

February 2023

Culpepper Garden Gazette

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



Celebrating February

Groundhog Day

February 2

Pizza Day

February 9

Super Bowl LVII

February 12

Valentine's Day

February 14

Presidents' Day (U.S.)

February 20

Mardi Gras

February 21

Administrator

Kimberly Brathwaite

Director of Nursing

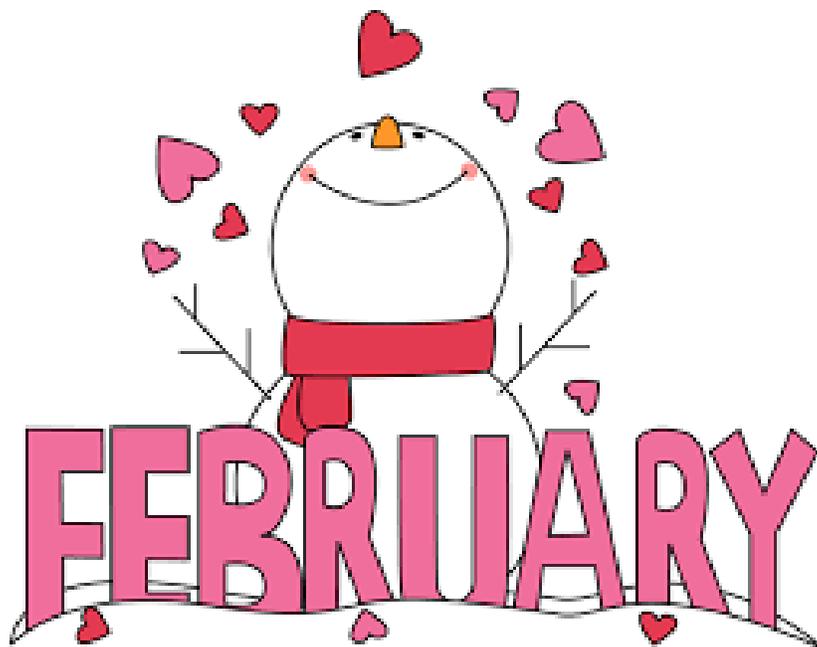
Dishanna Walton

Activity Director

Lisa Bowie

Service Coordinator

Metiya Cole



SAVE THE DATES!

- February 1.....Travel with Foster
- February 3.....Podiatrist
- February 10.....Cards with Bill & Laura
- February 11.....Nail Painting with Members of McLean Bible Church
- February 14.....Valentine's Day Desserts with Chef Ray
- February 15.....PAL Pet Visiting Dogs
- February 17.....Painting with Merri Davis
- February 18.....Entertainment with Valeria and Jen on Guitar & Violin
- February 21.....Mardi Gras Celebration
- February 21.....Travel to Galapagos with Librarian Ruth Compton
- February 22.....Resident Council Meeting
- February 24.....February Birthday Celebration

Heart vs. Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.



Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called *intuition* or *instinct*) are often seen

to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it's okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.

An Inconvenient Truth

Convenience plays a powerful role in our day-to-day lives. New technologies often rely on promises of convenience: dishwashers replace handwashing, search engines replace encyclopedias, text messages replace emails and snail mail, Amazon replaces the department store. To resist these convenient options in life sometimes means being called quaint, eccentric, or even a fanatic.

But has life become too convenient? That is a question worth asking on February 22, Inconvenience Yourself Day. Convenience frees us from toil and gives us more free time, but should we instead enjoy physical labor? Shopping on Amazon means we never need to leave the house or interact with others. But have we become too isolated? Inconvenience certainly requires more effort, but effort can lead to great benefits, like socializing with friends or learning a worthwhile new hobby. Effort creates feelings of self-worth. Perhaps a little inconvenience is a good thing.

Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this



fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to “woolen cloth.” In the 17th century,

Welsh textile workers began the process of *carding* sheep's wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.

Resident Spotlight – Gloria Garner



Meet Gloria Garner! Gloria joined us here in CG III in December having lived in CG I since 2008.

She was born in Washington, DC and grew up not far away in Waldorf – Charles County, MD. She had two younger brothers and two older sisters. Unfortunately, her parents both passed when Gloria was a teenager and she was raised by a local Methodist preacher and his wife. She remembers working at a local store called “Kerrs” where she earned .25 cents an hour! She was interested in sewing and used to sew clothing and make quilts.

While attending a baseball game between two local churches, she met her future husband, Frank. The pair married and lived in Washington, DC. He was in the Naval Reserve and called to active duty during the Korean War.

Being in the service, they moved quite a bit. First to Rhode Island, San Diego, Panama and then finally settling down and buying a house in Greenbelt, MD. Her husband worked at the Pentagon, retiring after 21 years. After retirement he served 17 years as a Capital Police Officer.

