

The Longest Hour



At 8:30 p.m. on March 26, millions of people in 185 countries and territories around the world will be encouraged to switch off their electric lights for an hour in support of nature and the health of the planet. This single hour, known as Earth Hour, has reduced energy consumption by 4% over six years. While that number seems small, even modest reductions in electricity consumption can reduce massive amounts of carbon dioxide emissions into the air. But Earth Hour does not claim massive reductions in energy consumption; it is instead a mass mobilized symbolic action, an hour-long commitment in support of planet Earth.

Earth Hour began in Sydney, Australia in 2007. Over two million people and 2,000 businesses participated in the event. Inspired by Sydney, San Francisco ran its own Earth Hour later that October. In 2008, the event went global when 35 countries and hundreds of cities pledged to join. Even Google's homepage went dark. In America alone, 36 million people switched off the lights. While modest amounts of energy were saved, environmental awareness greatly increased. More people were suddenly caring about where their energy came from and how energy consumption affected the long-term health of planet Earth.

The lion's share of American electricity—60%—is produced by the burning of fossil fuels such as natural gas and coal. Nuclear energy accounts for 20% of the nation's electricity, while renewable sources such as wind, solar, and hydropower account for the other 20%. Luckily, within the United States, the availability and use of renewable energy sources are rapidly increasing. As the cost of the technology required to create renewable energy decreases, demand for the new technology has risen. Over \$300 billion was invested in renewable power in 2020. Of course, old habits die hard. The ease with which we can flip a switch and enjoy light is a modern miracle. But wouldn't it be an even bigger miracle to flip a switch and enjoy light that didn't pollute the environment? That is the hope of Earth Hour.

March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive natures also make Fish creative and expressive artists. Those born from March 21–31 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. Sometimes impulsive, always passionate, Rams are dynamic and fun friends.

Vickie Miller --	March 6 th
Julia Osorio –	March 8 th
Joy Jones –	March 14 th
Lindy Hawkins-Williams –	March 14 th
Della Rieschick –	March 17 th
Joan Coulat –	March 19 th
Sally Levings –	March 24 th
Glen Courtney –	March 30 th

The Month of March

The birthstone for March is **Aquamarine** and thus the March birthstone color is **light blue**, the primary shade of Aquamarine.

Aquamarine is one of the Zodiac birthstones for Pisces (Feb 20 - Mar 20), and Bloodstone is one of the zodiac birthstones for both Pisces and Aries (Mar 21 - Apr 19) star signs. Other birthday symbols include the March flower is the daffodil.

The word 'Aquamarine' means 'water of the sea' in Latin and this gemstone is associated with many legends of sailors. It also aptly reflects the tranquil blue-greens of the ocean, symbolizing calm and peace.

March 20th is known for the first day of Spring!

WINDING COMMONS

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Life from the Ground Up

With the International Day of Forests on March 21 and World Wildlife Day on March 3, the month of March provides ample opportunities to reflect on the extraordinary diversity of life on our planet. Our planet nurtures and supports so much life, it's no wonder we call her "Mother Earth."

When we hear that Earth "teems with life," our imaginations often conjure vast forests crawling with animals, oceans alive with fish, or blue skies filled with soaring birds. The primary engine of life, however, lies beneath our feet. Soil biodiversity—the vast mix of insects, worms, bacteria, fungi, and other living organisms in the dirt—regulates and balances the nutrients that allow for life aboveground. The longer soil remains undisturbed, the longer its organisms grow and thrive. Healthy soils are fertile, filter and store water, and resist erosion. Soil provides the foundation for all living things.

It is amazing that life must begin so small and unnoticed before growing into towering redwoods and gargantuan blue whales. For life to flourish, Mother Earth does not have to work on her own. We can provide the building blocks that sustain woodlands and their wildlife right in our own backyards.

Compost can be added to nutrient-poor soils to increase soil biodiversity. The root systems of different plants support different organisms underground, so planting a wide variety of native flowers, grasses, shrubs, and trees also improves soil. Best of all, a wide variety of native plants also harbors life aboveground. Insects are attracted to native plants and trees. Birds and other animals are attracted to insects. Before you know it, a simple backyard garden has become a refuge for all sorts of local wildlife. Of course, life doesn't happen overnight. It can take years for a healthy soil community to grow, for native roots to take hold, for trees to mature, and for animals to discover their new sanctuary. Nature requires patience. Mother Earth has always played the long game.

Activities Corner by Zhanna

Welcome to the first month of Spring!
Let's talk about some exciting activities & events happening this month:

Emily with Avalon Hearing Aid Centers will be here **Tuesday, March 1st @ 4:00pm** in the Media Room. This is a free service; you are welcome to come get your ears checked and your hear aids serviced.

Seminar scheduled in the Media Room on **Tuesday, March 8th @ 1:00pm** with Carolyn Martin. She presents on women pilots, attorneys, artists, explorers, educators, park founders, inventors and even mayors. Plus a couple of surprising challengers to the socially acceptable of "Nice" women.

