

October 2021

Culpepper Garden Gazette

4435 N. Pershing Dr., Arlington, VA 22203 | (703) 528-0162 | www.culpeppergarden.org



Celebrating October

Country Music Month

Stamp Collecting Month

International Coffee Day

October 1

**Columbus Day &
Indigenous Peoples' Day**

October 11

**All Hallows' Eve or
Halloween**

October 31

Leadership Team

**Administrator
Kimberly Searcy**

**Director of Nursing
Precious Tillman**

**Activity Director
Lisa Bowie**

**Service Coordinator
Donia Hossain**



Save The Dates!

- Oct. 4.....Dietary Meeting with Chef Ray
- Oct. 8.....Apple and Cider Tasting
- Oct. 13.....Oktoberfest Luncheon with Entertainer Bob Clark
- Oct. 20.....October Birthday's Celebration With Entertainer Lalo Garcia
- Oct. 26.....Halloween Cookie Decorating
- Oct. 27.....Resident Council Meeting
- Oct. 29.....Halloween Party

Now We're Cooking

October is Cookbook Month, which means it's time to get into the kitchen and dust off those pots and pans. With an almost infinite number of free recipes available online, cookbooks might seem a thing of the past. Yet while many forms of print media have suffered in the digital age, cookbooks have maintained their popularity and sales are booming.



How have cookbooks maintained such popularity? They are often part autobiography of the cooks who write them and part self-help for those who struggle in the kitchen, and they almost always

lead to a happy and delicious ending. Even for seasoned chefs, cookbooks provide a means of reinvigorating a stale cooking routine or learning some new tricks of the trade. This doesn't mean that you should go out and buy Buck Peterson's *Road Kill Cookbook* (unless you want to whip up his signature "Chili Con Carnage"), but you could explore some of these other unique and innovative options.

Last Dinner on the Titanic features a compilation of recipes that were served on that great and ill-fated ocean liner. A ten-course menu featuring oysters, caviar, Lobster Thermidor, Consommé Olga, filet mignon, roast squab, pate de foie gras, and Waldorf pudding was served the very night the iceberg was struck, and recipes for all these dishes and more are found in the cookbook.

When *Microwave Cooking for One* was published in 1999, some reviewers called it the "world's saddest cookbook," but others called its author, Marie T. Smith, "the veritable high priestess of microwave food preparation." Smith demonstrates that the microwave is not merely for reheating leftovers but can prepare everything from pancakes to fried scallops and peach souffle.

Adventurous foodies could try *Bugs for Beginners*. Historians might like *Cooking Apicius*, recipes from ancient Rome. Mechanics will appreciate *Manifold Destiny*, which teaches how to cook on your car engine. There is truly a cookbook that appeals to every possible taste.

Hats Off

You don't have to be a fan of Lewis Carroll's *Alice's Adventures in Wonderland* to celebrate Mad Hatter Day on October 6. Carroll attempted to illustrate his book himself but soon turned to famed illustrator John Tenniel for help. It was Tenniel who depicted the Mad Hatter character with a card in his hatband reading, "In this size 10/6." Here, the 10/6 refers not to the date October 6, but the hat's price of 10 shillings and six pence. While the interpretation of the hat card may have been mistaken, the hatter's "madness" is a matter of historical fact.

In the mid-19th century, the process of turning fur into felt involved the use of the chemical mercury nitrate, a poison that caused shakes, speech problems, unpredictable behavior, and hallucinations in many hatters. The idiom "mad as a hatter" developed as a result. Of course, one needn't be mad to celebrate this offbeat holiday. Instead, enjoy Lewis Carroll's classic novel of fantasy and nonsense, and perhaps engage in some nonsensical antics yourself.



Onsite Dermatologist will be here Wed., Oct. 20

Podiatrist will be here Fri., Oct. 1

Dr. Sayles (Psychiatrist) will be here Tues. Oct. 19

Hearing Life is scheduled for Tues., Oct. 26

Please see Donia or call her at (703) 528-0162 ext. 111 to schedule appointments.

Resident Spotlight Carol Brothers



Carol was born and raised in Trenton, NJ into a large family that included 4 brothers and 3 sisters. Just today, two of her sisters came to visit her from Oregon and New York! She attended Marymount College in Arlington, VA. After college and taking a trip abroad, Carol moved back to New Jersey and became a grammar school teacher.

At the age of 22, Carol married a wonderful man named Bill who had a great sense of humor and was a lot of fun. She said that “everyone loved Bill!” Bill and Carol had 4 children – 3 boys and 1 girl. One son lives here in Arlington, one in Manhattan, one is California and her daughter lives in New Jersey. She also has 6 grandchildren. Unfortunately, Bill passed away last Jan.

