

## The Big Cheese



Every May a wide field of intrepid contestants converges on Cooper's Hill outside the small village of Gloucester in England. They will throw themselves down the 650-foot hill, risking life and limb, to chase a rolling nine-pound wheel of double Gloucester cheese. This is the extreme sport of cheese rolling.

No one knows how this strange pastime originated. Some say that it came from an ancient pagan rite of spring, where bundles of burning brushwood were rolled down the hillside to represent the rebirth of spring after the dead of winter. After the burning bundle was rolled down the hill, buns, biscuits, and sweets were scattered over the hilltop as an offering to the spirits and to ensure a plentiful harvest. Likewise, no one knows when the rolling bundle of burning sticks became a wheel of cheese. What we do know is that the event was first recorded for posterity in 1826. Notes on that year's cheese rolling were recorded by the town crier, and from those notes, it is understood that even then the event had long been a pastime.

The event is rather simple. Contestants assemble at the top of Cooper's Hill and wait for the master of ceremonies to push the cheese down the slope. A second after the cheese is released, the contestants follow. The first to grab the cheese is the winner. However, the cheese may reach speeds of up to 70 mph, so usually no one catches the cheese. In that case, the first to cross the finish line is declared the winner. As simple as the competition sounds, there is nothing easy about chasing the cheese down the hill. Each year, many people suffer serious injuries. Paramedics wait at the hill's foot, ready to cart the injured off to local hospitals. Chris Anderson, a repeat champion, has suffered bruised kidneys, a concussion, and a torn calf for his victories. In 2013, in an attempt to mitigate the risk, the speeding wheel of cheese was swapped with a foam replica. Not to worry, the grand prize still remains. Winners, of course, get to take home the cheese.

## 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

## Natasha's Marketing Minutes

I want to thank all of you that attended Wild Things last month. We learned a lot from Gabe about the sanctuary and how they care for these wild animals brought into the United States illegally.

Renaissance will have its last presentation on the 6<sup>th</sup>. Renaissance will return this fall on Thursdays.

Steve Beck, from Sutter's Fort, will stop by on the 9<sup>th</sup>. He will take us back in time to when the site of the fort was established in 1939 and was originally called New Helvetia by its builder, John Sutter. Fun fact: Sutter's Fort played a prominent role in the early development of the area around Sacramento as a waystation near the end of the California Trail and the Siskiyou Trail.

It's time to pick your brain! Dr. Terri Harvath, from UC Davis Medical Center, will be here on the 21<sup>st</sup> discussing lifestyle habits to help maintain a healthy brain.

**Quote of the month:** To plant a garden is to believe in tomorrow ~ Aubrey Hepburn

# Campus Commons

22 Cadillac Drive, Sacramento, CA 95825 \* 916-929-3966 [www.RayStoneSeniors.com](http://www.RayStoneSeniors.com)



## Christine's Comments

This is a pretty special month for me; Cinco de Mayo – because I love Mexican food – ☐ - Mother's Day because I love my mom, Armed Forces Day because I love my son who is in the Marine Corps, Memorial Day because of all the men and women who have served our country, but the most special reason...my daughter will be getting married this month! We are beyond thrilled.

The library/theatre will be "under construction" for some time this month. We are getting new carpet installed, which means everything in the library/theatre will need to come out. Please bear with us during this time. I will communicate to you when the library will officially be closed. The movies on Sunday, Thursday and Saturday evenings will be played in the Cabaret Lounge starting May 12<sup>th</sup> through the end of the month. Monday matinees will not be played in the Library/Theatre after May 6<sup>th</sup>. Be sure and view your calendar for a complete update.

Please note that Tonya's Craft Class moved to Tuesday, May 7<sup>th</sup>, this month only. It will return back to Mondays in June.

I hope you're enjoying the outdoor dining area. It's so nice outside this time of year. As a reminder to our newer residents, it's first come first serve and it will be open for lunch and dinner. The three tables with umbrellas are not pre-set, but you can certainly sit there for any meal. Just let a staff member know, and they will be happy to set it up for you. This is a great table for five or more people!

And don't forget, our third floor terrace is just as lovely this time of year. Nancy Millin continues to do a beautiful job maintaining the flowers and plants. Early morning and very late afternoon are the best times to visit with a cup of coffee, iced tea, or read a book.

Happy May and Happy Mother's Day!

## Team Campus

Christine Pesola  
 Community Administrator  
[campus-mgr@raystoneinc.com](mailto:campus-mgr@raystoneinc.com)

Tonya Gutierrez-Ridolfi  
 Activities Director  
[campus-ad@raystoneinc.com](mailto:campus-ad@raystoneinc.com)

Natasha McCrimmon  
 Marketing Director  
[campus-md@raystoneinc.com](mailto:campus-md@raystoneinc.com)

Natalya Mugoryayeva  
 Resident Relations  
[campus-rr@raystoneinc.com](mailto:campus-rr@raystoneinc.com)

Judy Dadigan  
 PT Sun/Mon Resident Relations  
[campus-amd@raystoneinc.com](mailto:campus-amd@raystoneinc.com)

Sia Xiong  
 Transportation Driver

Chris Cook, Maintenance  
[campus-maint@raystoneinc.com](mailto:campus-maint@raystoneinc.com)

Charlene Wickizer, Marcy Solis &  
 Rick Comer, Housekeeping

Shawn Asberry, Karen Schaefer,  
 Carol Haran, Ebony Pool,  
 Evening Porters

Brian Thomas, Chef Manager  
 Sodexo Senior Services  
[Brian.Thomas2@sodexo.com](mailto:Brian.Thomas2@sodexo.com)



## Tonya's Activity Corner

It's time to get out and about, but don't forget to do your "spring cleaning." After your spring cleaning, come and join us for a Tea Party & Fashion Show on Saturday, May 11<sup>th</sup>, from 1:00-3:00pm in the Cabaret Lounge. Please come at 1:00pm if you would like to take pictures with family and friends at our staged tea table with a beautiful backdrop. For those who prefer to come at 2:00pm, this is the time we will let you in to be seated, and soon after, the fashion show will begin. There will be hot tea, tea cookies and fruit. I am looking forward to having a fun-filled day with all of you... "It will be a tea-rrific time!"  
Reminder: We need 10 residents that will be models for the fashion show. Please sign up in the office.

