



### Notable Quotable

“Like family, we are tied to each other. This is what all good musicians understand.”

~ Billy Joel  
born May 9, 1949



*In 2015, nearly 150 people gathered at the Basilica of Saint Mary for the Blessing of the Wheels.*

## May Birthdays and Anniversaries

### Birthdays

Caroll Day May 1<sup>st</sup>  
Lucille Charleston May 7<sup>th</sup>  
Beverly Spitzner May 10<sup>th</sup>  
Wiana Rustan May 14<sup>th</sup>  
Junia Schlanger May 21<sup>st</sup>  
Ida Segesman May 29<sup>th</sup>  
Nancy Suter May 30<sup>th</sup>

### Anniversaries

Tony Dantzman May 13<sup>th</sup> 2015  
Beverly Dantzman May 13<sup>th</sup> 2015  
Wally Johnson May 19<sup>th</sup> 2015  
Marshia Loar May 30<sup>th</sup> 2013

### Cultivating Wildlife *continued from pg. 3*

to hide, rest, or withstand the elements. Thickets, logs, or brush and rock piles offer plenty of hidden nooks and crannies. Animals also need places to raise their young. Dense shrubs, trees, ponds, birdhouses, roosting boxes, and bat boxes can provide both nurseries and year-round homes for wildlife.

Perhaps the most important element of a wildlife garden is native vegetation. Plant only

flowers, shrubs, and trees typically found in your region, for these are the exact types of plants that many birds, insects, and animals use for food and shelter. Also, a native wildlife garden will sustain itself. There will be no need for chemical fertilizers or pesticides. Proud wildlife gardeners do not have to be shy about their accomplishments—contact the National Wildlife Federation ([www.nwf.org](http://www.nwf.org)) to request a special sign that identifies your garden as a Certified Wildlife Habitat.

### All Wheels Welcome

As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many religious institutions hold a Blessing of the Bikes ceremony. In massive cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious denominations, while the local priest showers attendees with holy water and

prayers for a safe and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Up to 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.

# May Newsletter

2016



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### Celebrating May

#### Family Month

#### Personal History Month

#### Global Love Day

May 1

#### Intergalactic Star Wars Day

May 4

#### Dandelion Days

May 6–8

#### Mother's Day

May 8

#### International Nurses Day

May 12

#### New Friends, Old Friends Week

May 15–21

#### Tap Dance Day

May 25

#### Memorial Day

May 30

## May We Feel the Sunshine

May. Here in Del Norte County it means sunshine, but it's a little more complicated than that.

You will look out your window to see a beautiful blue sky. It looks so lovely, so warm and inviting. Then you step outdoors to enjoy it and find that the wind is blowing away the sun's warmth before it makes it to you. It is the rare day in Crescent City, when there is sunshine and no wind. Don't let the wind keep you indoors though! Grab a jacket, come outside. The sunshine is so good for

you. Besides just soaking up some sun, there are other things to enjoy outdoors. There is a gardening group that gets together a couple of times each week to take care of the flowers in the Addie Meedom House courtyard. Beginning in May we will be transitioning our Friday morning doughnut activity to the courtyard. We'll have a little campfire, some hot coffee and fresh doughnuts while we enjoy the first rays of the morning sun. Happy Sunny Days of Spring!

## A thing to Celebrate

A mother is an amazing creature, and quite a thing to celebrate! They invest their body, time, and spirit into us from our first breath of air and through many years of learning. We worry them, we lean on them, we love them. May 8<sup>th</sup> is Mother's Day. We will be gathering together for a Mother's Day Brunch at 12:00 Noon. This year we are giving families an opportunity to contribute fond memories of their mothers who now live with us at Addie Meedom House. Hopefully families have received a letter detailing this as well as contact

information. You can share pictures, videos, and written memories. These will be presented as a multimedia presentation that will be featured throughout the day on May 8<sup>th</sup> so that everyone can have a chance to enjoy remembering some of the special moments with their mother.

We hope that you can join us for this celebration.



## Mariachi Season



*Scholars argue over the origin of the term mariachi. Some believe that it comes from the French word *mariage*, meaning “wedding” or “marriage.”*

*Ay, ay, ay, ay!* May is the season for mariachi! The celebration begins a bit prematurely with Texas State University’s Feria del Mariachi, or Mariachi Festival and Competition, on April 30. Not to worry, for there will be plenty more mariachi enjoyed on May 1, the official Mariachi Day in Texas and elsewhere.

