

Victoria, Victorious



Notable Quotable

“Just close your eyes—and think of England.”

~ Queen Victoria

Queen Victoria’s rule over the United Kingdom was so strong that the time period under her monarchy became known as the Victorian Era. Her 63 years of rule lasted from 1837 to 1901, during which England greatly expanded its empire and became a world leader in both industry and economy. She also survived several assassination attempts and guided Britain through the Great Famine of 1845. Her most lasting contribution may have been establishing the monarchy as a mainstay of English culture. When Victoria ascended the throne at age 18, many believed that England should no longer be ruled by a king or queen. During her rule, Victoria so influenced British society that the monarchy became a permanent fixture. If you, like many others, adore British royalty, then get ready for Victoria Day on May 22.

Victoria Day was established in Canada in 1845 as a means of unifying English and French Canadians. Both cultures understood and appreciated a monarchy, and

loyalty to the queen was an important means for Canadians to distinguish themselves from the Americans to the south, who prided themselves on their revolution against a monarchy. The original date was May 24, the birthday of the queen. Other parts of England’s vast empire celebrated May 24 as Empire Day, but Canadians chose to honor Queen Victoria. She was, after all, Canada’s “Mother of Confederation,” the leader who urged Canadian unity and independence.

While the date of Victoria Day may have changed to the Monday nearest the queen’s birthday, it is still a day to celebrate everything royal. Indeed, *anglophilia* seems to have reached an all-time high now that young royals Princes William and Harry are marrying and starting families of their own. Brits are even conquering the television with hit shows like *Downton Abbey*, *Victoria*, and *The Crown*. It’s all enough to make you want to sing “God Save the Queen”!

Any Way the Wind Blows

The Netherlands is famous for its windmills, which are celebrated on May 12, Windmill Day. As part of Europe’s “Low Countries” (so named because of their location below sea level), the Netherlands was prone to flooding. Dutch windmills were created to drain the water from the land. At one point, 10,000 windmills were in operation across the country. Today, windmills in the form of massive wind turbines are making a comeback as generators of electricity. Wind turbines are often grouped in “wind farms,” or arrays

of windmills strategically placed in windy areas such as hilltops, open plains, or even offshore. The major advantage of this type of electricity is that there is no dangerous waste created as a byproduct. The main disadvantage, of course, is that these windmills create energy only when the wind blows. However, advancements in technology are creating batteries that can store power for later use. Windmills, it seems, are not merely for tourists anymore but will become part of the power grids of the future.



Arbor Hills Grapevine

May 2018



Arbor Hills Senior Residence
4145 Lakeland Hills Blvd.
Lakeland, FL 33805

Resources

Mary Gaudet
Executive Director

Rachel Carmack
Community Director

Jerome Jackson
Food Service Director

Ramon Miranda
Maintenance Director

Leslie Schwartz
Activities Director

Lori Merrill
Resident Relations

Physician Transport
Wednesday and Friday

Shopping
Monday

Beauty Shop
Open on Saturdays for hair appt. and Tuesdays for Mani&Pedi’s.

See reception to make appointment.

From the Community Director

May is HERE!! I’m excited for the month of May because it will be my first official Mother’s Day! I seriously can’t believe it. For those that may not know our story, my husband and I tried for several years to grow our family though different treatment options with several different doctors before having our beautiful twins, Inara and Thatcher.



They say “good things come to those who wait”. Well waiting can be very hard and that was true for us. Even though there were frustrations, heartache and ideas of the “right time” that are out of our control, we continue to trust and believe one day we would have a baby. Well as you can see, we were beyond blessed with not just one beautiful bundle of joy but TWO! And they are truly a joy. My husband and I marvel every day that we were chosen to be their parents.

I share all of this to be an encouragement. Even though you may see night and darkness before you, there is

always sunshine in the morning. Plus we live in Florida so it’s almost always bright and shining in the morning!

By sharing with those around us, like children, grandchildren, nieces, nephews, cousins or friends, the struggles we have survived, we give others hope that they too can navigate through any situation with hope for the sunshine in the morning.

We want to wish a beautiful and wonderful Mother’s Day to all of our residents that are mothers, grandmothers, sisters, aunts or godmothers. You make the world go round!

-Rachel



Resident Spotlight

Our resident spotlight for May is Peggy Pope. She was born in Wheeling, West Virginia on June 22, 1925. She moved to Ft. Lauderdale and worked as a waitress at a restaurant. She meet her husband Dale Pope after he sat down at one her tables and she waited on him. They were married shortly after on April 2, 1947. Dale and Peggy were married for 67 years. Peggy was a banker majority of her life and her husband retired from the Air force and became a letter carrier. They lived in Ft. Lauderdale for fifty years. In the fall of 2016, she moved to Lakeland to be closer to her daughter, which brought her here to Arbor Hills. Peggy has one daughter, two grandson and one great grandson, as

well as her Maltipoo named Dude. That little doggy is her life. Some of her favorite hobbies are bowling, do crafts and playing bingo. She used to make Japan dolls when she lived in Japan. She kept some for display and also gave some to family and friends. Her favorite memory is when her and her husband Dale lived in Fuji, Japan from 1957 to 1961. She loved it there. She has a phobias of snakes and just doesn't like them. Her favorite movie is M.A.S.H because her husband was in the Air Force. What she likes best about Arbor Hills is the friendliness of the people. Her words of wisdom are "live everyday like it is your last" – Steve Jobs.



