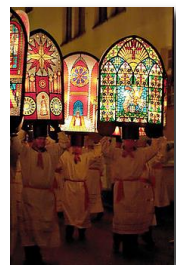


Chasing Tradition

At precisely 8:15 p.m. on December 5, the eve of St. Nicholas Day, all the lights in the Swiss hamlet of Küssnacht are turned off, plunging the village along Lake Lucerne into darkness. So begins the *Klausjagen*, or "Santa Chase," one of Europe's most impressive St. Nicholas Day traditions.

Thousands of spectators line the cobbled street that has wended its way through town since the medieval era. Suddenly, explosions as loud as gunshots pierce the darkness. Spectators shrink back from the street, fearing that they may be struck by the long sheep whips wielded by the men leading the procession.



The cracking whips passing through the pitch announce the arrival of the magnificent, glowing *iffelen*. These are massive cardboard hats, some over six feet tall, worn by robed dancers. The *iffelen* are shaped like bishops' miters. They have been painstakingly cut and colored with tissue paper, showcasing intricate patterns that mimic beautiful stained-glass windows. The most elaborate easily take 500 hours to complete. As if this spectacle isn't magnificent enough, the spectators hold their breath and await the arrival of Santa Claus.

Santa, or St. Nicholas, arrives with a cacophony of clanking cowbells, tooting cow horns, and a band that plays the "Santa song," a melody of only six notes, repeated over and over again. Santa may be the star of the show, but he is not alone. *Schmutzli* walks by his side, a sinister figure robed in black who carries a broom of twigs, traditionally for whipping children who have been bad all year. This *Schmutzli*, luckily, is more benevolent, and he hands out pastries along the parade route.

This ancient procession owes its origins to pagan winter rites where loud noises were used to scare away evil spirits. Over the centuries, Christian and pagan traditions blended to create the famous *Klausjagen* procession that attracts thousands of spectators today.

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 Cell 916-468-3091
After Hours Cell 916-468-3092

Dining Room 916-921-5998
Police Non-Emergency 916-264-5471
Adult Protective Services 916-874-9377
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-Friday
Clean Touch Dry Cleaning 916-366-6666
Pick-up & drop-off Monday & Thursday

Bookworms Wrap Up the Year

The topic for discussion at their November meeting was **Under a White Sky** by Elizabeth Kolbert, a journalist and noted science writer whose recent books deal with environmental catastrophe. It was an interesting discussion, especially for people who were not familiar with her work.

Members had recommended books for 2023, and they voted to choose those they would read the first six months. In date order, they are:

Where I Was From, by Joan Didion.
Being Mortal, by Atul Gawande
The Overstory, by Richard Powers
Salt Houses, by Hala Alyan
The Age of the Strongman, by Gideon Rachman
Churchill's Secret Messenger, by Alan Hlad.

Copies of the list, including mini reviews, are available in the Campus Commons Library. The club does not meet in December; the next meeting will be January 18, 2023.

Campus Commons

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Celebrating December with Team Campus

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& Rick Comer, Housekeeping

Shawn Asberry & Karen Schaefer
Evening Porters

Isaias Valencia, Culinary Director,
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Comcast: 1-800-266-2278
AT&T: 1-800-310-2355

Deanna's Download

I hope you all had a nice Thanksgiving with your family and friends.

We are planning the holiday menu and will be sharing that with you very soon. Also, mark your calendars for December 23rd. We're having our Resident Holiday Party with entertainer, Michelle Devol. She has great energy and knows how to make a party fun! On New Year's Eve, we are going to have another resident favorite, Happy Trails Duo.

I would like to thank and recognize the Knit Pickers, our knitting and crocheting group at Campus Commons. They work throughout the year making blankets, scarves, hats, and other accessories that they sell to raise money for charity. This year, they made a donation to the Shriners Children's hospital in the amount of \$730.00 from their annual sales. Thank you for all your hard work and dedication, Ginny Johnson, Nancy Millin, Barbara Wunderli, Paige Small, Connie Lineberger, Joann Charamuga, Jean Franke, and Genelle Palmer.

We have started to plan our events for 2023. We are bringing back the Vintage Fashions show. If you haven't been to one of these, you're in for a real treat. We will also have a Hawaiian Luau and Bingo Bonanza. These are just some of the highlights for us to look forward to in 2023. For now, we want to wish you a wonderful holiday season and Happy New Year!



A Fresh Take on Peppermint

Peppermint bark. Peppermint lattes. Peppermint candy canes. There is no doubt about it—peppermint is the undisputed flavor of the winter season. Mint is full of the chemical menthol, which, when tasted, activates the same nerve sensors that allow us to feel cold. We love the refreshing, cooling sensation of mint in our mouths and are reminded of winter each time we take a taste. But there is more to the story of peppermint's hold on the winter season than its chemical composition.

Mint-flavored hard candies have been made for hundreds of years. Before the invention of air-conditioning, hard candy could be made only during the cool, dry months of winter, for heat and humidity would spoil the candy. Mint is a reliable flavoring because it does not cook off during the manufacturing process. Its flavor remains incredibly strong. For this reason, mint-flavored hard candy has always been a wintertime treat.

Legend has it that the first candy canes were invented in the 17th century by a German choirmaster who bribed his choirboys with peppermint candy sticks to keep them complacent during mass. Candy in church was not exactly solemn, so the choirmaster asked the candy maker to fashion the candy sticks into shepherds' crooks, honoring Jesus.

