

# WINDING COMMONS

Winding Commons \* 6017 Winding Way Carmichael, CA. 95608 \* (916) 485-0100 \* (916) 485-0611

## The Making of a Man

Not only is June 21 Father's Day, but June is Men's Health Month. All June long, we are asked to honor the men in our lives: dads, husbands, brothers, and uncles. Ironically, research suggests that men may be unsure of how best to honor themselves, partly because some men are questioning traditional definitions of manhood.

The strong silent type. A man of action and not words. The breadwinner. The jock. The buffoon. All of these are common male stereotypes. And while working hard, enjoying sports, and joking around are certainly positive qualities, some psychologists argue that American society tends



to overemphasize qualities of toughness, self-reliance, material wealth, and emotional detachment in boys and men. Qualities such as willingness to compromise, showing vulnerability, expressing emotions, and nurturing others are viewed as feminine and signs of weakness. This wasn't always so. In the late 19th century, men were expected to be compassionate caretakers. But when the bulk of men's work moved from the homestead to the factory, masculine ideals began to shift. In fact, the Boy Scouts were founded in 1910 to reinforce those qualities of loyalty, courteousness, and kindness that were feared to be lost. Many men today share similar fears.

Groups of men all across the country, such as Philadelphia's Masculinity Action Project and the global ManKind Project, are attempting to promote "healthier masculinity." They hope to keep all of the positive traits of manliness while throwing out characteristics that are harmful. While some critics have gone so far as to call this a "war" on traditional masculinity, many men in these groups feel better about themselves: they have better relationships, stronger core values, and better mental health. These men are not only becoming, in their eyes, better men but they are becoming better humans. Furthermore, when these men understand and define what makes them positive male role models, they are better equipped to pass those traits along to younger generations.

## Jumble Jam Jubilation

By  
Christopher Sharp

Thank you, Winding Common's residents, for participating in my new game Jumble Jam. Shortly after I started my assignment here, the order to self-isolate was put into place for all of California. Even though this policy has been nothing less than a major disruption in our daily routines. I saw it as an opportunity to create an activity that would not only keep you mentally engaged but also physically active. During times like these it is too easy to get stuck indoors and not get the much-needed sunlight our bodies require. Jumble Jam is the perfect excuse for residents to get outside and get active. It has brought me great pleasure to see our residents getting involved by going outdoors and searching the grounds for clues. To my delight, the first round has gone better than I had expected with lots of residents taking on the new challenge of Jumble Jam. However, it has also revealed to me the changes that needed to be made. With those much-needed alterations in mind, I have completed writing the second round and look forward to seeing



more of the community jumbling and jamming next game. I would like to extend a well-earned congratulations to our grand prize winner Karin Gunner, who was able to collect all the letters solve the very challenging inaugural jumble. I guess it is, as they say, "To the victor go the spoils". This round's spoils are yours Karin! For all those who are considering playing the next round, you might want to try to find the clues as early as possible. Things are really starting to heat up outside, so you may want to consider finding your Jumbles either early in the day or in the evening time. Will you be the next to solve the final jumble and take the win?



### Winding Staff

Deanna Brewer  
Community Administrator  
[winding-mgr@raystoneinc.com](mailto:winding-mgr@raystoneinc.com)

Hilary Hardin  
Marketing Director  
[winding-md@raystoneinc.com](mailto:winding-md@raystoneinc.com)

Christopher Sharp  
Resident Relations Temp  
[winding-rr@raystoneinc.com](mailto:winding-rr@raystoneinc.com)

Lyndy May  
Resident Relations  
[winding-rec@raystoneinc.com](mailto:winding-rec@raystoneinc.com)

Barbara Higley  
Activities Director  
[winding-ad@raystoneinc.com](mailto:winding-ad@raystoneinc.com)

Celina Haro  
Activities Assistant  
[charo@raystoneinc.com](mailto:charo@raystoneinc.com)

