

Tidbits Around Here

Gold Country Health Center * 4301 Golden Center Dr. * 530-621-1100 Ext: 4036



El Dorado Dance Academy
March 3rd at 2PM
Dining Room

Birthday Party
March 16th at 11AM

Happy Birthday to:

Patricia P. 3-6
 Laura O. 3-8

Scheduled Outings

March 9th @ 1:30PM

Resident Council

March 20th @ 11:00AM

Fellowship Hour:

2:30 PM 1st & 3rd Sunday
 Baptist Church

10:30 AM Bible Study on
 2nd 3rd & 4th Tuesday

10:30 AM Catholic Service
 Every Wednesday

Egg-ceptional Spring Traditions

With the arrival of spring on March 20 comes all the holidays and traditions associated with the end of winter: religious traditions like Passover and Easter, and Nowruz, the Persian New Year. All of these celebrations share an important symbol: the egg.

For millennia, the egg has been an exalted symbol of birth, rebirth, and hope. Ancient Egyptians told stories of the sun god hatching from an egg. Sometimes the sun was considered an egg, laid each day by Seb, a cosmic goose and god of the earth. In Hinduism, the egg represents the makeup of the universe. The shell is the heavens, the white is the air, and the yolk is the earth. In the Persian story of creation, Good and Evil are locked in an epic battle. When Evil is hurled into an abyss, Good lays an egg, which represents the universe, with Earth suspended from the heavens as a halfway point between Good above and Evil below. Eggs have always been a symbol of the beginnings of the universe and life itself. No wonder that after the long dark of winter, with the return of the sun, eggs are revered as harbingers of life.

When Jews sit together for the Passover seder on March 30, an egg will adorn the seder plate as a symbol of the ritual offering to the Temple in Jerusalem. Furthermore, the egg symbolizes—you guessed it—life itself. For Christians, Easter is a holiday celebrating the resurrection of Jesus Christ, so using an egg as a symbol of rebirth was a natural choice. The traditional color to dye Easter eggs is red, symbolizing the blood Jesus shed on the cross. In Macedonia, congregants bring their red eggs to Easter church services, and when the priest proclaims, "Christ is risen," it is customary to eat the egg as a ritual breaking of the Lenten fast. Elsewhere, in Iran, Persians prepare for their new year, Nowruz, by preparing their ceremonial table, the *haftseen*, with symbolic foods and objects, including painted eggs representing fertility. All over the world, people will be looking at eggs in a different light.

Awaiting a Return to Capistrano



On March 19, the residents of San Juan, California, look forward to the return of special visitors to the old Spanish mission: cliff swallows. The return of the cliff swallows to the San

Juan Capistrano Mission is legendary. Hundreds of years ago, local shopkeepers drove away the swallows, which built mud nests on shops and homes. The displaced birds built new nests in the eaves of the old stone church, named for the warrior-priest Giovanni de Capistrano. Every year since the 1930s, the community has heralded the return of the swallows to Capistrano with great fanfare.

In recent years, though, the swallows have returned in decreasing numbers. Some people blame urbanization. For a century or more, the mission was the largest building in San Juan, a perfect target for the nesting swallows. As the population increased, more buildings were built, and swallows began to find alternate nesting sites. Things were complicated further in the 1990s when preservations performed a restoration of the church, the oldest continually used structure in California, and removed the mud nests. Cliff swallows are known to be attracted to places with old nests. The restoration, while architecturally important, discouraged the birds. That's when the mission sought the help of a professional.

Dr. Charles R. Brown, professor of Biological Sciences at the University of Tulsa and cliff swallow expert, was charged with the task of luring the birds back to the mission. He has employed everything from broadcasting cliff swallow song to building an artificial wall of swallow nests out of plaster. The good news is that the birds have again been spotted in the area of the mission, even though they have not been nesting on the church. Yet every year on March 19, St. Joseph's Day, the swallows are welcomed with the ringing of the mission bell, flamenco dances, food, and fanfare. Even if the cliff swallows aren't ready to return to Capistrano, the locals are ready for them.

St. Paddy's Pastimes Debunked

They say that everyone is a little bit Irish on St. Patrick's Day, and the world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.



St. Patrick may be one of Ireland's patron saints (along with St. Brigid and St. Columcille), but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, Ireland's precious St. Patrick may well have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So whether you're marching in Dublin, raising a pint of Guinness in New York, Irish dancing in Sydney, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day.

Movie Quotes

Match up the Movie Quote

1. "Frankly, my dear, I don't give a damn." _____
2. "I'm going to make him an offer he can't refuse." _____
3. "Toto, I've a feeling we're not in Kansas anymore." _____
4. "Here's looking at you, kid." _____
5. "May the force be with you." _____
6. "What we've got here is a failure to communicate." _____
7. "They call me Mister Tibbs!" _____
8. "Show me the money!" _____
9. "If you build it, he will come." _____
10. "Hey, Stella!" _____
11. "Houston, we have a problem." _____
12. "A boy's best friend is his mother." _____
13. "Elementary, my dear Watson." _____
14. "Yo, Adrian!" _____
15. "Hello, gorgeous." _____
16. "A martini, shaken, not stirred." _____
17. "They're here." _____
18. "One morning I shot an elephant in my pajamas. How he got in my pajamas, I don't know." _____

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| A. <i>Apollo 13</i> | C. <i>Psycho</i> |
| B. <i>Goldfinger</i> | E. <i>Field of Dreams</i> |
| D. <i>Gone with the Wind</i> | G. <i>A Streetcar Named Desire</i> |
| F. <i>Cool Hand Luke</i> | I. <i>Casablanca</i> |
| H. <i>The Godfather</i> | K. <i>Animal Crackers</i> |
| J. <i>Rocky</i> | M. <i>The Adventures of Sherlock Holmes</i> |
| L. <i>Funny Girl</i> | P. <i>Star Wars</i> |
| N. <i>In the Heat of the Night</i> | R. <i>Poltergeist</i> |
| O. <i>The Wizard of Oz</i> | |
| Q. <i>Jerry Maguire</i> | |

Movie Solutions

March 30, 2018

NATIONAL DOCTORS DAY

PLEASE VOTE FOR YOUR FAVORITE DOCTOR AND WE'LL
CHOOSE A PHYSICIAN OF THE YEAR
WINNER TO BE ANNOUNCED IN APRIL'S NEWSLETTER

**THANK YOU DR. GREGORY SMITH, MD, MEDICAL
DIRECTOR SKILLED NURSING**

We Appreciate you.



MARCH IS SOCIAL SERVICES MONTH

Kudo's and Thank you
to

Vicki Hume, Skilled Nursing
Phoebie Carcot – Community Outreach/Marketing
Dixie Adams, Independent Living Community
Relations

**We Appreciate All You Do to make our Residents' lives
better!!**

**Have a thought, question or suggestion on how we can
be even better? Feel free to call me at (530) 621-1100,
or email me at sandy.haskins@rhf.org**

1. D. *Gone with the Wind*
2. H. *The Godfather*
3. O. *The Wizard of Oz*
4. I. *Casablanca*
5. P. *Star Wars*
6. F. *Cool Hand Luke*
7. N. *In the Heat of the Night*
8. Q. *Jerry Maguire*
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15. L. *Funny Girl*
16. B. *Goldfinger*
17. R. *Poltergeist*
18. K. *Animal Crackers*