

# Monthly Gazette

Lanessa Extended Care Facility 751 School Street Webster Ma 01570 508-949-1334

## Celebrating October



*Diversity Awareness Month*

*German-American Heritage  
Month*

*Book Month*

*Field Trip Month*

*Polish-American Heritage Month*

*Vegetarian Month*

*United Nations International Day  
of Older Persons*  
October 1

*Denim Day*  
October 5

*Magic of Differences Week*  
October 7 - 13

*Thanksgiving Day (Canada)*  
October 8

*Columbus Day (U.S.)*  
Celebrated October 8

*Spring Tides*  
October 26

*Halloween*  
October 31



## Celebrating Diversity of Talents

October is Diversity Awareness Month, German-American Month, Polish-American Heritage Month, and the Magic of Differences Week (Oct. 7-13). Germans and Poles may not be the first groups that come to mind when we think of diversity, but most of us have little knowledge of the contributions they have made to North America. Both German and Poles were among the earliest settlers at Jamestown, celebrating its 400<sup>th</sup> anniversary this year, and millions have immigrated to both Canada and the U.S. in the many years since, although most have arrived in the last 150 years.

Although the borders of both Germany and Poland changed frequently during this time period, the countries proudly claim their native stars. For example, two famous cosmetic company founders, Max Factor (born Faktorowicz) and Helena Rubinstein are claimed by Poland, even though Max was born in what was then part of the Russian Empire and Helena was born in Krakau, which at the time was in Austria-Hungary. A forgotten renowned Pole was Kazimierz Funk, the chemist who first formulated the concept of vitamins in 1912. Still-famous Steve Wozniak, co-founder of Apple computers (known as "The Woz" to differentiate himself from the other co-founder, Steve Jobs), is also of Polish descent, as are movie stars Jerry Orbach, Loretta Swit, Gloria Swanson, and Christine Baranski.

Germany has given the world: composers Bach, Beethoven, Haydn, Mozart, and Wagner; artists Durer, Ernst, Klee, and Klimt; writers Goethe, Kafka, Mann, Remarque, and Rilke; and two wonderful Alberts – Einstein and Schweitzer. That is a bare beginning. Consider the contributions of German Gabriel Fahrenheit to temperature, Gutenberg to printing, Joseph Pulitzer to journalism, and Ludwig Mies van der Rohe to architecture. We are richer for the variety in our fellow human beings!

## Diversity of Words and Food



October 16 is dictionary day in honor of Noah Webster, who was born on that date in 1758. He gave us the

first *American Dictionary of the English Language* in 1828.

Among Webster's many occupations was teacher, and because he was dissatisfied with English textbooks, he wrote a three-volume compendium, *A Grammatical Institute of the English Language*. The work consisted of a speller, a grammar, and a reader. His most important improvement, he claimed, was to rescue "our native tongue" from British aristocracy whom he believed had corrupted both spelling and pronunciation.

If Webster were alive today, what would he think of all the words we have adopted from other nations? For example, here are just a few of the words that have crept into our everyday language from German:

- \*beergarten \*gesundheit \*hinterland
- \*kaffeeklatsch \*kaput \*kindergarten \*kitsch
- \*mish-mash \*paraffin \*plunder \*rucksack
- \*spritz \*stein \*waltz \*wanderlust
- \*wunderbar \*wunderkind \*yodel \*zig-zag

Germans have also given us wonderful foods and words for foods. They have brought us bratwurst, frankfurters, hamburgers, wieners, sauerkraut, ketchup, noodle, streusel, and tortes. For good measure, they have thrown in the word for cookbook, and did you know that the translation for pumpernickel bread has to do with the gas it causes?

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

Nathaniel Hawthorne (1804-1864)



## German Heritage in Movies

Like immigrants of many nationalities, Germans and Austrians faced many prejudices in the early decades of the 20<sup>th</sup> century. Many Hollywood stars hid their heritage with name changes. Here are a few examples:

- Fred Astaire was born Fred Austerlitz
- Lauren Bacall was Betty Perske
- Doris Day was Doris von Kappelhoff
- Douglas Fairbanks was Doug Ulman
- Hedy Lamarr was Hedwig Eva Maria Kessler
- Peter Lorre was Lazlo Lowenstein
- Paul Muni was Meier Weisenfreund

Today, stars like Sandra Bullock, Renee Zellweger, and Arnold Schwarzenegger wear their heritage with pride. Other stars, like Bruce Willis and Leonardo di Caprio, have German heritage through their mothers. Everyone came from somewhere!

## A Surprising Word Origin

The man credited with setting men's high fashion formal wear standard was a man with a fancy name and high society ambitions: Pierre Lorillard IV. He was a wealthy tobacco magnate who lived northwest of New York City in an exclusive residential community that was built on land that the Algonquin Indians originally called P'tauk-seet-tough. It was named after the tribal chief and meant "home of the bear." The town's founders kept the phonetics of the name and christened the area Tuxedo Park.



