

MARCH 2018

Parkhaven Press

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Celebrating March

Women's History Month

World Compliment Day

March 1

Proofreading Day

March 8

Shakespeare Week

March 12-18

St. Patrick's Day

March 17

World Poetry Day

March 21

In Loving Memory

Joseph Barnett

10-26-1924 to 2-1-2018

Gordon Ross

6-30-1947 to 2-18-2018

Rebecca's Rambles

February just flew by. It's a short month anyway but it was jam packed. Here is a rundown of events.

Our male residents took their occasional bus trip to Three Forks for pie and coffee. They think Three Forks Café makes the best pie on earth. That is all we hear about when they get back. I'm glad they enjoy it.

On Valentine's Day we had High Tea with the ladies. We had lovely little Salmon sandwiches, Raspberry Fool and wonderfully decorated sugar wafer cookies along with a selection of teas to pick from. Love was in the air.

Malcolm from Compassus Hospice is from Wales and he comes in once a month and shares from his repertoire of "All things British." He really was a hit this time with his treats and sweets.

Of course we celebrated Mardi Gras and crowned our king and queen, Bill and Margaret. All of this, along with our normal calendar of events made for an eventful month.

John and I spent a wonderful week on Maui with two of our grandchildren, our daughter and son-in-law. It was a great break from the winter weather. We went snorkeling, whale watching, attended a luau, played in the ocean and soaked up some sun. Good to be home again, though.

March is shaping up to be busy too. Some of the staff will be gone a few days for further education. Gordon has a full month of events in store for us so make sure you check out the calendar.

If you haven't been on our website please give it a look. Dianna and Crystal have worked very hard to make it informative. I think they have succeeded. Bring in your smile any time.

Meet Our Staff

Tina Galgerud



Tina was born at the cross roads of the early fishing and fur trading sites in the northeastern end of Michigan's Upper Peninsula, in the small city of Sault Ste. Marie, meaning in French "the Rapids of Saint Marie", which is located on Lake Superior. While still very young the family moved to Petoskey, Michigan, about 100 miles south, which is located on Lake Michigan, where she grew up.

After graduating high school, Tina was ready for a change of scenery. She wanted to see the "Big Mountain" of the Rockies and had the opportunity to come to Montana where her dad was working in Great Falls. At the tender age of 18 she packed up and came out to Montana. As fortunate and fate happens, she met a young man named Stuart, a friend of her brother's, who would become her husband. Together they began raising their family which would eventually consist of five children and six grandchildren.

In 1985 Tina and her husband bought four acres of raw pasture land in Willow Creek, built their house and began a small country "homestead". She is an enthusiastic gardener, growing a large variety of vegetables, wild flowers, and a number of different herbs in her 225 square foot herb garden. The bounty from the garden consumes several months each year in the canning a couple hundred quarts of vegetables which she learned how to do from her husband's grandmother. In addition to the garden she raises about 12 chicken's, 6-8 turkeys, and 4 lambs each year for immediate consumption by her family or to be canned.

Making History, I Presume

David Livingstone may have been a Scottish missionary and physician, but he is most famous for his explorations of Africa during the 19th century. Livingstone was one of the first Europeans to see the Zambezi River and Victoria Falls, cross the continent from west to east, as well as witness the harsh realities of the slave trade, which made him a staunch abolitionist. Livingstone's travels made him an international celebrity, and when he disappeared in 1866 on a search for the source of the Nile River, many feared him dead. American journalist Henry Stanley mounted an expedition to find him and departed the island of Zanzibar off Africa's eastern coast on March 21, 1871. Eight months later, Stanley arrived in the village of Ujiji on the shore of Lake Tanganyika. It was there that Stanley saw a bearded white man and said, "Dr. Livingstone, I presume?" Stanley's presumptuous words became as famous as the old explorer himself.

Meet Our Staff continued...

She enjoys being close to the land and appreciates being able to use the bounty provided. Summing it up she says, "I enjoy the country life."

Besides being busy raising a family, tending her garden and animals, enjoying fishing with her family and doing sewing projects for her grandchildren, Tina was able to spend 13 ½ years working for Reach in Bozeman.

She was ready for a change, so Tina came to Parkhaven 6 months ago to apply for a housekeeping position. As soon as she walked through the door she knew this is where she wanted to work. She loves interacting with our residents and the close working relationship and respect the staff has for one another. It is her hope to work for Parkhaven for a long time.

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. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous celebrations of today.

The Boston Massacre

It was a cold, snowy night in Boston on March 5, 1770. Despite the weather, American colonists (calling themselves patriots) gathered outside Boston's Customs House to taunt the British troops who had been stationed in the city to enforce newly decreed taxation measures. When the redcoats affixed bayonets to their rifles, the Americans responded by throwing snowballs and rocks. Moments later, shots were fired. Five Americans were the first fatalities of the American Revolutionary War in what would become known as the Boston Massacre. What is often forgotten in this episode of American Independence is how avowed patriot and future president John Adams, a lawyer, defended the British soldiers who were subsequently put on trial. Two of the eight were convicted of manslaughter, but for many Americans, justice was far from done. Paul Revere, famed for his midnight ride, turned the Boston Massacre into a provocative engraving, creating an effective piece of propaganda that helped turn Americans against the British.

A Doll's Life



March 3 is a special day in Japan. *Hinamatsuri*, known as both Doll's Day and Girls' Day, is a day to celebrate girls and pray for their health and happiness. The most interesting part of Hinamatsuri is the elaborate dolls displayed on red-carpeted, stepped platforms. Families either buy a set of dolls when their first daughter is born or receive a set handed down from generation to generation. Sets include a male and female dressed in Imperial attire, representing the emperor and empress, accompanied by three court ladies, five musicians, and other court attendants. The dolls are arranged in order of importance from the top step down and displays are placed in the home for all to see. This tradition has roots in an ancient belief that dolls could attract and contain bad spirits. It was once common practice for the dolls, and any ill fortune, to be tossed into rivers and streams and washed away for good.

Don't Fear the Ides



It was William Shakespeare, via his play *Julius Caesar*, who warned that the Ides of March, on March 15, were cursed. Indeed, while Caesar was murdered by a group of political conspirators on March 15,

the Ides of any month are not particularly evil or ignominious. The words *Ides*, *Kalends*, and *Nones* are terms used to describe any month's phases of the moon. *Ides* simply means the first full moon of the month, so in reality the Ides of March technically takes place this year on March 31. Likewise, the *Kalends* marks the month's first new moon, which is on March 17, and the *Nones* is the moon's first quarter, on March 24. Far from cursed, March's Ides were particularly joyful because they also heralded the new year.

Resident & Staff March Birthdays

In astrology, those born between March 1–20 are Pisces. Friendly and selfless, Fish are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings. Aries' Rams are born between March 21–31. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges.

Kaitlyn: 3/01
Sue L: 3/12
Jennifer S: 3/14
Margaret: 3/17
Don T: 3/18
Cathy: 3/30
Betty M: 3/31