Let's celebrate St. Patrick's Day with another "The Price is Right" game. Come have fun, guess prices, and win big on **Thursday, March 17th @ 1:00pm**.

Be sure to sign up for the craft class happening **Friday, March 11th @ 1:30pm** in the Puzzle Room. This month we will be making wooden refrigerator magnets that you can paint and customize! Sign up sheets are next to the mailboxes.

As always, Deanna and I host Bingo twice a month in the Media Room at 1:00pm.

Volleyball, Beanbag Baseball, Indoor Gold and Corn Hole are played in the exercise room on Monday & Tuesdays. Be sure to check your calendars for exact times and days for all of our fun activities!!

Thank you and see you soon,
-Zhanna

Marketing Minutes by Hilary

Happy March Everyone!!
We had a wonderful month last month with all the new residents joining the community. It looks like this month will be just as lucky!
We have Judith in #245. Erna in #137, Charlotte in #253 and Cindy in #136 on April 1st....no joke!! If you have any friends looking to move, make sure you have them come in and take a tour.

If we aren't already working with them, you can get a \$1,000.00 resident referral off your rent sixty days after the move in.

Thank you again for welcoming potential residents as I tour them. You all are amazing.

-Hilary

Awe-Inspiring



How does one even begin to celebrate International Day of Awesomeness on March 10? This holiday's founders selected the date because it corresponds with the birthday of actor and martial artist Chuck Norris. Are we to believe that Mr. Norris embodies all the essential qualities of awesomeness? Norris has certainly achieved cult status amongst his fans thanks to his tough-guy persona. Perhaps Norris embodies the true meaning of awe, defined as a "feeling of reverential respect mixed with fear or wonder." Psychologists believe that experiencing true awe is healthy. These experiences enhance well-being and make us more altruistic.

Puppetry for the People

Since 2003, March 21 has been celebrated as World Puppetry Day. Puppetry is one of humanity's most ancient art forms. As a form of theater, historians believe that puppets were used on stage even before human actors. Puppets have been discovered in the ancient civilizations of Egypt, India, China, and Greece, offering evidence that puppetry is a universal art form dear to all cultures.



What is it about puppetry that makes it so special? As children, it is common to imbue our toys with life, emotion, and drama and play with them. Some could argue that every child who has ever played with a doll or teddy bear is an amateur puppeteer. Child psychologists and educators have taken notice of the power of puppetry. Puppets are often used as a form of art therapy to help children identify their feelings and communicate with others. This sort of play demonstrates the power of puppetry, our ability to transfer ourselves, our personality, our feelings, our thoughts, our voice, our movements, into the object of the puppet. It takes extraordinary empathy to bring a puppet to life, not to mention the skill it takes for a puppeteer to show how their puppet reacts to others. Yet, even if the puppet is acting out an uncomfortable or disarming emotion, puppets offer safety. The puppeteer, after all, is always in control.

Puppets are inanimate vessels brought to life by puppeteers, but only the most skilled puppeteers can make an audience believe that the puppet is more than stuffing and fabric, that the puppet is truly capable of interacting with others. Some puppets have become celebrities in their own right, largely thanks to the expertise of their puppeteers. Howdy Doody was the star of a television series that ran for 13 years. The sock puppet Lamb Chop, played by Shari Lewis, won an Emmy in 1973. Jim Henson's puppets are so popular that they are known by their own name, the Muppets. Henson's perennial collaborator, Frank Oz, performed as the Jedi Master Yoda in George Lucas' *The Empire Strikes Back*.

Facts of Interest

- Grapes light on fire in the microwave.
- Lobsters have clear blood.
- Bubble Wrap was originally invented as wallpaper.
- "Arachibutyrophobia" is a fear of peanut butter sticking to the roof of your mouth.
- There are 118 ridges on the side of a dime.
- "Q" is the only letter that doesn't appear in any U.S. state name.
- The heart of a shrimp is located in its head.
- Ketchup was once sold as medicine to treat stomach and diarrhea.
- Kangaroos cannot walk backwards.
- Cans of diet soda will float in water but regular soda cans will sink.
- 20% of all the oxygen you breathe is used by your brain.
- Hot water will turn into ice faster than cold water.
- Camels have 3 eyelids to protect themselves from the desert sand.
- It is impossible to lick your elbow.
- Most lipstick contains fish scales.
- Chewing gum boosts concentration.
- Showers really do spark creativity.
- Water really makes different sounds when pouring depending on temperatures.
- Stop signs used to be yellow.
- Queen Elizabeth II is a trained mechanic.
- It takes 364 licks to get to the center of a Tootsie Pop.
- The blob of toothpaste that sits on your toothbrush has a name "nurdle."
- Coca-Cola used to be the color green.
- The world's most successful pirate was a woman.
- Pineapples were named after pine cones.
- A punctuation mark is called an interrobang.
- Its is impossible to hum while plugging your nose.