On October 10, 1886, the area socialites held an autumn ball at the Tuxedo Club. Mr. Lorillard commissioned his tailor to make a short coat for the occasion, modeled after a coat he had seen on the Prince of Wales. In the end, he was too afraid of being criticized to wear it, but his son and some of his friends wore theirs. Within three years, a "tuxedo" was accepted as THE most elegant outfit a man could wear.

## Environmental Vegetarianism



October is Vegetarian Month and a good time to update our understanding of the term. Vegetarians weren't called vegetarians until 1847, when the founders of the British Vegetarian Society chose the Latin word *vegetus*, meaning "whole, sound, fresh, or lively," (inferring a mentally and physically vigorous person) to define themselves. In other words, vegetarians are interested in leading a mindful and healthy life, not just eating lots of fruits and vegetables.

Non-vegetarians today certainly don't believe they are incapable of reaping a healthy lifestyle, but many are attracted to the new emphasis among vegetarians on environmental concerns. For example, vegetarians promote:

- Offering a viable answer to feeding the world's hungry, through more efficient use of grains and other crops. (It takes much more corn to feed a cow to create a pound of meat than it does to simply raise corn to feed a person.)
- Opposing the use of hormones that later show up in animal products.
- Conserving freshwater, fertile topsoil, and other precious resources, along with preserving irreplaceable ecosystems, such as rainforests and other wildlife habitats.
- Mitigating the environmental pollution of animal agriculture (Methane gas from cows is increasingly becoming an ozone problem).

Therefore, even if you choose to continue to eat meat, in this environmentally attuned world, you may find you have more in common with vegetarians than you thought!



## A New Travel Standard

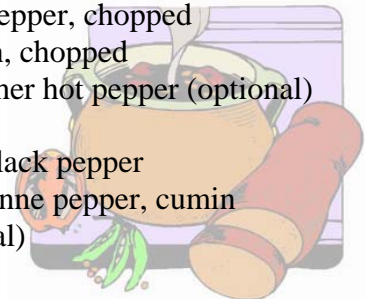
Eugene Fodor was born October 14, 1905 in Hungary (now Slovakia). In 1936, he pioneered the concept of the modern guidebook, which offered three innovations: it went beyond reporting on the sights and, for the first time, included information about Europe's culture and people. Second, Fodor included practical information for the modern traveler, such as what size tip to leave at a Viennese café. Third, his publication, *On the Continent*, was an annual guide, so that Fodor's readers would have the most current information. Today more than 700 Fodor travel writers contribute to books on 300 destinations worldwide – and the company he founded has a LOT of competition!

### Easy Vegetarian Chili

It's Chili Month and Vegetarian Month, so here's an easy recipe to celebrate both:

#### Ingredients:

- 4 cans (drained) of different beans. (Experiment with garbanzo, black, butter, white, kidney, or red beans.)
- 1 jar of your favorite salsa
- 1 red or green pepper, chopped
- 1 medium onion, chopped
- 1 jalapeno or other hot pepper (optional)
- garlic to taste
- 1-2 teaspoons black pepper
- 1 teaspoon cayenne pepper, cumin
- cilantro (optional)



#### Directions:

Sauté onions, peppers, and garlic in water or red wine vinegar until vegetables are soft and onion is clear. Add beans, salsa, and spices and stir gently until well mixed. Simmer for approx. 20-30 minutes until vegetables are soft and chili is thickened or cook slowly in a crock pot. Serve over rice, if desired.

## Spring Tidings in Fall



October 26 is the date of the Perigean Spring Tides. These tides happen no more than once every 1.5 years. They occur when the moon is both unusually close to the Earth (it is not always the same distance

from the Earth because its orbit is not a perfect circle) and is in its new moon phase (it is between the Sun and the Earth). The “spring” in these tides refers to the fact that the water “springs” further up on shore, not to the season of the year.

Widespread rumors of coastal flooding caused by Perigean Spring Tides are often unfounded. That only happens when the tides are combined with high offshore winds and low barometric pressures. Trivia: Eight of the ten locations of the most wide-ranging tides are in the Bay of Fundy, Nova Scotia, with daily changes of 30 – 38 feet.

## October Birthdays

People born in October tend to strive toward excellence and value justice, loyalty, and adaptability. They like being part of a group and make trustworthy friends. They also enjoy pampering and praise. Some famous people with October birthdays include:

Walter Matthau – – October 1, 1920  
Buster Keaton – – October 4, 1895  
Desmond Tutu – – October 7, 1931  
John Lennon – – October 9, 1940  
Jerome Robbins – – October 11, 1918  
Ralph Lauren – – October 14, 1939  
Chuck Berry – – October 18, 1926  
Minnie Pearl – – October 25, 1912  
Jonas Salk – – October 28, 1914

October 20 marks the 125<sup>th</sup> birth anniversary of the most famous Dracula - Bela Lugosi  
**HAPPY HALLOWEEN!**



### Special Events:

October 4th - Resident Council Meeting

October 16th - Brunch for Lunch

October 24th - Jello Party

October 25th - Karaoke with Life Skills at 10:30am and

Children/Staff Halloween Party at 6:30pm

October 26th - Birthday Social and Entertainment with Bob Quiry

October 31st - Resident Halloween Party and Entertainment with Joe Sarrasin