

## Religious Roots to Raucous Parties

As March arrives, many look forward to the holidays of St. Patrick's Day and Mardi Gras. Yet, both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick's Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick's Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845–1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irish-ness and their newfound American-ness. Corned beef, shamrocks, and leprechauns were never part of true Irish St. Paddy's Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick's Day. The American version of St. Patrick's Day is so strong that many Irish-American traditions have even returned to Ireland.

Mardi Gras, like St. Paddy's Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name "Fat Tuesday." Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.

## Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm  
 Saturday & Sunday 9:00am-5:00pm  
 Office 916-929-3966 Fax 916-929-3627  
 Tonya/Activities Office 916-929-6003  
 Van/Transportation 916-468-3091  
 Dining Room 916-921-5998  
 Police Non-Emergency 916-264-5471  
 Emergency & Fire 911  
 Comcast Cable 1-800-266-2278  
 AT&T 1-800-310-2355  
 Paratransit 916-429-2744  
 Yellow Cab 916-444-2222

Beauty Salon Jane Ma 916-223-9658  
 Wednesday-Saturday  
 Clean Touch Dry Cleaning 916-366-6666  
 Pick-up & drop-off Monday & Thursday

## The March of Women's History

The month of March is Women's History Month, in recognition of women and their impact on culture and society all around the world. The movement to establish recognition of women's history began in Sonoma, California, in the 1970s. A group of women formed the Education Task Force of the Sonoma County Commission on the Status of Women. Their goal was to include women's history in the local school curriculum. For too long, men had dominated the study while women's contributions had nary a mention. The movement in Sonoma was such a success that it gained traction nationwide. In 1980, President Jimmy Carter established the first Women's History Week, and then in 1987, Congress declared the entire month of March as Women's History Month. Politicians, writers, freedom fighters, scientists, soldiers, athletes—women have made contributions in virtually every field. Honor them this March.

[The Renaissance Symposium on March 28th is California Women Trailblazers. What a fitting month of this!](#)



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# Campus Commons

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## Christine's Comments

Along with the eight residents celebrating their anniversaries at Campus Commons, I am celebrating six years. I came to Campus in March of 2013 after working at Winding Commons for ten years. I can't believe it's been six years already! A lot has happened over the years; I've seen a lot of folks come and go and we have lost and gained some wonderful people. I'm grateful for the time I've spent here so far.

We'll celebrate this month with our first Mardi Gras and Masquerade Party during happy hour on March 8<sup>th</sup>. The staff is dressing up in masks and gowns (at least some of us are), so we should have a great time. We hear we're having a special guest join us, so you won't want to miss the fun. We'd love to see you dress up in masks and costumes as well. For those that want to purchase a mask, we have ordered plenty and will be selling them for \$1. Stop by the office after February 27<sup>th</sup> if you'd like to purchase one to wear to the party.

As our community grows, so do our events and happy hours. With so many in attendance, you are unable to keep your walkers next to your tables. So, we need to move them out of the way to avoid trips, falls and congestion in aisles from other residents and our dining staff. During Happy Hour, we will issue you a laminated number. The same number will be placed on your walker. When it's time to retrieve your walker, we will get the number from you and get your walker back to you in a timely manner by identifying the number quickly. We think this practice will be successful.

Don't forget to spring forward on March 10<sup>th</sup>.

Richard Beyerl, General Manager with Sodexo, will be leaving Campus Commons and going back to Winding Commons. The interim general manager is Robin Boyer. Richard will be back and forth until a permanent General Manager is announced.



## Tonya's Activity Corner

We have another month planned with some fun outings! We're heading to Mel's Diner (for those who would like to walk over, we'll meet you there) for breakfast and then on to the California Automobile Museum on the 6<sup>th</sup>. On the 13<sup>th</sup>, we'll head to Folsom to the Historical Society and then lunch. Hoping the weather holds up and shines for us! On March 20<sup>th</sup>, we'll head down to Old Sacramento and dine on the Delta King for lunch. Please be sure and sign up if you would like to go on any of our outings.

We also have another great month in entertainment with Songbird Trio, Bob Rawleigh, who will perform for our St. Patrick's Day Happy Hour, and a fun afternoon on the 22<sup>nd</sup>, when Christopher Oates will entertain with his live Puppet Marionette Show. Christopher can be seen on the streets of Old Sacramento entertaining audiences and recently performed at our sister community where he received a very warm welcome. We thought you'd like to see his performance too! And Rick Turnage will close the month on the 29<sup>th</sup>.