For our outings this month, we have planned a scenic drive to Napa Valley to V. Sattui Winery & Artisan Deli on May 1<sup>st</sup>. On May 8<sup>th</sup>, we will enjoy an afternoon at Westminster Church with the choral ensemble and Director, Jennifer Reason. Director. Steve Beck will visit us on May 9<sup>th</sup>. We will travel to Sutter's Fort on May 15<sup>th</sup> for a tour with Steve. We have reservations for lunch at Zocalo Mexican Restaurant in Midtown. We have an extra Wednesday outing this month, so on May 22<sup>nd</sup> we will go back to Westminster Church for Music at Noon and enjoy Silent Films with organist, Dave Moreno. We are ending the month with a lunch outing to Frasinetti Restaurant & Winery in South Sacramento. For those who want to wine taste, you will have the opportunity to enjoy a glass of wine and the atmosphere. Please sign-up as soon as possible for all outings.

We have a great line-up of performers starting off with Girls, Girls, Girls on May 3<sup>rd</sup>. Enjoy their style of music from the 1940's and 1950's. Jay Casl's group of four will be here on May 10<sup>th</sup>, and The Calamity Jazz Band on May 17<sup>th</sup>. Mike Ely will be back on May 24<sup>th</sup>, and last, but not least, Lincoln Highway returns to have you moving and dancing. I hope to see you during Happy Hour having a great time!

## May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

Helga Lutgendorf, May 4th  
Loretta Landers, May 11th  
Barbara Cross, May 15th  
Bob Lauten, May 19th  
Lyn Gaskin, May 22nd  
Ann Paul, May 24th  
Yolanda Wright, May 25th  
Bill Becker, May 26th  
Joann Charamuga, May 28th  
Sarah Lagomarsino, May 28th  
Mary Higdon, May 31st  
Midge Stahelek, May 31st



## Campus Anniversaries

Lu Bakken – 1 year  
Marguerite Spencer – 1 year  
Helen Waterbury – 1 year  
Gloria Roberts – 2 years  
Joyce Kunz – 3 years  
EB & Barbara Long – 3 years  
Ron Rasmussen – 4 years  
Midge Stahelek – 4 years  
Gloria Mollring – 6 years  
Mel Bisgay – 7 years  
Ann Paul – 7 years



## May's Featured Resident

Think back. How did you spend your summers during your high school years? Trips? Summer camp? Swimming lessons?

Barbara Cross recalls that back in the war years, those were not the common summer activities for young people in her community. Rather, she spent several summers employed in the apricot orchards of Santa Clara Valley, working in a crew of fellow "cot-cutters," as they were known.

These young apricot cutters, working right there in the orchard, would cut open the apricots, pit them with a special curved knife, then lay them on large wooden trays, to be taken to the drying sheds. Thus, Barbara and her friends spent those summers easing the wartime shortage of farm workers.

Later, Barbara and some girlfriends worked the night shift at the cannery itself – not an especially attractive idea, except that it offered one irresistible benefit – transportation to and from the cannery by way of one student's car, which happened to have a rumble seat! Who would turn down a deal like that!? And by the way, the girls could hardly ignore one other attraction of the cannery job: a number of boys from their high school were also working that shift at the cannery.

Although the pay for her work cutting apricots was meager, Barbara recalls saving up her earnings to buy wonderful fluffy angora sweaters, which she was happy to wear the first week of school – even during 90-degree weather.

When the fruit season ended, Barbara's family took its annual month-long camping vacation. Swimming lessons? Hardly! When she was five years old, Barbara's father threw her in the lake. From that time forward, she continued to swim in her own personal style, into her 60s.



While attending San Jose State, Barbara met her husband-to-be. Following marriage and the raising of five children, Barbara took lessons involving two pastimes – bridge and golf. Starting off with bridge lessons, at \$1.00 per lesson, she found that just about everywhere she went, people played bridge. To this day, 53 years later, she still plays bridge twice a week.

Unfortunately, two back surgeries during her thirties hampered her golf game. Nevertheless, she and her husband traveled extensively, with Barbara admitting to spending more attention to sightseeing than to the game of golf.

Following her husband's early retirement, the couple moved to Lake Wildwood, outside Grass Valley, where the couple hosted many family gatherings. One tradition, celebrated even to this day, is what Barbara's family calls the "Secret Santa" game, played every year on Christmas Eve. Starting in 1970, when at least twenty family and friends attended – Barbara's children, nieces, nephews, cousins and all the rest still insist on the fun of the family's crazy "Secret Santa" gift exchange, even when circumstances allow only eight or nine to attend. Each family member brings a crazy gift – although not a throw-away gift. The hilarity comes with the one-by-one opening of the gifts.

For almost twenty years, Barbara took pride in the volunteer work she gave to support the Interfaith Food Ministry, which serves about 250 needy families a month.

Surely many of us here at Campus Commons have already noticed Barbara's zest for learning and teaching line-dancing. She encourages just about everyone she meets to attend the Wednesday 3pm line-dancing practice sessions. Barbara believes that although line dancing is not bridge, and it's certainly not golf – it's just as contagious.

