juke, or jook, joints of the early 1900s, where rural laborers could congregate to drink, dance, and gamble.

Cardinal Rules for Wayfinding



November 6 is Marooned Without a Compass Day. While some people may feel lost or directionless in life, this day is for people who are actually marooned or lost and unable to find their way for lack of a compass or equipment.

Luckily, there are still methods to find your way even without a compass to find the cardinal directions.

Perhaps the easiest way to find north, south, east, and west is by the sun. As a general rule, the sun rises in the east and sets in the west. By marking the sun's rising point you can establish a general idea of direction. Likewise, at night, you can find north by locating the North Star, or Polaris, in the northern hemisphere. During the night, Polaris does not rise or set but remains fixed. This star is located in the Little Dipper constellation. To find Polaris, simply find the last star on the handle of the Little Dipper. If you are unable to find it this way, find the two stars forming the end of the bowl in the Big Dipper, draw a straight line, and you will arrive at Polaris. Polaris can also be used to determine latitude. The farther north you go, the higher Polaris is in the sky. At the equator, Polaris is almost on the horizon.

Another trick is to use shadows to determine direction. Drive a stick into the ground and place a pebble at the end of the stick's shadow. Wait about 30 minutes for the shadow to move and place another pebble at the shadow's end. Draw a line between the two pebbles: this line runs from east to west. Draw another line bisecting this line, and you now know north and south.

Knowing the four cardinal directions is important but can be fairly unhelpful if you do not know which direction you want to go. A map will only help you if you can determine where you are on it. Find high ground, identify unique landmarks such as mountains or rivers, establish your general position, and then use the cardinal directions to

Mermaids and Manatees

Manatees go by many names, including sea cows and Teddy bears of the sea. When Christopher Columbus reported seeing women, or mermaids, swimming in the ocean, it was scientifically understood that these were actually manatees. This gentle undersea beast gets its due during Manatee Awareness Month in November.

There are three species of manatee: the West Indian manatee common in Florida, the West African manatee that lives from the coasts of Senegal to Angola, and the Amazonia manatee, which is found in the rivers and swamps of the Amazon basin. Warm water is a must for these large, slow-moving creatures. For this reason, they are attracted to warm water outputs from power plants. If the water gets too cold during the winter months, manatees suffer greatly. Because they move so slowly, they are also in danger of being hit by boats. While these creatures have no natural predators, these gentle mermaids of the sea are in decline due to human behaviors.

Hang Three



November 12 begins the prestigious Triple Crown of Surfing on the North Shore of Oahu, Hawaii. This coastline is world famous for its reliable winter swells with waves up to 50 feet high. Many consider the three unique events of the Triple Crown to be the

ultimate test for surfers. The first event, at Haleiwa, requires quick adaptability to varying conditions. For the second event, at Sunset, one of the world's premiere big wave beaches, surfers must be in peak condition and read the waves accurately. Pipeline, the site of the third event, is equally famous for its massive rolling waves exploding over the reef in shallow water, making it one of the most difficult waves to surf. For one month, the greatest surfers in the world will converge

Allhallowtide



October is over and the excitement of Halloween has passed, but many forget that Halloween is just the first of the three-day religious observance, or *triduum*, of Allhallowtide. Halloween falls the evening before All Saints' Day, also known as All Hallows' Day, on

November 1. This Christian festival commemorates all the saints, known and unknown, famous and obscure. It is a day that highlights the spiritual bond between the dead in heaven and the living, and these saints' intercessions on our behalf. The third day of the triduum, All Souls' Day, falls on November 2. This is a day that commemorates the souls of all the faithfully departed.

Allhallowtide is celebrated all around the world, but perhaps the most famous iteration of this holiday is Mexico's Day of the Dead, or *Día de Muertos*. Before the arrival of Spanish explorers in the 16th century, this Aztec festival was celebrated annually at the start of summer as a rite worshipping the goddess Mictecacihuatl, the Queen of the Underworld. But the Spaniards brought Catholicism with them, including the tradition of Allhallowtide, and soon the Mexican tradition was moved to coincide with the Catholic holiday. Similar to All Souls' Day, this national holiday in Mexico is a time to remember those who have passed. It is a lively celebration, with plenty of food and drink, as well as traditions of leaving marigolds and *calaveras*, ornate skulls made of sugar, as offerings to the deceased.

As in Mexico, where Catholicism melded with Aztec culture, in Haiti the local Vodou (commonly known as voodoo) has blended with Allhallowtide to become *Fete Gede*. The *Gede* are a family of *loa*, or invisible spirits, who possess the powers of death and fertility, the chief of whom is Baron Samedi. Haitians visit the capital's main cemetery to leave gifts of wax candles, flowers, and rum stuffed with chili peppers to warm the old bones of Baron Samedi and the other *loa*. This festival honors not only those who have passed but the

November Birthdays

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, deep, and intense—qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts. Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

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|----------------|-----------------|
| Concha C. 11/6 | Diane L. 11/7 |
| Herm W. 11/10 | Margie N. 11/10 |
| Brad T. 11/13 | Mary W. 11/13 |
| Roberta 11/15 | Bud 11/24 |
| Bernie 11/26 | Hildagard 11/27 |
| | Zela 11/27 |



Dear Santa

With just seven weeks to go before Christmas, November 7–13 is Dear Santa Letter Week, a week when kids all

over the world send letters to the North Pole. Kids have been sending Santa letters since the 18th century, but how does the post office handle the seasonal onslaught of mail? The U.S. Post Office has a solution. Send the letters (including a parent-written response from Santa) to Anchorage, Alaska, where Santa's Helpers will send back that prewritten reply with an authentic North Pole postmark. England's Royal Mail also ensures a response from Father Christmas. The Canada Post has even given St. Nick his own postal code: H0H 0H0. In France, any child who writes to *Le Père Noël* is guaranteed