There is a new Suggestion Box on the wall by my office. Please drop me a note with ideas, or comments and suggestions about the activities program. This could be anything, from new places to visit on our outings, craft ideas, entertainment, etc.

Rick Trnka will mediate a new activity on Thursday at 2pm in the Library/Theatre – Life Stories. This is a time for you to learn something new about one another. No need to sign up, just show up.

My craft classes are growing, and I look forward to those that attend each month. A huge thank you to Ginny Johnson who is always lending a supportive hand in helping me and you with the class.

## March Birthdays

In astrology, those born March 1–20 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Peggy Smith, March 6<sup>th</sup>  
 Myra Frisch, March 14<sup>th</sup>  
 Michael Halfant, March 14<sup>th</sup>  
 Sam Adrien, March 19<sup>th</sup>  
 Joe Woelflen, March 20<sup>th</sup>  
 Ginger Gunnensen, March 15<sup>th</sup>

## Campus Anniversaries

Barbara Cross – 1 year  
 Connie Lineberger – 1 year  
 Myra Frisch – 2 years  
 Pat Edmonds – 3 years  
 June & John Bost – 5 years  
 Bill Becker – 6 years  
 Goldie Ramos – 15 years  
 Barbara Holland – 16 years

## Natasha's Marketing Minutes

March is already here! Just a friendly reminder to our Welcome Committee! We'll meet quarterly (March, June, September and December), for our Welcome Committee meeting at 2:30pm in the Activity Center. This month's meeting will be March 21<sup>st</sup>. Please remember to bring your thoughts, new ideas and even a friend that is interested in joining our team. Get excited, as our second meeting of the year will include a brief tour of the community together!

**Quote of the month:** Spring is nature's way of saying, "Let's party!" -Robin Williams



## March's Featured Resident by Shirley Riemer

If you were to find yourself in conversation with one of our newer residents, Charna Moulton-Barrett, you might find yourself tempted to investigate some of those grand old Shirley Temple movies from the 1930's – or you might even find yourself humming one of those old Shirley Temple standbys, like "Animal Crackers in My Soup."



No, Charna didn't star in any of those early-Depression films that made Shirley Temple and Jane Withers famous, but she did appear as an "extra" in their films, along with a number of other children selected for their outgoing and self-confident nature. Dancing schools in those days offered a natural pool of young "extras." Charna recalls that she and the other "extras" would be called in for the rehearsal – just the day before the movie was shot.

In those Depression years, the Hollywood studios, eager to coax more people into movie theaters, went searching for precocious children, to serve as "extras." They might be viewed in movie scenes showing groups of young people having fun at the beach, or sitting in a school room, or in other such non-acting and non-speaking roles.

Charna – by the way, just a few months younger than Shirley Temple – earned \$100 per day for her "extras" work. Her movie "career" lasted about three years.

Some of us here at Campus Commons have wondered how Charna came by her unusual given name. Her mother chose the name in honor of her own mother, a Russian immigrant named Charna, who had died quite young. But, Charna's mother had to wait – first for a boy to

be born, then another boy, and finally a girl – whom she could name "Charna" – in memory of the woman, who, had she lived, would be Charna's grandmother.

Although born in Sacramento, Charna, at age seven, moved with her family to Los Angeles. By age ten, she had started taking children's dancing lessons, an activity that gained the attention of those ever-present movie scouts at the time.

Charna recalls as well, another "performance" – her participation during her high school years in the big Hollywood Christmas Parade, a huge event held every year on the Sunday after Thanksgiving. There, Charna recalls being parked high up on a float (actually, an open-end truck) sitting on the lap of a huge sculpted figure of Abraham Lincoln. Her task: to wave to the crowds on both sides of the parade route – and to keep smiling!

After finishing high school – with, incidentally and memorably, her graduation ceremony having been held in the Hollywood Bowl – Charna moved to San Francisco and took a government job at Treasure Island, followed later by a job in Burbank – at the Burbank Airport – arranging and organizing popular three-day gambling forays to Las Vegas and back.

A few years ago, while living in a retirement home in Sarasota, Florida, Charna joined the "Sarasota Circus," an elders group giving circus-type shows for older people in the city – performing around town, always in authentic circus costumes. The group was well trained by the Ringling group, Charna reports.

During the Vietnam War, Charna worked at an Air Force base in Japan, doing paperwork involving caring for wounded American soldiers. Even later, she worked with U.S. Customs, becoming a Customs officer in Miami and Alaska, and retiring in 1992.

After retirement, Charna found time to have fun – launching many trips, all over Europe.

Now, here at Campus Commons, she speaks warmly of the many so-friendly residents she has come to meet. "You have very welcoming group here," she says.