

September 2020

Evergreen News

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The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning "equal," and *nox*, meaning "night," for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September's full moon to denote the importance of the harvest. September's full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the "Moon When the Plums Are Scarlet," denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month's various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

On the Ball

Ballroom dancing was once a privilege afforded only to the upper classes and well-to-do. Today, however, ballroom dancing is a pastime that everybody can enjoy, and you don't need an extravagant ballroom in which to do it. Grab a partner and take to the dance floor for a foxtrot, waltz, tango, pasodoble, rumba, or any other style of dance during the week of September 18–27, Ballroom Dancing Week.



The term *ballroom* comes from the Latin word *ballare*, which means “to dance.” The earliest ballroom dances were invitation-only events where aristocrats were invited to the royal court for formal balls.

Many historians believe that ballroom dancing originated in 16th-century France. The book *Orchésographie*, written by the French cleric Thoinot Arbeau in 1589, explains in great detail the role of dance in aristocratic circles during the French Renaissance. Soon after, in 1650, the French composer and dancer Jean-Baptiste Lully introduced the dance known as the minuet to Paris. These lively and fast-paced dances became all the rage and remained a ballroom staple for a hundred years.

Many formal ballroom dances evolved from folk dances. The minuet was originally a peasant dance from the French province of Poitou. The waltz, too, had its origins as a German peasant dance. During the 18th century, nobles grew bored with the minuet and would steal away to the dances of their servants, where they learned the waltz. The waltz was considered scandalous, with its clasped hands and bodies pressed closely together. It took years before it was accepted into the ballrooms of the aristocracy. So, too, over the years did dances like Argentina's tango and Cuba's rumba gain acceptance to the ballroom. And in the 20th century, as audiences watched Fred Astaire and Ginger Rogers dance across the silver screen, ballroom dancing suddenly seemed accessible to the masses. Today, ballrooms offer dance nights for dancers of all abilities. Whether you are a novice or an old pro, Ballroom Dancing Week is a chance to put on your dancing shoes.

Long-Lived Locomotive

In 1831, Philadelphia and New York were the two largest cities in America. The state of New Jersey, situated between the two cities, became a prime location for a railroad company that could transport people and goods up and down the coast. Robert Stevens founded the Camden & Amboy Railroad (C&A) and enlisted Robert Stephenson and Company of Newcastle, England, to build a steam engine, which was called the *John Bull*. Starting service on September 15, 1831, *John Bull* became the oldest operable steam engine in the country.

The engine was shipped to America in pieces. Steamboat mechanic Isaac Dripps was tasked with putting it together. Despite his inexperience and the lack of assembly instructions, he succeeded. His innovative pilot wheel at the front of the locomotive became standard on almost all steam locomotives at the time. *John Bull* ran for 35 years before being retired. In 1883, it was given to the Smithsonian Institution for exhibition. Then, on September 15, 1981, 150 years after its first operation, *John Bull* ran in Washington, D.C., making it the oldest self-propelled vehicle in the world.

Kitchen Creativity



September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious.

These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.

Pause. Breathe. Begin Again.

There is a phrase I have been drawn to when I am feeling overwhelmed and stressed that helps me slowly come back to myself...Pause. Breathe. Begin Again. I heard this phrase from a former professor of mine, and it was something I could not get out of my head. Even simply saying the phrase slowly to myself a few times was and is calming. I find myself coming back to this phrase as we continue through this pandemic, not only as a practice that is helpful to me personally, but also as a spiritual practice to be shared with our residents. So what does it mean to Pause. Breathe. Begin Again, and how is this practice helpful to us during this season we are all in?

Pause. I heard a pastor friend of mine once say, "Distraction is the curse of our age. The desperate need today is not for a number of efficient people, or busy people, but for present people." We cannot be present with ourselves, God or our neighbor without pausing and taking time to notice and take inventory of our thoughts, feelings, worries, etc. The act of pausing is a defiance against busyness and distraction, allowing us to "...be still and know that I am God" (Psalm 46:10). When we pause, we can recognize our anxieties and worries and turn those into prayers to God, "...casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful..." (1 Peter 5:7-8). As we take time to pause and notice these things, our hearts are free and have more room to "...give thanks to God in all circumstances..." (1 Thess. 5:18), leaning in and pondering more on all the blessings we do have, which helps us breathe again.

Breathe. In a book titled "Atomic Habits" by James Clear, the author talks all about the science of creating healthy habits and breaking bad habits. One of the ways to begin good habits, he says, is not the length of time you do a habit but how consistently you do it. He suggests that to start a good habit, do it no more than 2 minutes per day coupled with a healthy habit you already do. Once we begin practicing pausing, being still and taking inventory of our hearts and minds as well as our blessings, we can begin to couple it with our breathing for a short 2 minutes per day...breathing in slowly through our nose and slowly exhaling out of our mouths. We can even add scripture to our breathing as a practice that dates back centuries to the desert mothers and fathers, breathing in "The Lord is my Shepherd" and exhaling "I lack for nothing" (Psalm 23). Breath and spirit often mean the same thing in the Hebrew Scriptures, and so we pause and then breathe, recognizing our spirit is alive, because of "...he who is in you..." (1 John 4:4).

Begin Again. This phrase is simply grace. Grace for ourselves given to us by God and grace for others that we share. When we pause and breathe, we allow ourselves to become present with ourselves and with God, which then allows us to receive the grace we so desperately need in order to extend our grace and presence to others. My prayer for you and our residents is that you may pause; breathe; and begin again.

Chaplain Clint

Britain's "Bobbies"

Visitors to Britain might be surprised to learn that their police officers are nicknamed "bobbies" and that they carry no firearms. The invention of this unique police force on September 29, 1829, is credited to then-British Home Secretary Sir Robert Peel, for whom they are named.



Before 1829, there was no British police force. Order was maintained by a mishmash of officials: night watchmen, local constables, and the red-coated army soldiers we remember from the American Revolutionary War. Sir Robert

Peel's vision was to create a centralized and professional law enforcement body for the service of all equally under the law, not just the well-to-do. Britain had long been at war with France, and many Britons were familiar with France's powerful, state-run police force. Peel also knew that many Britons would be opposed to forming such a force in Britain, so he launched his police force in central London and laid out nine principles for policing that he called the "General Instructions." Chief among these was the notion of *policing by consent*. Peel wanted the authority of his officers to rest on the support of the public, not the threat of power by the state.

Peel's Metropolitan Police, headquartered on a small street called Scotland Yard, did not don the red coats of the army, but black coats, tall wool hats, and shiny badges. They did not carry firearms, for they did not rule by force but by consent of the populace. Instead, they carried a short club and a whistle, which they could blow if they needed backup. Officers walked routine beats so that their faces would grow familiar, thereby gaining the trust of the citizenry. In time, the Metropolitan Police and their so-called "Peelian Principles" of policing were deemed a smashing success. In London, officers came to be called "Peelers," after Sir Robert Peel, and also, more famously, "Bobbies." Those Peelian Principles are, for the most part, still practiced today. In Britain, most Bobbies still do not carry firearms, and they proudly police by consent.

September Birthdays

Barb – September 8th
Harriette – September 16th
Wilma – September 16th
Gloria – September 29th
Jim – September 30th



"The Catch"



On September 29, 1954, Willie Mays made one of baseball's biggest plays on baseball's biggest stage. It was Game 1 of the World Series between Mays' New York Giants and the Cleveland Indians. The score was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Series title, and Mays' catch, remembered forevermore as simply "The Catch," has gone down in history as one of the greatest plays ever made.