Favorite Recipe: Grant Kitchen Sink Cookies

- 1 cup unsalted butter, softened
- ¾ cup granulated sugar
- ¾ packed light brown sugar
- 2 large eggs
- 2 tsp pure vanilla extract
- 2 cups all-purpose flour
- 1 tsp coarse salt
- 1 tsp baking soda
- 1 ½ cups old fashioned rolled oats
- 1 cup coconut chips
- 1 cup dried apricots coarsely chopped
- 1 cup coarsely chopped dark chocolate
- 1 cup dried cherries
- 1 cup pecans, toasted

Preheat oven to 350 degrees, line cookie sheets with parchment paper. Place butter & sugars in bowl of electric mixer fitted with the paddle attachment. Beat on medium speed until pale & fluffy, about 2min. Reduce speed to low, beat in eggs one at a time and mix in vanilla. In medium bowl, whisk together flour, salt, baking soda and baking powder with mixer on low, gradually adding the butter mixture. Beat until well combined. Add oats, coconut, apricots, dark chocolate, cherries and pecans. Mix on low until just combined. Arrange ¾ cup balls of dough on cookie sheets 3" apart. Flatten into 4" rounds. Bake until golden brown, rotating cookie sheets halfway through about 16 minutes. Let cookies sit on sheet 2mins before transferring to wire rack to cool. Enjoy!



May Horoscopes and Birthdays



Jim Thorpe, first Native American to win a gold medal.

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

- Benjamin Spock – May 2, 1903
- Sugar Ray Robinson – May 3, 1921
- Sigmund Freud – May 6, 1856
- Fred Astaire – May 10, 1899
- Yogi Berra – May 12, 1925
- George Lucas – May 14, 1944
- Adrienne Rich – May 16, 1929
- Cher – May 20, 1946
- Sir Arthur Conan Doyle – May 22, 1859
- Bob Dylan – May 24, 1941
- Sally Ride – May 26, 1951
- Jim Thorpe – May 28, 1887
- Walt Whitman – May 31, 1819



- Les White 5/9
- Art Lockridge 5/10
- Allan Bolton 5/11
- Annie Gard 5/17

- Herb Scribner 5/17
- Bob Isbell 5/19
- Charlotte Campbell 5/20

THIS MONTH IN HISTORY

- 1 "Buffalo Bill" Cody's first Wild West Show (1883)
- 2 Good Housekeeping Magazine first hits the newsstands. (1885)
- 3 Margaret Mitchell wins Pulitzer prize for "Gone With the Wind. (1937)
- 4 Atlanta Penitentiary has a new resident after Al Capone is convict of income tax evasion. (1932)
- 5 The New York Stock Exchange crashes, causing the "Great Panic of 1893". (1893)
- 7 Big band leader Glenn Miller records the "Chattanooga Choo Choo". (1941)
- 9 Americans Richard Boyd and Floyd Bennett become the first to fly over the North Pole. (1926)
- 12 The flush toilet is patented. (1792)
- 15 Nylon stockings hit the market for first time (1940)
- 17 "And They're Off!" as the first Kentucky Derby is held at Churchill Downs. (1875)
- 20 Hubble Space Telescope transmits photograph's from space (1990)
- 23 Legendary bank robbers Bonnie and Clyde Barrow are shot to death in a police ambush in Louisiana. (1934)
- 27 The pop-up toaster is patented. (1919)

Lei of the Land



A properly worn lei is draped equally over both the chest and upper back.

Since May 1, 1928, Hawaii has celebrated the first of May as Lei Day. Lei—those beautiful garlands constructed of flowers, leaves, shells, seeds, nuts, feathers, and even bones and teeth are given at birthdays, weddings, funerals, and graduations—any occasion one wishes to show honor, love, or high regard. While the lei's history dates back to the earliest Polynesian settlers of Hawaii, the holiday itself was introduced by Don Blanding, a poet from Oklahoma who had resettled in Hawaii.

The first Hawaiians adorned themselves with local flowers and vines. Certain lei flowers identified where you lived on the islands. Other lei represented your rank, wealth, or whether you were royalty. Many lei were not made of short-lived flowers or vines at all but of hardy bones and shells. In fact, lei were worn not just for celebrations or rituals but for everyday tasks by both commoners and chiefs alike.

Dreaming of a White Christmas



"White Christmas" was Bing Crosby's 29th number one hit.