Gloria and Frank had 3 sons. One now lives in Vermont, one in Massachusetts and the other son lives locally. She has one grandson and three great-grandchildren.

She has done some traveling and has been on two cruises and to Hawaii.

On an interesting side note, her sister Joyce married Lisa Bowie’s great uncle Doug!

Here at Culpepper, Gloria has enjoyed attending the socials, Chef Ray’s cooking demos, pet therapy, Bingo and Arts & Crafts.

Flights of Fancy

The night of the first full moon of the lunar new year brings one of Taiwan’s most famous events, the Pingxi Sky Lantern Festival. Tens of thousands of visitors crowd the small hillside village of Shifen to release rice paper lanterns into the night sky. Participants write their names and wishes upon the lanterns, hoping that they will fly up to the gods, who will grant them their wishes in the new year.

It is believed that the sky lantern was invented in the third century by military strategist Zhuge Liang as a way to send military signals. When the sky lantern tradition arrived in Taiwan, it was adopted by local farmers, who wrote their wishes for a plentiful season on the lantern’s paper walls and sent them skyward to their gods and ancestors. Today, anyone who hopes to release a lantern arrives early, giving themselves enough time to purchase a lantern, write a message, and then find a spot to release it before 80,000 people descend upon the town. The sight of the night sky filled with thousands of lanterns is magical to behold.

Challenge of the North



While the Iditarod Trail Sled Dog Race might be the most famous sled dog race in the world, February’s Yukon Quest Sled Dog Race is undoubtedly more challenging. Run in the depths of winter, the Yukon Quest is colder, darker, lonelier, and runs over more challenging terrain. The course runs 1,000 miles from Whitehorse, Yukon, to Fairbanks, Alaska, and follows the historic route of the Klondike Gold Rush. While the Iditarod has 22 checkpoints along the way, the Yukon Quest has only nine. Musher’s cross four mountain ranges, traverse frozen rivers, and deal with temperatures plummeting to minus-60 degrees Fahrenheit. Why would anyone want to compete in such a race? The prize money is minimal. The reward is honor and pride.

Naked Ambition



On the third Saturday in February, Japan celebrates *Hadaka Matsuri*, a holiday better known as the “Naked Festival.” The name is a bit of a misnomer. The 10,000 men who participate are not really naked, but instead wear traditional loincloths known as *fundoshi* and white socks called *tabi*.

Why are they naked, or nearly naked? To answer this question, we have to go back 500 years, when local priests of Okayama’s Saidaiji Kannonin Temple began the tradition of handing out paper talismans to local villagers for luck and prosperity. As time passed, more and more people came to the temple for the annual ritual, competing with the crowds for the few paper talismans. The jostling battle for the talismans became so great that clothes suddenly seemed an impediment. Soon villagers arrived wearing just their loincloths and socks, and this tradition has endured for 500 years.

Today, thousands of men arrive at the temple to compete not for slips of paper, but for two sacred wooden batons that are still believed to guarantee a year of good fortune. As evening falls, the men wade through freezing cold water as an act of purification before entering the temple. Soon, the men are packed into the temple like sardines, ready to wrestle for the wooden sticks. At 10 o’clock, the lights go out and the priest appears at a window high overhead. Two batons, as well as 100 bundles of twigs, are tossed into the writhing crowd below. After several frantic minutes, the victors emerge with batons held high, assured of their prosperity for the coming year.

Hadaka Matsuri is not Japan’s only “Naked Festival.” *Ohara Hadaka Matsuri* is held each September in the coastal province of Chiba. For this festival, loincloth-clad men carry portable shrines known as *mikoshi* all around town. Finally, in the afternoon comes *shiofumi*, the time when the men carry the *mikoshi* into the sea as a form of harvest prayer.

Resident Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas. Those born from February 19–28 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists.



Janice Kaye.....	Feb. 2
Nancy DeArruda.....	Feb. 3
Gerald “Bootsie” Windsor.....	Feb. 14
Janice Nichols.....	Feb. 17
Marjorie Burgess.....	Feb. 28
Betty Shenk.....	Feb. 28

The British Invasion



On February 7, 1964, the Beatles landed in New York to start their first tour of the United States. Just a few days earlier, on February 1, their hit “I Want to Hold Your Hand”

hit No. 1. Two days later, on February 9, the “Fab Four” would perform on *The Ed Sullivan Show* before hysterical fans in the live studio and to record viewership on television sets. The so-called British Invasion had begun. For the next several years, it seemed as if the only sounds coming through the radio were bands from “across the pond.” The Dave Clark Five. Herman’s Hermits. The Rolling Stones. The Kinks. The Animals. The Who. Prior to 1964, only two British singles ever topped the pop 100. From 1964–65, British bands held the No. 1 spot for an astonishing 56 weeks. The American radio waves had been transformed forever.

January Snapshots





