

November 2022

The Winds of North Willow

Traditions at North Willow | 1703 W. 86th Street | 317-876-2916 |



Celebrating November

National Donut Day

November 5

Marine Corp. Birthday

November 10

Veterans Day (U.S.)

November 11

Memory Care Family Mtg.

November 15 @ 5pm

In Villa Clubhouse

Assisted Living

Resident Council Meeting

November 16 @ 1pm

Apple Cider Day

November 18

Game & Puzzle Week

November 20–26

Villa Resident Council Mtg.

November 30 @ 3:30 pm

Thanksgiving Day (U.S.)

November 24

Special Entertainment Event

Lilly Chorus

November 29 @ 7pm

Main Bldg

The First Thanksgiving

Most Americans are familiar with the story of the first Thanksgiving. The Pilgrims, struggling in the New World, formed an alliance with the local Wampanoag tribe. One man in particular, Squanto, taught the Pilgrims to farm local crops like squash and beans—lessons that allowed the Pilgrims to survive. At the time of the autumn harvest, the Pilgrims and the Wampanoag came together for a great feast of Thanksgiving, a feast that we reenact each year as a cherished national holiday.

This classic Thanksgiving tale of cooperation and goodwill is more fable than history. The events that led to the Thanksgiving feast are far more complicated. The Wampanoag had encountered European colonists since at least 1524, almost 100 years before the first Thanksgiving in 1621, and these encounters were far from friendly. Records show that colonists often kidnapped members of the Wampanoag and brought them back to Europe. The Wampanoag sometimes fought back, and other times attempted to negotiate with the colonists to increase their own power against their rivals. In 1616, a disease brought from Europe ravaged the New England tribes, decimating two-thirds of the Wampanoag population. Distrust of the Europeans was so high that any alliance with the colonists would have been entered as a last resort.

When Ousamequin (commonly called Massasoit) of the Wampanoag signed a peace treaty with the Pilgrims in March 1621, he did it grudgingly, believing that this was the only way to save his people from the neighboring Narragansett tribe. For the negotiations, Ousamequin enlisted the help of Tisquantum, whom we know as Squanto, a Wampanoag who had escaped from slavery and lived briefly in England before returning home in 1619. For all the tension and distrust between the Wampanoag and the colonists, one thing is certain: the treaty lasted for decades. The Pilgrims and Wampanoags enjoyed peace and prosperity for as long as the signers of the treaty lived.

Cran-tastic

Cranberries are largely forgotten until Thanksgiving, when they grace the table as a jelly, relish, sauce, or chutney to go with the Thanksgiving turkey. On November 23, Eat a Cranberry Day, consider all the other ways to enjoy this tasty and healthy berry.

Foods that are a vibrant color are often good for you, and the shiny, red cranberry is a case in point. Cranberries are chock full of vitamins, minerals, and antioxidants, and they famously protect against urinary tract infections (UTIs). While cranberries may taste exceedingly tart or bitter when eaten raw, they become tasty and sweet when cooked or dried.

The Native Americans living around Cape Cod of southeastern Massachusetts had harvested cranberries, known as sasumuneash, for 12,000 years before the Europeans arrived. The colonists found that the sasumuneash of New England resembled the *craneberries* of their native England, so called because the flowers resembled the head of a sandhill crane.



Cranberries grow in wetlands commonly called *bogs*, which require a special set of conditions to yield a harvest. Soils at the bottom of a bog must be acidic and made of

peat; the bogs must have access to plenty of fresh water; and the growing season has to last from April to November, providing a cool period of dormancy. Luckily, the famous bogs of Cape Cod provide just the right conditions and climate. But cranberry bogs are not limited to just Cape Cod. They are found in Maine, Rhode Island, New Jersey, Delaware, Wisconsin, Michigan, and Oregon, as well as in Canada and Chile.

Cranberry sauce may be traditional for Thanksgiving, but these sweet, tart berries also make great additions to cheesecake, muffins, scones, pies, cheeses, sandwiches, rice, and drinks. With so many recipes, you could celebrate Eat a Cranberry Day every month of the year.

Stay FIT this FALL

As leaves fall and winds begin to blow, most find it difficult to stay active.

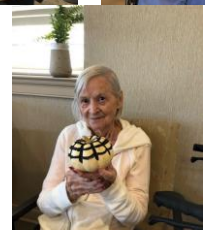
There are so many reasons people stop daily exercise regimens- the cold, less daylight, less sunlight, less motivation.

Here are some tips to keep you FALL-fit!

- 1) Exercise with a group. There is a group exercise class 5 days a week at 10 am in Assisted Living and 2 days a week at 10 am in the Villa Clubhouse.
- 2) Give yourself a goal. Make up your mind to attend a set number of classes and week and check them off the calendar when you are successful.
- 3) Add a post-meal lap to your day. After every meal, walk 2 laps around the building before heading to your favorite chair. This will aid in digestion, improve your cardiovascular endurance, and release good endorphins in your brain.
- 4) On sunny days, take 10 minutes to breathe in fresh air, Vitamin D and nature.

Mary Evans, Program Director

OCTOBER FUN!



A Smashing Idea

Every Halloween, millions of pumpkins are sold for decorations and to be carved as jack-o'-lanterns, but what happens to all those pumpkins when Halloween is over? According to government statistics, most of the 1.3 billion pounds of pumpkin produced every year ends up in landfills. This refuse produces methane gas, a greenhouse gas considered 20 times more harmful than carbon dioxide. Luckily, there are plenty of options when it comes to discarding leftover pumpkins.

