

Over the Rainbow

Tsawaayuus (Rainbow Gardens) • 250-724-5655, activities@rainbowgardens.ca



Celebrating January

Get Organized Month

Skating Month

Polka Music Month

First Foot Day

January 1

Bird Day

January 5

Static Electricity Day

January 9

International Kite Day

January 14

Martin Luther King Jr. Day

January 20

Compliment Day

January 24

**Inspire Your Heart
with Art Day**

January 31

Christmas Blessings



For some the holiday season represents a times of celebrations, traditions and abundance. For others it can be a difficult reminder of what has been lost, loved ones and personal independence. This year the community of port Alberni came together to ensure the residents experienced joy this season. We had groups and individuals come in to sing carols and share stories of the season. Our Auxiliary fundraised and ensured that each resident received their annual Christmas gift from our beloved Santa. Many of the gifts were hand crafted with care, such as walker and wheelchair bags, pajamas and decorative tissue box covers. Our residents were also the recipients of a new program, Santa's for Seniors, which was created by volunteer, Nicole Shanks, a Port Alberni local with a very big heart! She ensured each of our residents received a personalized present from Santas (local community members). The gifts given were specific to the needs and interests of each person and were generous beyond

...continued on page 2

Hi-Yo, Silver!



On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit, and 2,956 radio episodes were produced, followed by a series of books and television shows, a half-dozen movies, and countless games and toys. *The Lone Ranger* phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

Perhaps the greatest appeal of the Lone Ranger was in his strict moral code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes never took place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an honorable American icon.

The Lone Ranger hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Such a hero was easily adaptable to any era or medium. As such, *The Lone Ranger* transitioned easily into books, television, and the big screen over the decades. While *The Lone Ranger* has suffered its critics, especially due to its depiction of Native Americans, the Lone Ranger himself has endured as a symbol of justice and truth.

...Christmas Blessings continued...

what the staff at Tsawaayuus imagined possible. Our residents and staff were extremely touched by the community's generosity. We cannot thank those who participated enough!



The Sound of Silence



The first week of January brings Silent Record Week. Why on earth would someone go through the trouble of putting a silent record on the turntable? In 1952, experimental composer John Cage wrote his piece 4'33", which "consisted" of four minutes and 33 seconds of silence. During the silence, any environmental sounds were supposed to be considered music. In 1959, a jukebox at the University of Detroit won fame for including three silent records. Anyone who wanted a bit of silence could buy it for the price of a song. Rumor has it that the silent records were so popular that they developed noisy scratches and had to be repeatedly replaced. Many would argue that silence is valuable. Cage agreed. It was after his study of Zen Buddhism and the religion's emphasis on silence and stillness of the mind that he composed his silent masterpiece.

Brain Games



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive

decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

Pedestrian Crossing

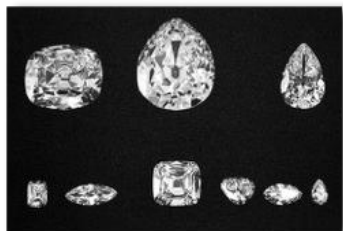
During the late 19th century, pedestrianism, or competitive walking, was all the rage. The frenzy for pedestrianism reached a fever pitch on January 13, 1879, when champion British pedestrian Ada Anderson showcased her talents in America for the first time. Anderson had already become England's preeminent pedestrian, thanks to her training by another champion racewalker, William Gale. Anderson was at her physical peak and adept at sleep deprivation by the time she arrived in America. Her manager wanted to showcase his star at Gilmore's Garden (now Madison Square Garden) in New York City but was rebuffed by the venue's owner, who believed Anderson would never be able to complete the feat of walking 2,700 quarter-miles in 2,700 quarter-hours. The event moved to Brooklyn's Mozart Garden. Anderson began her trek on December 16, 1878. Thousands watched her walk for 28 straight days, during which she took just nine-minute sleeping breaks until at last, she completed her walk on January 13th. Because of heavy wagers placed on the event, police protected her during her last laps. After crossing the finish line, she was hailed as the world's greatest pedestrian.

Mummers the Word



Each year on New Year's Day, the Mummers Parade makes its way through Philadelphia. The parade is one of the oldest folk festivals in the United States, with roots dating back to the mid-17th century, when Swedish and Finnish immigrants would go door-to-door visiting neighbors on the day after Christmas. The parade is related to the English and Irish traditions of mummers' plays, folk plays performed in streets and pubs by amateur costumed actors. Today, the parade is a New Year's spectacle full of clowns, string bands, elaborate floats, and fancy costumes. At 11 hours long, the parade may also be the longest held in America.

The Cullinan Diamond



On January 26, 1905, Frederick Wells, the surface manager of the Premier Mine in Transvaal, now South Africa, made one of the world's most

stunning discoveries. Just 29 feet below the surface, he found a massive, blue-white diamond, which he cut from the rock with his pocketknife. He immediately took it to his office to be weighed and inspected. At 3,106 carats, it was the largest diamond the world had ever seen. Newspapers called it the "Cullinan diamond," after Sir Thomas Cullinan, owner of the mine. It was such a fantastic discovery that it was put on public display at the Standard Bank in Johannesburg, where visitors could catch a glimpse of the world's largest diamond.

In April of that year, the Cullinan diamond was destined for London. A team of detectives guarded its transport on a steamboat, where it was locked securely inside the captain's safe... or so people thought. This, in fact, was a diversion. The real diamond was shipped to England in an unmarked box via regular post. Upon its safe arrival in England, it went to Buckingham Palace, where it was admired by King Edward VII. The Transvaal government had purchased the diamond and in 1907 presented it as a gift to His Majesty the King, who accepted it and declared that it would become part of the Crown Jewels.

Splitting and cutting the diamond into various workable pieces took eight months, with three people working 14 hours a day. It is said that Dutch diamond cutter Joseph Asscher had a doctor and nurse on hand while he was cleaving the massive diamond. Thank goodness, for he fainted after successfully dividing the gem. The two largest stones remain part of the Crown Jewels, set in the Sovereign's Sceptre with Cross and the Imperial State Crown, respectively. The seven remaining large stones and 95 smaller brilliant gems were set in various pieces of jewelry for the royal family.

January Birthdays

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people." Norman Deplaedt (driver)- 2, 1936
David Wilson (cougar hunter) – 5, 1938
Jack Morgan (sheriff) – 9, 1947
Fred Thornton (veteran) 20 - 1935
J.R.R. Tolkien (author) – 3, 1892
Joan of Arc (heroine) – 6, 1412
Elvis Presley (musician) – 8, 1935
Rod Stewart (musician) – 10, 1945
Muhammad Ali (boxer) – 17, 1942
George Burns (comedian) – 20, 1896
Virginia Woolf (writer) –25, 1882

Hubby's Day

According to old Viking calendars, the Friday of the 13th week of winter is celebrated as Husband's Day in Iceland. Also known as *Bóndadagur*, it is the first day of the month of Þorri, or Thorri, in honor of Thor,



the god of thunder. There are many traditions associated with this holiday honoring both the god and the master of the house or farm, or *bóndi*. In olden times, husbands were expected to rise first and welcome Thor with a special ceremony where they would go outside dressed in a shirt, with one leg of his trousers on and the other dragging behind him. He would then hop on one leg as a welcome to Thor. Since the mid-19th century, though, this day is more like Valentine's Day, and men are given gifts and treated to dinner. Not to be forgotten, Wife's Day arrives a month later on February 24.