

NOVEMBER 2016

# Windsor Manor

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## Celebrating November

**Memoir-Writing Month**

**Diabetes Month**

**Inspirational Role Models  
Month**

**Hockey Mask Day**  
*November 1*

**Use Your Common Sense  
Day**  
*November 4*

**Fill Our Staplers Day**  
*November 7*

**Dear Santa Letter Week**  
*November 7–13*

**Apple Cider Day**  
*November 18*

**Thanksgiving Day (U.S.)**  
*November 24*

**World Day of Giving**  
*November 26*

## November Has the Write Stuff

If you've ever had an idea for a novel percolating in your imagination but you've never found the time to write it, thank your lucky stars that it's November, Novel Writing Month. Thousands of people around the globe will wake up to a blank page on November 1 and attempt to write 50,000 words by the 30th. Some will have the help of an extensive outline, detailing many characters with their challenges, various settings, and exciting plots. Others will start with nothing and just let their imagination take over. The lucky ones may end up like Sara Gruen, who wrote her acclaimed novel *Water for Elephants* during 2006's Novel Writing Month.

On November 1, Author's Day, we can celebrate other published authors who started their books in November: Carrie Ryan wrote her *New York Times* zombie bestseller *The Forest of Hands and Teeth*, and Erin Morgenstern's *The Night Circus* took two November Novel Writing Months to finish her *New York Times* bestseller. Just don't end up like writer Ali Owens, who finished her 50,000 words but did so with "a lot of crying mixed with hysterical laughter." Writing, remember, should be fun.

If you need a few weeks to gather the courage to begin your novel in high spirits, wait no longer than November 15, I Love to Write Day. Most writers don't do it for the money but for the love of writing. The truth is that most books and stories don't pay the bills. Not many writers get million-dollar book contracts—pay is often sporadic at best. The real reason many people choose to write is that the effort dedicated to creating complex characters and the world they live in is incredibly satisfying in itself. So, this November, don't write just because you want to sell your book; write because you have a strong passion for it. Your audience, whether that is your family and friends or thousands of adoring fans, will thank you for your efforts.

## More Than a Moonshot

Mars is the fourth planet from the sun and our planetary neighbor in the galaxy. It's named after the Roman god of war and is also called the "Red Planet," thanks to its reddish, rusty, rocky soil. Many believe that Mars is humanity's next stop in the cosmos, and many scientists are working on how to reach Mars in the near future. If you haven't much contemplated Mars, take some time on November 28, Red Planet Day, to learn about humankind's Martian aspirations.



Many people may not realize that NASA has been exploring the surface of Mars for four years by way of a robotic rover named Curiosity. This robot is looking for evidence of water on the planet's surface as well as other signs of life. It is believed liquid water cannot survive on the planet's surface due to evaporation or freezing, but ice does exist at its polar caps. Ice water then stretches from these polar ice caps, hiding under the rocky surface.

Where there is water, there may be Martian life. But space agencies all over the world are more interested in bringing human life to Mars. Japan's space agency, JAXA, has begun a massive program to build robotic machines that can land on a planet's surface and construct buildings for human astronauts. These construction robots will be commanded by people back on Earth, but they will also be able to operate independently, communicating with each other so that they do not collide or repeat unnecessary work. Japan hopes these robots will be ready by 2030.

Elon Musk, the founder of Tesla electric cars, wants to be on Mars by 2025. Musk's own space tourism company, SpaceX, is developing rockets capable of reaching Mars as soon as 2018. His plan is to send multiple rockets filled with supplies to Mars, so that by 2025, when humans arrive, they will have everything they need to survive. Does Musk's plan sound like a moonshot? He's thinking far bigger than that.

## Seeing Red

According to the creators of Love Your Red Hair Day on November 5, red hair is more than a color—it's a lifestyle. Why did red-headed sisters Stephanie and Adrienne Vendetti create this holiday? Because they were tired of redheads being the brunt of jokes.

Redheads possess a genetic mutation, a recessive gene known as MC1R. Making up only 2% of the population, they have the rarest hair color in the world. Perhaps their scarcity is why they were thought to be vampires by ancient Greeks and witches in medieval Europe. The facts about red hair are far less worrisome. Compared to brunettes and blonds, redheads actually have less hair (only about 90,000 strands compared to 140,000), but red hair is thicker. For some reason, redheads are also more likely to be left-handed. The world's best-known redhead, Lucille Ball, was not left-handed or a natural redhead. According to her longtime hairdresser, her hair was "golden apricot." Ball kept her red hair dye locked away in a safe. However, Marilyn Monroe, the world's most famous blonde, was both a natural redhead and left-handed.

## Here's Looking at You



One of the most famous movies of all time, *Casablanca* premiered in New York City on November 26, 1942. The World War II drama boasted many Hollywood stars, including Humphrey Bogart and Ingrid Bergman. It was nominated for eight Academy awards and won three, including Best Picture. But *Casablanca* was more than an award-winning movie. In November of 1942, Allied forces staged "Operation Torch," an invasion of Northern Africa that captured Casablanca, the very same setting as the film. Many consider *Casablanca* a propaganda film, with Bogart's character Rick symbolizing American freedom, liberty, and equality.

## Computer-Generated Innovation

In 1995, no one had heard of Pixar or the acronym CGI (computer-generated imagery). But after the release of *Toy Story* on November 22, 1995, everyone would be aware of a tremendous achievement in cinematic special effects. For 80 years, animated movies had employed vast teams of artists to hand-draw cartoons, but this was the first movie made entirely with CGI. The Pixar company used only 27 computer animators to make *Toy Story*.



