

## August Birthdays

If you were born from July 23-August 22, you are a Leo, the lion. If you were born from August 23-September 22, you are a Virgo, the virgin. Leos are creative, enthusiastic, generous, and extroverted. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems.

Deane Turner (resident)	Aug. 2
Neil Waldorf (resident)	Aug. 10
Fern Stueck (resident)	Aug. 12
Jean Franklin (resident)	Aug. 14
Amy Robinson (staff)	Aug. 18
Bethany Clemenson (staff)	Aug. 19
Karen Miller (staff)	Aug. 22
Bea Losenicky (resident)	Aug. 27

## Join Us for A Hawaiian Luau



**Monday - August 9<sup>th</sup>  
2pm to 4pm**

**Public Invited**

**Live Music by Larry Roster  
& Barb Riggle and Hawaiian  
Style Refreshments**



**WINDSOR MANOR**  
*Assisted Living Community*  
1807 W 5<sup>th</sup> Street  
Vinton, IA 52349

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**Catfish Month**

**Watermelon  
Day**  
*August 3*

**Elvis Week**  
*August 10-16*

**Relaxation  
Day**  
*August 15*

**Weird  
Contest Week**  
*August 15-20*

**Radio Day**  
*August 20*

**Be An Angel  
Day**  
*August 22*

**Second Hand  
Wardrobe  
Day**  
*August 25*

# Windsor LIFE

319-472-2060

www.windsor-manor.com

August 2010

## Summer Fun at Windsor

We had so much fun at the Party in the Park Parade and also going on a virtual train ride across Canada (A dream fulfilled for Deane Turner) with the help of the folks at the Palace Theater.



"Having a Ball" at the Parade

Pictured: Evelyn Primmer(back right), Lindsay & Jack Niebes(right), Leone Studebaker(left in green), Fern Stueck (right in green) Jenna Robinson (center holding ball)

Coming in August:

Resident's and Guests will enjoy new featured entrees at the noon meal as well as enhanced specialties at breakfast.

Don't Forget.....  
Senior Citizen Dining-  
Mon-Fri at Noon  
\$5.00 or \$2.50/half  
portion  
Call us to reserve your  
spot 24 hours ahead  
319-472-2060

\*Stop in to pick up a menu or give us a call and we will mail it to you\*

## 2010 Alzheimer's Association Memory Walk

### We're on the MOVE to end Alzheimer's.

Windsor Manor will again have a team walking in the Alzheimer's Association Memory Walk being held on **Saturday, September 18 at Noelridge Park, Cedar Rapids.** This walk is the nation's largest event to raise awareness and funds for Alzheimer research, care and support - and it calls on people of all ages to take action in the fight against Alzheimer's.

If you are interested in being a part of the team or just want to make a donation, please contact Nancy Schmitz at Windsor Manor 319-472-2060 or [lifenriched@windsor-manor.com](mailto:lifenriched@windsor-manor.com)

Or

Sharon Carpenter –  
[scarpe6410@msn.com](mailto:scarpe6410@msn.com).

Your help moves us closer to better treatments, prevention and a cure.



Did you know..... Windsor Manor offers specialized programming with dedicated staff for those with dementia?

Call today to find out more  
319-472-2060



## En Plein Air Painting

August 8 is “A Date to Create.” Consider celebrating by taking a palette and paintbrush into the sunlight. Summertime, with its long days and lovely lingering light, is a perfect time for this pastime. Painting outdoors (which is what “en plein air” means) has been popular for more than a century. It first became practical in the 1870s.

It was around this time that paints began to be produced in tubes and the French invented a “box easel” – an easel with telescoping legs and built-in paint holder. Suddenly it became easier to move one’s studio outdoors. Prior to that, easels were large and bulky and paints were made by grinding and mixing pigment powders with linseed oil.

## Boop-Oop-a-Doop Debut

Betty Boop made her cartoon debut on August 9, 1930. The creation of animator Grim Natwick, Betty Boop was originally a French poodle. She didn’t become fully human until 1932, when her poodle ears became hoop earrings and her voice adopted her trademark Brooklyn accent.

Although she was a star of the Depression Era, she embodied the carefree flapper girls of the Jazz Age. She earned an adult audience due to her cute and

flirtatious personality. Oftentimes, the teenage Betty Boop was depicted defying her parents. She was a modern young woman who got herself in and out of trouble.

Betty Boop’s popularity still continues today. She has made cameo appearances in modern newspaper cartoon strips as well as animated films. A Betty Boop musical is even in development on Broadway.



### Notable Quotable

“All music is folk music, I ain’t never heard no horse sing a song.”

~ Louis Armstrong  
(Born August 4, 1901)

## Italy’s Flawed Tower



Construction of Italy’s famous Leaning Tower of Pisa began on August 9, 1173. It is the freestanding bell tower to the neighboring cathedral, and, of course, was never meant to lean. The tower first began to tilt in 1178. Its design was flawed from the beginning due to a shallow foundation set in weak and uneven soil. In 1272, engineers tried to compensate for the lean by building upper floors with one side taller than the other, but this caused the tower to lean in the other direction.

Multiple methods have been employed to fix the tower’s lean, including the addition of lead counterweights and anchor cables. Finally, in 2008, soil was removed from its base and the tower stopped moving for the first time in its history, preserving its famous angle of 3.97 degrees.

## Scouting Sweeps the Globe *continued from pg. 1*

Boyce was stumbling through a thick fog when a young boy miraculously appeared and offered to guide him. After they had made their way through the fog, Boyce attempted to tip the boy, but the boy refused and explained that he was a scout and scouts never accepted payment in return for a “good turn.” Boyce listened in awe as the

boy explained the principles of scouting. Boyce even met with Baden-Powell himself. By the time he boarded his ocean liner back to America, he had an entire suitcase filled with handbooks and ideas about scouting. The “unknown scout” who helped Boyce through the fog was never identified, but thanks to his “good turn,” Boyce created the

Boy Scouts of America in 1910.

Baden-Powell was named Chief Scout of the World and after his death a letter was found in his desk that read: “Try and leave the world a little better than you found it.” Fitting words from a man who has inspired millions of children worldwide to act with honor and good character.



## Homemade Honey Mustard

- 1 cup mustard
- 1/4 cup white wine vinegar
- 1/4 cup honey
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon white pepper



Combine the mustard with the vinegar, honey, and garlic; mix well until smooth. Add salt and pepper and mix well. Transfer to a clean, dry jar, cover tightly, and refrigerate for 2 weeks before using. Yields 1 1/4 cup.

“A tale without love is like beef without mustard, an insipid dish.”

~ Anatole France  
French author  
(1844-1924)

## Cutting the Mustard *continued from pg. 1*

They were used in the crude sauces of ancient Romans. Mustard, as we know it, dates back to at least the 14th century. The earliest references to mustard in the Dijon region of France (which remains the standard bearer for many mustard lovers) date to 1336. Other countries added their

own recipes in the years to come. Shakespeare referenced an English version of mustard in his play *Henry IV*: “His wit’s as thick as Tewkesbury mustard.” America was a later-comer to mustard; American spice merchant Francis French began successfully marketing French’s mustard at the beginning of the 20th

century, and famous chefs like Julia Child (who has an August 15 birthday) have since embraced many types of this low calorie, low fat, low cholesterol condiment. Mustard has also been used for centuries as a medicine to treat rheumatism, arthritis, sore throats, toothaches, and even snake bites.