Her family were members of the country club in NJ and spent their leisure time playing tennis and swimming. Their home was close to the ocean so she spent a lot of time at the beach. She had 2 lifelong friends since her teenage years and they traveled places together and laughed ALL the time.

She says that she has been so fortunate in life and been very blessed in the way that her life has unfolded. She said that she has had a nice life and family and that God has been very good to them.

Carol moved into Culpepper Garden just under 3 months ago and is always up for activities and socializing! You can always find her laughing and smiling and trying to help others. Her favorite activity is Balloon Volleyball, where you can find her laughing and clearly having a great time!

Don't Be Scared

Each October, scarecrows begin to appear in and around the village of Pietrebais in Belgium. In some years, hundreds of scarecrows appear. In others, a scant dozen or fewer. No one knows why or how the tradition began 21 years ago in the year 2000, but it is a tradition that has continued ever since.

In the 1500s, it was common for farmers to hire guards to protect their crops from animal pests and thieves. The guards sometimes slept in the fields in straw huts or stood watch on wooden platforms. But as farms grew, farmers could no longer afford to employ vast numbers of guards. They began instead to use human-like watchers. These first scarecrows were erected in the spring, topped with animal skulls or fashioned out of rotting vegetables, or hung on crosses in the image of Christ's crucifixion. They served one purpose: to scare pests like crows away from valuable crops. It seems that these scarecrows have earned a spooky reputation ever since. But in Belgium, there is no need to fear. The scarecrows are often dressed like happy or silly villagers welcoming visitors to Pietrebais.

Instant Success



The photo and video-sharing social media application known as Instagram enjoyed a fairy-tale launch when it debuted on October 6, 2010. Developers created it in just eight weeks, and on its first day it had 25,000 users. In less than two years, Facebook bought it for \$1 billion, making it one of the most profitable applications ever developed. Facebook may have more users, but Instagram is still considered one of social media's most popular and profitable applications. This is because of the ease with which users can share photos and videos. Instagram is not cluttered with links, sidebars, ads, and endless chatting. Such a visual medium is perfectly suited for smartphones and users on the go.

Heroine of Horseshoe Falls



Niagra Falls, whose name comes from the Neutre Indians and means “thundering water,” are two waterfalls on the border between the US and Canada. They are the 49th highest in the world and the third greatest in the volume and power of water that pours over them.

The falls are located about the middle of the Niagra River which divides the US and Canada. On the American side the 1,050 feet wide river flows over the American Falls and drops 184 feet. On the Canadian side the river flows over the 2,215 foot wide Horseshoe Falls and plunges 176 feet.

The magnificent beauty of the waterfalls makes them one of the top tourist attractions of North America. Many couples have gone there on their honeymoon, and others have attempted to become celebrities by going over the Falls in a barrel. Between 1901 and 1995, 15 people went over the falls; 10 of them survived.

The first to survive a trip over the falls was a 63 yr. old widow named Annie Edison Taylor. Incidentally, she could not swim. Desiring to secure her later years financially, she decided she would be the first person to ride over the falls in a barrel. On Oct. 24, 1901, she went over the falls in an old wooden pickle barrel that had cushions in it. The trip took less than 20 minutes.

Annie suffered gashes and a concussion, and when she crawled out of the barrel, she stated that “Nobody ought ever to do that again.”

She thought she would make a great deal of money giving speeches about her exploit, but she was a terrible speaker and did not make much money. Taylor died in 1921 at the age of 82.

October Birthdays

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion justice and equality. Those born from October 24–31 are Scorpions. They are passionate, dedicated, and resourceful. Scorpios may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.



Margaret Whalley.....	Oct. 11
Robert McLernon.....	Oct. 14
Carol Brothers.....	Oct. 17
Margaret Proctor.....	Oct. 20
Gerry Robbins.....	Oct. 20

Turn of the Tide



In Cornwall, in the United Kingdom, October 31 brings the holiday of Allantide. Like Halloween, Allantide is believed to be a day when the barrier between the living and the dead is lifted. For this reason, Allantide is a day when people seek the advice of fortune tellers who can commune with the spirits. Walnuts thrown into fires confirm the fidelity of spouses. Molten lead cast into water hardens into a shape that foretells future employment. Thanks to its proximity to the harvest season, Allantide also boasts several harvest traditions. It is common to visit an Allan Market and buy a bright red Allan apple to gift to children. Girls will sleep with these under their pillows in the hopes of dreaming of their future husbands. Not sleeping with the Allan apple under your pillow brings back luck. Another tradition more reminiscent of Halloween is the carving of jack-o'-lanterns out of turnips.