The story of toys coming to life was simple, delightful, and a box office smash. But long before Woody and Buzz, there was a little character named Luxo Jr., a living, hopping desk lamp. In 1986, Steve Jobs, of Apple computer fame, purchased the small computer graphics company that would become Pixar from none other than George Lucas, the world famous creator of *Star Wars*. The budding company employed a young director named John Lasseter, and it was Lasseter who came up with the animated film *Luxo Jr.* The film was very short—only two minutes long—but it was a marvelous achievement in the world of 3D computer-generated animation. Not only was it nominated for an Oscar, but the little desk lamp would go on to become Pixar's logo and mascot.

While Pixar's history boasts famous names like Jobs, Lucas, and Lasseter, it took a number of unsung heroes to develop innovation after innovation in computer-generated imagery. 2001's *Monsters, Inc.* revolutionized the generation of realistic-looking fur. 2003's *Finding Nemo* required advancements in realistic-looking underwater worlds, with currents and bubbles. Quality and realism continued to improve from 2006's *Cars*, to 2007's *Ratatouille*, to 2008's *Wall-E*. Today, there may be no greater animation studio than Pixar. Of course, CGI has never been limited to animated children's movies, but often the greatest innovations in this digital medium have come from these lighthearted, family-friendly films.

## NOVEMBER BIRTHDAYS

Claire Hoover **Nov. 5**  
Cecil Freidman **Nov. 11**

## EVENTS

Food Meeting / Tracy **Nov.2**  
Turn Clocks Back **Nov.6**  
Resident Meeting **Nov.7**  
Flower Arranging/Walt **Nov. 9**  
Barb/Piano **Nov. 15**  
Down Memory Lane **Nov.21**  
Holyland Slide Show **Nov.22**  
Music by Jeff **Nov. 23**  
The Barn Quilt Guy **Nov.28**

## Cold Clean

Poor refrigerators. They are one of the most important parts of the kitchen—they keep our food fresh, after all—but they are never noticed until something goes wrong. They suffer spills, odors, and endless overcrowding. With the Thanksgiving holiday just days away, it makes sense that November 15 is Clean Out Your Refrigerator Day.



It's not too early to start making room for all those leftovers. According to homemaking guru Martha Stewart, the best way to clean the fridge is to turn off the fridge's power at the breaker. Throw away all spoiled or long-unused items, and put the remainder in a cooler. Let the interior of the fridge come to room temperature before removing shelves and drawers for washing. A solution of two tablespoons of baking soda per quart of hot water will both clean and deodorize. Don't use soap. It may leave behind odors that your food will absorb. When finished, turn the power back on, give it a few hours to chill, and restock the fridge. Does your fridge still smell? Add an opened box of baking soda or even add a small tray of fresh coffee grounds for a couple of days to improve the smell.

## Able Baking

You may have discovered that baking homemade bread is not easy. Instead of getting a loaf of light, airy, chewy bread with a crispy crust, you end up with a dense, heavy loaf that is more like a brick. On November 17, Homemade Bread Day, follow these tips for baking the perfect loaf.



Yeast may be the most important ingredient in bread because it creates the bubbles that make bread rise. It also develops flavor. There are two common types of yeast: instant and active dry. The two can be used interchangeably, but active dry needs to be proofed (dissolved in warm water) and given more time to work. Yeast is a living thing that thrives between 70° and 100°F, but cooler conditions are best for a slow rise that builds flavor. Water should not be too cold or too hot, because it will also affect the environment for the yeast. All-purpose flour works fine, but bread flour has more protein, which better develops gluten.

Kneading is important to develop the gluten that makes the dough elastic and silky smooth. It also helps the dough keep its shape while the yeast develops gas and inflates the dough like a balloon. After kneading, you must wait. How long depends on humidity, altitude, and temperature. Your dough should roughly double in size. A good test of doneness is to press your finger into the dough. It should leave an impression.

The best ovens need to stay hot. Some people use baking stones or Dutch ovens because, when preheated, they retain heat for baking. A spray bottle will also help you create steam inside your oven. Place your dough onto your preheated surface, spray it with water, and score or slice the top of your dough with a knife. Let it bake for about 15 minutes, and then open the oven and spray the inside to create more steam. The steam encourages a crispy crust. Sit back and allow your bread to finish baking. Before long, you will have a beautiful, golden-brown loaf.

## November Birthdays

Those born between November 1 and 21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life. Those born between November 22 and 30 are Archers of Sagittarius. Archers are both confident and lucky and so often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Marie Antoinette (queen) – Nov. 2, 1755  
Art Carney (actor) – Nov. 4, 1918  
John Philip Sousa (conductor) – Nov. 6, 1854  
Carl Sagan (astronomer) – Nov. 9, 1934  
Jonathan Winters (actor) – Nov. 11, 1925  
Petula Clark (singer) – Nov. 15, 1932  
Mickey Mouse (cartoon) – Nov. 18, 1928  
Boris Karloff (actor) – Nov. 23, 1887  
Tina Turner (singer) – Nov. 26, 1939  
Jimi Hendrix (musician) – Nov. 27, 1942  
Mandy Patinkin (actor) – Nov. 30, 1952

## Heads Up

November 17 may be a day to make your own bread, but November 28 is a day to Make Your Own Head. Paint a self-portrait, or use clay or papier-mâché or even mashed potatoes—the only rule on this crafty day is that the head you make must be your own. Since cell-phone selfies are all the rage these days, scientists have begun to wonder why we are so obsessed with ourselves. Psychologist Judy Weiser believes that self-portraiture can be a powerful act of healing. True self-portraiture allows us to filter out all the input we get from others and be honest with ourselves. The person creating their own head sees themselves anew with their own eyes, building self-acceptance, self-esteem, and self-knowledge. Now that's a lot of "selfie" worth taking a second look at.