Rudy Carmona  
Transportation

Bill Ashwell & Robert Rosker  
Maintenance

Diane Pittman, Angie Carr, Aura Guerra, and  
Gail Emery Housekeeping

Clay McAmis, James Forehand Evening  
Porters

Kirk Larsen  
Chef/General Manager, Sodexo

## Deanna's Download

Many residents have been asking about the Hair/Nail salon and when it will re-open, since some salons in California have received the go ahead to open. Because we are a senior community and in the most vulnerable group, we will most likely be looking to open closer to stage 4. Ray Stone is taking every precaution to keep our communities safe during this pandemic. In the meantime, we are working hard to bring more activities to you, while social distancing. We have started small exercise classes on the patios, as well as golf and Bingo by the pond. Christopher has had a great response to the Jumble Jam game. Today, we received our 3 winners: 1) Kay Wolf 2) Jill Murrell 3) Joy Jones. Congratulations ladies!!!

We have just finished our second game of Social Distancing Bingo. Congratulations to the following winners:

Fred Dutra – Postage Stamp and 2 corners  
Nancy Henning – Block of 9  
Charlotte Murphy – The letter X  
Darrell Rieschick – Blackout  
Fred Madigan – Blackout

Last Friday was Darrell's lucky day! He won at Bingo around the Pond and the blackout from Social Distancing Bingo. He says he never wins. Wow!

For those of you that love crafting, we have put together a card making kit that you can do in your apartment. Gail, our Evening Porter is also a talented card maker. She put together a cute prototype and inserts for the sayings. I think that it will be fun for those of you that love crafting. Please call the office and let us know if you would like one of the kits. Also, if you have leftover supplies, hang on to them. If you enjoy these kits, we can do others, and you may want to incorporate the supplies for future cards.

In April, I had a Fused Glass class scheduled that had to be cancelled. Well, it's time to reschedule for those of you that enjoy making a one-of-a-kind piece of art. Please call the office if you would like to sign up for a class.

## On Thin Ice



In June of 1844, a marvel of modern engineering opened to the public in London, a “Glaciarium,” or the world’s first indoor skating rink. A flyer advertised the occasion: “This establishment... was opened on Monday afternoon. The area of artificial ice is extremely convenient for such as may be desirous of engaging in the graceful and manly pastime of skating.” The rink even boasted alpine views and mounds of snow. How did the Glaciarium achieve this feat in the middle of summer? By not using real ice and snow at all. Despite the picturesque appearance, the ice was made of a mixture of pig fat and salts. Even worse than the strange appearance, it smelled horrible. The brave few who dared try indoor skating soon abandoned the pastime.

It wasn’t until 1876 that true refrigeration technology allowed for the creation of man-made ice and a real Glaciarium was opened in London. Inventor and veterinarian John Gamgee had developed a method of freezing meat for long-distance transport. He tweaked the same technology to create his skating rink. A layer of earth, cow hair, and wooden planks was laid on a foundation of concrete. This was topped with copper pipes that carried a homemade solution of glycerin, ether, nitrogen peroxide, and water. As Gamgee’s solution flowed through the copper piping, water poured on top of the pipes froze solid. Gamgee was also keen to use some of the same marketing tools from the original Glaciarium. He staged an alpine scene in the background and even included a live orchestra to play for his intrepid skaters. At first, his Glaciarium proved so attractive to the wealthy that he found he could operate it on a members-only basis. Gamgee even opened two more rinks across town. The success was short-lived, however. Gamgee suffered from his own technological achievement. His mechanics for freezing made the ice so cold that his rinks became shrouded in a bone-chilling fog. Before long, his members had abandoned the new pastime completely, preferring to skate on nature’s frozen lakes and ponds.

## June Birthdays

In astrology, those born between June 1 and 20 are the Twins of Gemini. A Gemini’s dual nature is expressed through skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent. Those born between June 21 and 30 are Cancer’s Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators.

