

**Marketing Minutes**

By Hilary Pimentel  
Marketing Director

Happy November!! Cooler weather means it's a great time for chili. I hope all of you join us as and make some chili for our cook-off on November 2<sup>nd</sup> at 2pm. I love comfort foods like chili and cornbread.

We are down to just a few apartments to rent! If you know any friends looking to move here one day, tell them now is the time! You will receive a resident referral of \$1,000 off your rent once your friend has lived here sixty days.

Make sure you sign up to paint holiday wine glasses with Adriana on **November 17<sup>th</sup>**. You don't have to be crafty to participate. She will show you step by step how to paint your wine glass. I wish I could sneak out of the office and do one myself!

Mary has the West Sacramento Community Singers coming to kick off our magnificent holiday season. They are always a joy to listen to, so make sure you don't forget to stop baking and come down on Sunday at 2pm on the 26<sup>th</sup>. Have a wonderful Thanksgiving if I don't get a chance to tell you myself in person.

As always, thank you for your support.

**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.

Mildred Troop – November 8<sup>th</sup>  
Jill Murrell – November 14<sup>th</sup>  
Judy Frizzell – November 17<sup>th</sup>  
Enid Neher – November 20<sup>th</sup>  
Robert Jiles – November 22<sup>nd</sup>  
Aldine Hall – November 26<sup>th</sup>

**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 a response by a law passed in 1962. Just be sure to have that letter postmarked by

# Winding Commons

Senior Retirement Community • 6017 Winding Way, Carmichael, CA 95608 • (916) 485-0100

**Celebrating November**

**Annual Chili Cook-off  
Contest**  
*November 2<sup>nd</sup>*

**Veteran's Benefits Seminar**  
*November 9<sup>th</sup>*

**Paint Holiday Wine Glasses**  
*November 17<sup>th</sup>*

**West Sacramento  
Community Singers**  
*November 26<sup>th</sup>*

**Thanksgiving Day (U.S.)**  
*November 23*

**A message from Deanna Brewer**

I want to thank you all for the warm reception I have received since I've started here at Winding Commons. It will take some time before I get to know all of your names, but I want you to know that I am very thankful for the opportunity to work with you.

I thought this would be a good opportunity to tell you a little about myself. I have been a Ray Stone employee for almost 5 years. I was the Marketing Director at Campus Commons and have worked with both Hilary, and Christine Pesola, whom many of you know. In fact, you will see her from time to time, as she has been assigned to mentor me. Before working here, I was the Business Office Manager for Eskaton Senior Living in Orangevale and most of my career was spent working as the Accounting Manager for a large, local advertising agency, Runyon Saltzman and Einhorn Inc.

In my spare time, I like to travel, spend time on the water in my daughter's boat and our jet ski. I also love arts and crafts. I'm a glass artist and I make fused glass artwork and beaded jewelry. I hope to hold a fused glass class here in the future as I have done with Campus Commons. And most important, I love to spend time with my 4 year old granddaughter, Elena. I call her Ellie for now. I hope you all have a wonderful Thanksgiving! Unto your family and friends.

-Deanna





## Out and About at Winding Commons

By Mary Singewald



It is that time of year again getting ready for our annual Chili Cook-Off. We start the month on

Thursday, November 2<sup>nd</sup> at 2:00pm with Residents and Staff entering and sharing their special chili recipes. Make sure and join us for tasting and voting as you pick out your favorite chili. Great prizes will be awarded to the best three entries. Nothing better on a winter day than a hot bowl of chili!

On Tuesday November 7<sup>th</sup> we will be leaving at 10:00am for a picnic at Lodi Lake, beautiful time of year. We will be spending the afternoon at Woodbridge Winery wine tasting; they are always glad to see and visit with the residents from Winding Commons. Make sure and purchase wine as they always give us a special discount.

Ed Outland will be presenting a special seminar on Veteran's Benefits on Thursday, November 9<sup>th</sup> at 2:00pm. Ed has helped so many of our residents in obtaining the benefits they have available for veterans. Check your Activities Calendar for exercise classes, outings and daily events. There is something for everyone!

Don't forget, we will be going to Pescatore Winery for our Holiday Luncheon and Wine tasting on Tuesday, December 5<sup>th</sup> leaving at 10:30am. Patty and Dave will be fixing their wonderful appetizers, lunch and desserts. If interested please see Mary for reservations. November is a month in which we should take time and be thankful for all the wonderful things we have in our lives.

I am thankful for Winding Commons, the residents, volunteers and staff who are my extended family. What a wonderful way to spend the holidays. Happy Thanksgiving and lots of Love to you and your families!  
Love, Mary

## 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 find the nearest roadway or town. Practice these strategies, and you may never be lost again.

## Welcome New Residents!!!

By Darian Smith and Adriana Romano  
Resident Relations/ Sales Consultant  
Hospitality and Ambassador Leaders

We are happy to introduce our new residents for November:

Bill Dana  
Lois Johnson

Please make the extra effort to say hello to them. As always, give them our special WC welcome. If you see new faces having either brunch, or dinner at our marketing table in the dining room, please stop by and introduce yourself. They just might be your new neighbor.



## Thanksgiving Pie Orders



Sodexo will be taking orders for Thanksgiving. If you would like to purchase a pie, please complete

a form located by the menus as you enter the dining room. You have the choice of apple, cherry, berry, pumpkin, or pecan pie. The form must be completed no later than November 14<sup>th</sup>. All pies serve 8 people and the cost is \$9.00 per pie.