

AUGUST 2017

Parkhaven Press

Parkhaven Retirement & Assisted Living 100 Hamilton Court Manhattan, MT 59741 406-282-7488



Celebrating August

Read-a-Romance Novel Month

What Will Be Your Legacy? Month

International Clown Week *August 1-7*

Twins Days *August 4-6*

Lighthouse Day *August 7*

Welcome New Residents

*Patricia Lee
Marian Wheat
Bert & Harriet Kamps
LaVonne Wilcox*

Visit us at:

www.parkhavenretirement.com

Rebecca's Rambles

July was a really hot one and fire season is upon us. It's been really hard to keep the lawns green here and at home. Brown grass just seems to pop up overnight. But it sure doesn't seem to make any difference to the weeds. They keep growing and they are green. Has anyone else ever noticed how that happens? Oh well, in a few months we will be griping about how cold it is.

The kitchen has been working with a new menu system. We realize that change is hard for all of us but we do appreciate your patience as we work out the kinks. If you have any suggestions or input please let me know.

John and I are planning a trip with our two teenage grandsons to Big Horn Lake. They are growing up way too fast to suit me so wanted to do this before the summer gets away. I've never been there, but the pictures are awesome. I'm trying to learn how to fly fish. Oh my, if anyone has some good tips please share them with me. Most of the time when I try to cast, I just end up with a pile of line at my feet. It's not pretty. In the videos and pictures it looks so easy.

We have quite a few new staff members. Hopefully they have introduced themselves. If not, residents and visitors alike, please introduce yourselves to them.

Get a good grip on those last days of summer and enjoy.

See Ya Soon!

Volunteer Corner

Maxine Skaw



Maxine is one of our newer volunteers. She is a 3rd generation native Montanan, being born in Hamilton, and growing up in the area. Being a farmer's daughter she learned many things about farming, but the most memorable was bee keeping. Her dad, besides being a farmer also was a bee keeper. She loved to help her dad with the bees and would become a bee keeper herself. As a young girl of 15 she was helping to hive bees. Not being tall enough to reach the bees she planned to hive, she staked two empty bee boxes together. While standing on the boxes, they collapsed and she fell onto the wax she was holding. The bees became excited and began to sting her. She was not wearing a bee veil or leather gloves, so she subsequently got a dozen or so stings. Fortunately for her she was not seriously hurt, but learned some valuable lessons on what not to do.

After graduating Darby High School, she took a Secretarial correspondence course which would be helpful in her life. She married a local Darby rancher, Ralph, helped with his different business interest and became a beekeeper herself.

Maxine and Ralph would eventually have and raise 3 girls and 1 boy and would be blessed with 8 grandchildren.

Twenty two years ago, Maxine and Ralph would retire and move to Bozeman. Unfortunately after only two years of retirement Ralph would suffer a stroke and Maxine would be his caregiver for the next twenty years. About one and a half years ago Maxine moved to Manhattan and lives with one of her daughters.

My Grandfather

I never knew my grandfather, but always wished I did,
I wondered what he looked like, when I was just a kid.
I pictures him as friendly, gentle, kind and good,
I always wanted to see him, but knew I never would.

You see, his life was short, he went away one day,
I hoped he went to Heaven, and there he'd always stay.
I was told he left this earth, before I came along,
And when I thought of that, it felt so very wrong.

The more I think of Heaven, I'm sure that's where he
went,
I believe it in my heart, and it makes me feel content.
When my time comes and I go there, that's when we
shall meet,
And hand in hand together we shall walk that golden
street.

Food For Thought

Written By:

Maxine Jaquette Skaw

Volunteer Corner Continued...

Maxine has always had a love for writing, beginning at about 13 years of age. She says "writing came naturally to me". She has two books, a book of poetry "Food for Thought" and another "The Murder of Rombo And Other Stories".

About six months ago, at the suggestion of Ellen and Ester, Maxine has come to help with our exercise classes. In a short time she has become a welcome addition to our volunteer crew.