Barbara Ashley June 6<sup>th</sup>  
 Bob Mayse June 15<sup>th</sup>  
 Joan Swenson June 20<sup>th</sup>  
 Lois Johnson June 23<sup>rd</sup>  
 Naida Jensen June 24<sup>th</sup>

## Elvis Shocks the Nation



By 1956, Elvis Presley had already hit No. 1 on the music charts with “Heartbreak Hotel,” and he was becoming a rock ‘n’ roll sensation, but nothing prepared the public for his live performance of “Hound Dog” on *The Milton Berle Show* on June 5, 1956. Elvis had already appeared on television several times, including on *The Milton Berle Show*. But in these appearances, Elvis was always filmed close-up or behind his guitar. On June 5, the 21-year-old Elvis was televised head to toe, swinging his hips in wild gyrations as he danced, earning the moniker “Elvis the Pelvis.” The next day, critics across the country roundly criticized Elvis, calling him vulgar and untalented. Ed Sullivan declared Elvis would never appear on his show. None of this criticism stopped Elvis from becoming rock ‘n’ roll’s first superstar. In the end, Elvis’ critics had to eat their words.

## A Monument to Love

On June 17, 1631, Mumtaz Mahal died during the birth of her fourteenth child. The emperor of India, Shah Jahan, was so devastated by the death of his wife that he commanded a mausoleum be built in her honor, one so beautiful that it would never be matched. Today, the Taj Mahal stands unmatched as a monument to undying love and marital devotion.



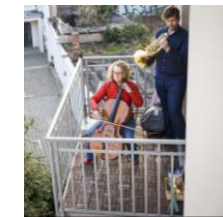
By all accounts, Shah Jahan and his wife were deeply close. Mumtaz Mahal’s name, bestowed upon her by the emperor, means “the exalted one of the palace.” The empress’s residence was the finest ever built, decorated in pure gold and precious stones, with rosewater fountains. Mumtaz was both a confidant to Shah Jahan and an advisor on matters of state. She was even allowed to use the Mehr Uzaz, the emperor’s personal seal, to validate imperial decrees. The empress was as beautiful as she was smart and cultured, a woman more than worthy of the mausoleum constructed in her honor.

Construction of the Taj Mahal began in 1632 and continued for 22 years, employing 1,000 elephants and 22,000 artisans from India, Persia, and Europe. The mausoleum’s architect was most likely court architect Ustad Ahmad Lahauri, the same man who designed Delhi’s Red Fort. Situated across the Yamuna River from the royal palace, Shah Jahan could gaze upon the final resting place of his beloved wife forevermore. The mausoleum is made of white marble and inlaid with precious and semi-precious stones such as jade, crystal, lapis lazuli, amethyst, and turquoise. Its central dome rises 240 feet, surrounded by four minarets. The Ninety-Nine Names of God are inscribed in calligraphic inscriptions on the sides of Mumtaz’s tomb. Not only is the Taj Mahal an enduring symbol of India’s rich cultural heritage but it remains the finest example of Mughal architecture in the world. The tomb and its surrounding gardens host eight million visitors each year, and the complex has repeatedly been included on lists of the New Seven Wonders of the World.

## Napoleon’s “Waterloo”

Napoleon’s defeat at Waterloo in Belgium occurred on June 18, 1815. Napoleon is remembered as one of history’s greatest military strategists. With the French army under his command, he waged war against most of Europe, vastly expanded the French Empire, and crowned himself emperor. After 1812, however, Napoleon suffered grave defeats and was exiled to the island of Elba, but Napoleon was not used to defeat. He escaped from Elba and rebuilt a massive army to march against the foes that had defeated him. At first, Napoleon was successful. On June 16, 1815, he defeated the Prussians. But on June 18 at the village of Waterloo, he commanded his force of 72,000 troops to hold off their attack until mid-day in order to allow the battleground to dry. It was a fatal mistake. During those few hours, new troops joined the opposition, and Napoleon’s forces were overwhelmed and overrun. He was forced to return to Paris in defeat and abdicate the throne. Napoleon’s reign was over, and the name of Waterloo would become forever synonymous with defeat and humiliation.

## Lifting Spirits



Good news! Lifting Spirits, a group of talented students under the direction of Kathy Atkins, who generally visits our community twice a year has recently released two concerts. You can now easily access these performances, while you shelter in place by:

1. Going to Google and typing in: Lifting Spirits Shelter in Place
2. Click on videos
3. Lifting Spirits Shelter in Place concert #1 and concert #2 will appear

Enjoy!