Mariachi may be Mexico’s most well-known style of folk music. Mariachi is rooted in Spain’s arrival in Mexico when the Spanish introduced European musical instruments such as guitars, violins, harps, brass horns, and woodwinds that were used in theater productions and church services. Native Mexicans quickly appropriated the instruments to their own uses, even building, tuning, and modifying them.

Scholars argue over the origin of the term *mariachi*. Some believe that it comes from the French word *mariage*, meaning “wedding” or “marriage.” How did a French word enter the Mexican lexicon? In the 19th century, Mexico was

conquered and ruled by Maximilian I, a Frenchman at the command of Napoleon III, nephew of Napoleon Bonaparte. Others believe that the word does not stem from French at all but is rather from a native word for a local tree used to build both guitars and for the stage upon which musicians played music.

No matter where the word originated, mariachi music embodies the heart and soul of Mexico. Bands typically consist of at least two violins, two trumpets, and one guitar. For some of the best in mariachi, head to El Paso, Texas, on Mother’s Day weekend for the Mariachi Loco Music Festival. The Annual Battle of the Mariachis will take place on May 14 in San Juan Capistrano, California. In Mexico, every day is Mariachi Day, but perhaps the best day to hear mariachi would be on Cinco de Mayo (May 5), the Mexican holiday celebrating Mexico’s victory over the French at the Battle of Puebla.

## Slow Food

Some recoil at the thought of eating snails, or *escargot*, as they are called in French. Others consider snails sauteed in garlic, butter, and herbs to be a delicacy. If you haven’t yet tried them, perhaps May 24, Escargot Day, is your chance.

Humans have been eating snails for over 30,000 years. Snail shells discovered in Stone Age-era

settlements in Spain even showed how they were cooked: roasted in their shells over charcoals made of pine and juniper. These days, the best snails for eating are wild Burgundy snails, renowned for their grassy-buttery flavor and exceptional nutritional value. Toss them with pasta, skewer them on kebabs, or sweeten them for dessert to join the ranks of those who have eaten escargot.



*The French consume 40,000 metric tons of snails each year.*

## Cultivating Wildlife



It does not matter whether you have an apartment balcony, a backyard, a 10-acre farm, or a business park, anyone can transform their green space into a sanctuary for wildlife. May is perfectly situated as Garden for Wildlife Month. Flowers and trees have burst into bloom. Many animals have begun to raise their young. A wildlife-friendly garden can be the perfect nursery for animals living in residential or commercial areas.

According to the National Wildlife Federation, a wildlife garden contains

five essential components. A food source is paramount. Provide food by planting native plants that produce seeds, berries, fruit, or nectar. These plants will attract birds, butterflies, rabbits, and other wildlife to your yard. Water is also important. A birdbath provides a large “puddle” where birds can drink, bathe, and cool themselves. If you are lucky, perhaps a pond or stream runs through your property. If not, you could provide running water by way of a fountain. In addition to ample food and water, wildlife needs cover

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## Turn Down the Volume

Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.

How loud is too loud? The World Health Organization suggests that a person could listen to music played at 80 decibels all day without negative effect. However, when that level is over 85 decibels, which is roughly equivalent to the beep of a microwave, the noise should be limited to less than an hour. When volume is cranked up to 105 decibels, or the sound of a chainsaw, it should be limited to only four minutes. So on a positive note, you can still listen to your

favorite music or TV program at very loud levels, but you should do so for only a few minutes at a time.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs or earmuffs. The same advice applies to those engaging in loud recreational activities such as riding a motorcycle or hunting. For those who find themselves in loud places such as an airplane or crowded train, noise-cancelling headphones often help make the loud environment more comfortable and tolerable.

It turns out that the best medicine for our ears is to give them a rest. It is recommended that it takes 16 hours of quiet rest to counter two hours of 100-decibel sound, such as a rock concert. Perhaps the best way to celebrate Save Your Hearing Day is simply to hit the mute button.



*If you listen to a chainsaw for more than four minutes without protecting your ears, it could cause hearing loss.*