Bing Crosby had no idea that on May 29, 1942, his recording of Irving Berlin's "White Christmas" would become the world's most popular song. The recording took Crosby just 18 minutes, as part of an album for the movie musical *Holiday Inn*, and neither he nor Berlin thought the song was a hit. However, it went on to win the Academy Award for Best Original Song, and it hit number one on the pop charts in October of 1942, two months before Christmas. Irving Berlin, as a Jewish-American, did not celebrate

Today, there is still a wide variety of lei, each unique to a particular occasion. The *hala* lei, made from the red fruit of the pandanus tree, is a symbol of cleansing and can be worn at funerals or for the new year. A delicate *ilima* blossom lei is the distinctive lei of royalty and is worn on special occasions. *Lehua* lei, made from blossoms associated with the fire goddess, are indicative of strength. *Plumeria* lei are used to welcome guests but should never be given to sick people, as they are bad luck for those in ill health. Lei are woven into both the nature and mythology of Hawaii. They are not just given in love and esteem but as symbols that tell ancient and important stories.

Lei Day offers myriad opportunities to celebrate this unique form of art and culture, the greatest of which takes place in Waikiki on Oahu, where there is music, a lei competition, hula performances, craft demonstrations, and plenty of food.

Christmas, but he sure knew how to write a hit song, even one without any mention of magical characters or religion. The song's melancholy longing for the cozy holidays of yesteryear was what audiences craved. What really propelled the song to number one was its inclusion on Armed Forces Radio. GIs fighting overseas during World War II loved the song, and Crosby performed it regularly for them. With over 100 million copies sold worldwide, it remains the best-selling song of all time.

Lucky Lindy



Lindbergh earned the nickname "Lucky Lindy" from his years as a daredevil and stunt pilot.

On May 20, 1927, Charles Lindbergh pointed his *Spirit of St. Louis* airplane down the runway of Roosevelt Field, Long Island, and 33 1/2 hours later he landed in Paris, France, where a crowd of 100,000 greeted him as a hero. Lindbergh had become the first person to fly solo across the Atlantic Ocean. Before becoming a national hero, Lindbergh was a mail pilot. He had heard of a promotion

offered by a New York hotelier: the first person to fly from New York to Paris would be awarded a prize of \$25,000. Many before Lindbergh attempted the flight and failed, but Lindbergh was determined to succeed. He supervised the building of a custom plane. With four sandwiches, two canteens of water, and 451 gallons of gas, he made the flight and etched his name into the history books.

Mother May I?

Sunday, May 13 is Mother's Day in the United States, Australia, and Canada. In Mexico, *Día de las Madres* is Thursday, May 10. In France, *La Fête des Mères* is Sunday, May 27. After Christmas and Easter, Mother's Day is the third-most celebrated holiday in the world, but the way mothers are honored differs from place to place.



The value of a mother's tasks has been estimated to be worth \$67,619 per year.

In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men but by women. A mother's job is never done, it seems, not even on Mother's Day.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant

mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Día de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize their vital importance?

Previous Events and Activities



Banana Split
Sundaes!
Yum Yum!!

Ms. Joyce
won the
Spring Fling
give away!



We love
celebrating
special days
with our
residents!



Always fun at
Happy Hour!



We are
all
friends at
Arbor
Hills!



Hard Rock!

Upcoming Events and Activities

May 1st: Town Hall meeting will be in the Community Center starting at 10:15am.

May 2nd: Please join us in the Community Center to welcome all of our newest residents starting at 1pm.

May 4th: Sam Kistner will be entertaining us for our weekly Happy Hour at 3:45pm in the Community Center.

May 10th: Enjoy wonderful Banana Splits in the Ice Cream Parlor starting at 2pm!

May 11th: Eddy Rivers will be serenading us during our Happy Hour in the Community Center starting at 3:45pm.

May 15th: Join us in the Community Center at 3pm for the always fun and always entertaining Lima Bean Auction!

May 16th: The Lovely Ladies Group will be meeting in the Social Kitchen at 3pm to discuss all things lady like!

May 17th: Ice Cream Social will be featuring the delicious Root Beer Floats at 2pm!

May 18th: Sherrie Nosal will be joining us in the Community Center for our fun Happy Hour entertainment starting at 3:45pm.

May 24th: Come at 2pm to grab your own Hot Fudge Sundaes in the Ice Cream Parlor.

May 25th: Angel Tuider will be entertaining us during Happy Hour in the Community Center at 3:45pm.

May 28th: Join us at 10am for our Memorial Day Service!



Shopping Trips

Every Monday at 1pm, we take our community bus for our weekly shopping trip to Publix or Walmart. If you are interested in going on the next shopping trip, please make sure to add your name to the sign up sheet on the announcement board by the mailboxes.

Community Announcements/Reminders:

If you have guest joining you for Mother's Day lunch, please RSVP with the front desk by Monday, May 7th.

Each Wednesday morning in the Community Center, Legacy will be offering Blood Pressure Clinic at 9am and then an Exercise class starting at 9:30am. So come out and join us!

Grumpy Old Men's club will be meeting in the Social Kitchen at 9:30am on May 4th and May 18th.

Make sure to add your name to the Wii Bowling list on the Announcement Board for games on Mondays, Thursdays and Saturdays.

If you need transportation to a medical appointment, please schedule with the front desk. Transportation available Wednesdays and Fridays.