Interesting Bee Facts

- There are 3 types of bees in a hive Queen, Worker & Drone.
- Honey bees fly at 15 miles per hour
- 80% of pollination for fruit, vegetable and seed crops come from honey bees

Drinking the Stars



It was on August 4, 1693, that a young Benedictine monk named Dom Pierre Pérignon discovered that his batch of wine was filled with bubbles. This was the undesired byproduct of refermentation. As the weather cooled in the fall, fermentable sugars in the bottles would go dormant, only to awake in the warming weather and begin to referment. It was Pérignon's job as cellar master of his abbey in the Champagne region of France, to mind the wine cellars and rid the wine of bubbles. Often, the pressure would grow so great inside a bottle that one would explode, leading to a chain reaction of exploding bottles, which could ruin an entire cellar. The wine in these explosive bottles was dubbed "*le vin du diable*," or "the devil's wine." But after tasting the ruined wine, Pérignon exclaimed to his fellow monks, "Come quickly! I am drinking the stars!" On that day, legend has it, French champagne was born.

Leave it to the English to try and steal the French's thunder. Some contend that in the 17th century, 20 years before Pérignon, an English doctor named Christopher Merret recorded the recipe for a champagne-like beverage in a paper presented to the Royal Society. Apparently, English cider makers had been purposefully adding sugar to their wine, simulating the refermentation process, to create sparkling, crisp drinks almost identical to the French champagne.

Regardless of history, French champagne and the name *Dom Pérignon* dominate the market. Yet many other countries continue to produce their own sparkling wines. Italy has Prosecco. Spain has Cava. Germany has Sekt. Even America has its own sparkling wines. But no one is likely to pop a bottle of English *Merret* on New Year's Eve. The French have made sure to protect the name *champagne*, even signing treaties with neighboring countries to assure that true champagne can only come from the Champagne region of France. So the next time you take a sip of the bubbly, think of young Dom Pérignon "drinking the stars."

Rest and Relaxation

August 15 is the day to take it easy and chill out! It's Relaxation Day. Stress management is an important skill to have in this day and age. Often, before you can relax your body, you must quiet your mind. Slow, deep breaths and meditation are a very good way to start. Soothing music and even a warm bath can make this easier. For some, writing or journaling can be relaxing. Still others benefit from guided imagery, where a person suggests and describes a calming setting to imagine. Relaxing the body, ironically, sometimes requires exercise and movement. A walk, hike, or yoga can work your muscles into a state where they are more ready to rest. Alcohol and caffeine counteract rest. Warm milk or herbal tea are a better bet. When both the mind and body are relaxed, it's far easier to take that precious afternoon nap in the hammock.

Golf Rediscovered



The Professional Disc Golf Association has declared the first Saturday in August to be Disc Golf Day. This sport is a combination of golf and Frisbee.

Instead of hitting a ball with a club on a green golf course, players hurl discs down the fairways toward a basket. As in golf, the person with the fewest strokes wins. College students in the 1960s created informal disc golf courses, throwing Frisbees at trees and other landmarks across campuses. But it was "Steady" Ed Headrick who invented the Wham-O Pro model Frisbee in 1964 and then the disc target with chains and a basket, called a Disc Pole Hole, in 1975. One year later, the Professional Disc Golf Association, or PDGA, was founded. In 1979, the PDGA held its first major tournament in Huntington Beach, California, with a \$50,000 prize. Today, the PDGA runs over 3,000 events a year, including 12 major tournaments. Sure, formal disc golf courses exist all over the world, but it's still common to find kids hurling Frisbees through the neighborhood at trees and light poles.

Parkhaven Retirement &
Assisted Living
100 Hamilton Court
Manhattan, MT 59741

Postage
Information

In Loving Memory

*Hank Hancock
1921-2017*



Residents & Staff August Birthdays

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical.

LaVerne: 8/5
Kayla: 8/6
Eva: 8/6
Wes: 8/7
Grace N.: 8/8
Joan O.: 8/9
Sue H: 8/20
LaVonne: 8/22
John M. 8/22
Robert V: 8/23
Merry: 8/26
Dawson: 8/29



*Virginia Clifford
1927 - 2017*