Pumpkins, of course, are meant for eating, and not just in pies. Pumpkin is delicious in muffins, custards, and soups, and seeds can be roasted and salted for a savory snack. Pumpkin seeds can also be planted so that next year you can harvest pumpkins in your own backyard for free! A pumpkin patch also makes for a great Halloween display. As an added bonus, pumpkin flowers are a great source of food for pollinating insects.

Pumpkins are also a tasty treat for animals. You could choose to leave pumpkin scraps for local scavengers like squirrels and raccoons, but you might prefer to donate your pumpkins to a local farm. Pumpkins are a great forage food for farm ruminants like cows, sheep, and goats.



Every November, Idaho Springs, Colorado, hosts an event called the Scraps-to-Soil Pumpkin Smash, a public pumpkin-smashing party. Participants choose their method of demolition—slingshots, baseball bats, giant mallets, even pumpkin catapults. The goal isn't to relieve post-Halloween or pre-Thanksgiving stress but to convert pumpkins to compost. While every part of a pumpkin—skin, meat, stem, and seeds—is compostable, seeds are often hardy enough to overwinter, so composters have to make sure that composting temperatures reach 150 degrees for three days. Unless, of course, you don't mind growing your own pumpkin patch.

VILLA HAPPENINGS!!

Join the Welcome committee and be the first to greet and make new friends.

Welcome Committee Meeting
Nov. 1 @ 11am



Catch a ride to the precinct!
Nov. 8 @ 11 am

Van will leave from the clubhouse.

Veterans Day Ceremony
Nov. 11 @ 11 am



Like to Sing?

Join the North Willow Christmas Chorus Practices every MON @ 3:30pm -Main Bldg.

New Resident WELCOME Party @ 3pm

No Exercise on Thanksgiving Day
BUT you can join the
Turkey Burn-off Workout
Fri. Nov. 25 at 11 am

NEW IN NOVEMBER ASSISTED LIVING

Have you noticed the NEW activities for the month of November? Take a look and plan to join us at the following:

Nov. 7 – 11 am Welcome Committee Meeting
Do you like meeting new neighbors? Looking for a new friend? This is the committee for you!



Nov. 8th @ 2pm –Library -Get Hooked!

Join NW knitting & crochet club! Yarn is provided and there will be a teaching session very soon.

Do you play Euchre? Come play every Thursday in the library @ 1pm.

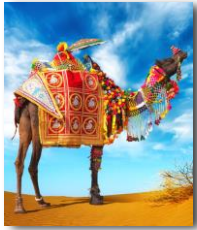


Like to sing? Join our Christmas Chorus! Practice is every Mon. @ 3:30pm in the Activity Room.



Camel Culture

Every November while the weather is cool before the long, heat of the desert summer, the city of Pushkar in Rajasthan, India, hosts the Pushkar Camel Fair, one of the largest livestock fairs in the world. It is an event of such cultural importance that 200,000 visitors attend each year.



The masses are greeted by thousands of camels. Camels, those great “ships of the desert,” are washed, shaved, and dressed in bright and beautiful cloth, jewelry, bells, and bangles.

They are then paraded through the streets and auctioned to the highest bidders. Not all the camels are sold, however. Many participate in Pushkar’s famous camel races, while the most beautiful camels compete in a beauty pageant.

Where the livestock auctions were once the sole focus of the fair, they are today a smaller part of a larger cultural extravaganza. Art exhibitions, a hot-air balloon show, a half-marathon, musical performances, a “longest mustache” and “bride and groom” competition (where couples are tested on their knowledge about each other) are the modern fair’s highlights. There are countless opportunities for tourists during the weeklong event.

The city of Pushkar is an attraction even without the Camel Fair. It is mentioned in the *Ramayana* and the *Mahabharata*, two Hindu texts of significance, and is therefore a holy pilgrimage site. The Camel Fair coincides with a practice known as the Holy Dip. Legend states that Lord Brahma the creator, searching for a site for the creation of the universe, dropped a lotus flower and it fell upon Pushkar. At the spot where it fell, a lake formed, the sacred lake of Pushkar. During the Camel Fair, thousands of pilgrims visit Pushkar Lake for a ceremonial bath that is believed to lead the bather to salvation. Whether you come for salvation, livestock, or immersion into the local culture, Pushkar’s Camel Fair is sure to leave an impression.

November Birthdays

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.

Burt Lancaster (actor) – Nov. 2, 1913
 Walter Cronkite (journalist) – Nov. 4, 1916
 Alfre Woodard (actress) – Nov. 8, 1952
 Dorothy Dandridge (entertainer) – Nov. 9, 1922
 Anne Hathaway (actress) – Nov. 12, 1982
 Whoopi Goldberg (comedienne) – Nov. 13, 1955
 Gloria Foster (actress) – Nov. 15, 1933
 RuPaul (model) – Nov. 17, 1960
 Delroy Lindo (actor) – Nov. 18, 1952
 Michael Strahan (TV host) – Nov. 21, 1971
 Scott Joplin (composer) – Nov. 24, 1868
 Don Cheadle (actor) – Nov. 29, 1964
 Ben Stiller (actor) – Nov. 30, 1965

Happy November Birthdays!!

Linda D.	Nov. 5
Ed S.	Nov. 5
Dean R.	Nov. 6
Walter K.	Nov. 7
Dollie D.	Nov. 9
Jane P.	Nov. 9
Lynda O.	Nov. 10
Flo G.	Nov. 11
Earline C.	Nov. 14
Carlton M.	Nov. 14
Gail D.	Nov. 17
Sheryl R.	Nov. 17
Harriett W.	Nov. 20
Sara Z.	Nov. 21
John L.	Nov 27