It wasn't until 1847 that a German Swedish immigrant to America named August Imgard used the candy cane as a Christmas decoration. He spun white hard candy into its crooked shape and hung the canes along with paper ornaments from a blue spruce. It would take a few more decades and the advent of mass production techniques for candy canes to get their red stripes. Why red? Some say this color represents the blood shed by Jesus on the cross, while others attribute it to the red berries and green garland of evergreen holly that has been associated with Yule traditions. Don't wait until December 26, Candy Cane Day, to enjoy candy canes. Most people start buying them the day after Thanksgiving.

December Birthdays

In astrology, those born from December 1–21 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures. Those born from December 22–31 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators.

Christa Henkelmann, December 1st
Barbara Holland, December 2nd
Ken Beik, December 10th
Al Barber, December 10th
Bruce Haisfield, December 10th
Annabeth Terry, December 11th
Bill Becker, December 13th
Betty Cable, December 18th
Jeanette McCoy, December 19th
Claudia Trnka, December 20th
Pat Edmonds, December 22nd

December Anniversaries

Ginger Gunnerson, 11 years
Esther Franklin, 4 years
John Cohenour, 1 year

December Move-Ins

Lorraine R. #108

Guess Who?

1. As a child, I drove a golf cart into a company truck and blamed my sister. She still thinks she's at blame.
2. I love show cars and dream to own one. Vroom! Vroom!
3. I went sky diving and loved it That was my first and LAST time!

Guess which employee these fun facts are about!



Tonya's Activity Corner

December is a month for sharing, caring, and giving. Go and spread the holiday cheer with your family, friends, and those in need. December 2nd is Barbara Holland's 92nd Birthday Celebration in the Activity Center between the hours of 8:00am-10:00am. Barbara's family will be serving donuts with your coffee. They are inviting all Campus Commons residents to the celebration.

Dates to Remember:

On Saturday the 3rd Rowena with Music in Motion will be here due to a make-up date for those that participate in 9:00am exercise in the Cabaret Lounge.

On the 6th Podiatrist Dr. Hague will be here at 10:00am in the Beauty Shop. Please bring your proper insurance or \$40.00 cash to the appointment.

On the 12th at 2:30pm-3:30pm in the Cabaret Lounge, our very own Campus Commons Riverview Choir. They have been practicing very hard on their Holiday Carols Program. Join Sue, Beverly, and Riverview Choir for a holiday sing along.

On the 16th after Happy Hour in the Cabaret Lounge, I will reveal the 1st, 2nd, and 3rd place Holiday Door Decorating Contest winners.

On the 23rd at 1:30pm in the Game Room get your holiday photo taken by Tonya. Enjoy seeing them on the television screen in the Lobby.

The Holiday Vendors are here in our Lobby and Cabaret Lounge for your convenience to purchase gifts for your loved ones. On December 1st at 10:00am-2:00pm is Adele Davis (previous resident). She will have a craft booth with cards, crafts, and holiday items. She is so excited to see all of you. Eva's Custom Jewelry and a few vendor friends of hers are here on the 7th at 10:30am-2:00pm in the Cabaret Lounge to sell a variety of crafts for the holidays. On the 12th at 10:00am-4:00pm in the Lobby we have Pretty and Practical with Kathy McAndrews. Kathy has very useful and unique gifts for the holidays. Please come down and support these vendors.

Jocelyn from American River Companion Care has a treat for you! Bring all of your unwrapped gifts down to the Lobby on December 20th at 11:00am for complimentary gift-wrapping

December is the month that will end 2022. Be sure to come and join us for our Holiday Happy Hours. This will be spectacular lineup of entertainment.

On the 2nd is Evening Star Band, on the 9th is Songbird Trio and if you missed them last month, you don't want to miss out! Linda Bracamonte is a new entertainer here with us on the 16th. She is a Nashville Blues and Rock artist/songwriter. Are you ready for our Holiday Resident Party? On the 23rd come down and join us for the talented singer Michelle Devol, I hear she is an amazing singer with a beautiful voice. You will enjoy the Happy Hour entertainer and Holiday treats. On the 30th 2:15pm-3:30pm we will have a great time socializing and listening to the holiday music with a Resident Wine Social and appetizers. Now, it is time to end the year of 2022 and bring in the New Year. On December 31st from 7:00pm-9:00pm in the Cabaret Lounge we will dance the year away with the Happy Trails Duo. Be prepared for a fun and exciting time to bring in 2023 with a bang! Ending this year with peaceful memories and bringing in the New Year with exciting probabilities.

Karla's Marketing Minutes

Welcome to the last month of the year! 2022 is on the way out and 2023 is about to make its appearance! Before the new year begins, we have the holiday season with all its customs, traditions, and festivities.

We have a very valuable presentation on Thursday, December 1 at 2:00pm in the Cabaret Lounge. Mark Eddy with Campus Commons Physical Therapy will provide this important presentation, "Walk Better, With or Without Your Walker".

On Wednesday, December 7 from 10:30am – 2:30pm, Eva's Custom Jewelry will bring an opportunity for Christmas shopping in your own backyard! The Cabaret Lounge will host not only Eva's wares, but other vendors as well.

For all residents who want to play Words in Words, we meet the first and third Tuesday of each month from 2:00pm – 3:00pm in the Activity Center. Come join us!! Everyone is welcome and we need more players!

If you know someone who is thinking of moving to a senior living community and you refer them to Campus Commons, we have increased the referral fee we pay you to \$1,000! See me for details.