

MARCH 2017

# Ferris Hills at West Lake



## Celebrating March

### Women's History Month

**Ash Wednesday**  
*March 1*

**Daylight Savings Begins**  
*March 12*

**St. Patrick's Day**  
*March 17*

**First Day of Spring**  
*March 20*

**World Poetry Day**  
*March 21*

**Celebrating Doctors Day**  
*March 30*

## History's Winning Women

The month of March is now celebrated throughout the world as Women's History Month, but it all began as a school celebration in Sonoma, California, in 1978 honoring International Women's Day on March 8. Students spent the week learning about women's contributions to culture and society and were asked to write an essay on what it meant to be a "Real Woman." The week culminated with a parade through downtown Santa Rosa. Two years later, President Jimmy Carter proclaimed the week of March 8 National Women's History Week. By 1986, fourteen states had declared March Women's History Month, and one year later, Congress made it a national designation.

The theme of Women's History Month this year is "Honoring Trailblazing Women in Labor and Business." It has been widely reported how women experience inequalities in working conditions, opportunity, and pay in the workplace, and 2017 highlights many women who have striven to make gains in these areas.

Take Kate Mullany, a labor organizer who founded one of the first women's unions, the Collar Laundry Union, in 1864. Laundresses worked long days for low pay in sweltering conditions, giving rise to the term *sweatshop*. Mullany led a six-day strike that helped improve pay and working conditions. A century later, in 1962, the New York Stock Exchange did not allow women on the trading floor. Norma Yaeger completed the stockbroker training program at Hornblower and Weeks, Inc., demanded the right to accompany male trainees on the floor, and went on to enjoy a successful Wall Street career. In 1979, Lilly Ledbetter was hired as a supervisor for a Goodyear Tire and Rubber plant. When she discovered that she was being paid thousands of dollars less than her male counterparts, she fought the company to receive equal pay for equal work. These women are but a few examples of activists who have made life better not just for women but for societies the world over.

## Off the Menu

This March 17, your St. Patrick's Day celebration might not feel complete without shamrocks, beer, green dye, and a meal of corned beef and cabbage. Many Irish would be appalled to learn that March 17 is Corned Beef and Cabbage Day, in honor of this traditional St. Paddy's Day dish, for no self-respecting Irishman would eat such a dish.



In Ireland, beef was a food historically reserved for kings. Cattle were far too valuable as draft animals or producers of dairy. Pork, not beef, was the country's common meat. It wasn't until the beef-loving English conquered Ireland that beef cows populated Ireland's green pastures. Ireland eventually grew so influential in the cattle industry that England passed the Cattle Acts of 1663 and 1667, prohibiting the import of live cattle from Ireland. Ireland then began curing its beef for export, using massive salt crystals the size of corn kernels. This Irish "corned beef," as it came to be known, was so popular that it supplied both the British and French navies, and supplied the colonies of the New World across the Atlantic.

Despite the wealth of Ireland's corned beef trade, common Irish could still not afford the dish and relied on bacon as their staple meat. It wasn't until they immigrated to America and found good-paying jobs that they were able to afford corned beef. Even then, the corned beef eaten by the Irish in America was not Irish corned beef but Jewish corned beef, boiled with cabbage and potatoes, sold by kosher butchers. So it was Irish Americans who transformed St. Patrick's Day from a religious feast day to a celebration of Irish culture and in so doing adopted Jewish corned beef and cabbage as their celebratory dish.

The popularity of corned beef and cabbage never made it back to Ireland. Today, the Irish eat bacon or lamb on St. Patrick's Day. Furthermore, up until 1970, Irish pubs were ordered closed in observance of the religious holiday, meaning that beer wasn't on the menu either.

## YouTube Weekly Features ... WOMEN & HISTORY

**March 3rd-** NYC's Roosevelt House

**March 10th-**Suffragettes Forever: The Story of Women & Power

**March 17th-**Patrick the Renegade Saint

**March 24th-**Bloody Queens: Elizabeth & Mary (BBC Documentary)

**March 31st-**Life & Works of Mother Theresa

## All Thumbs

Humans are unique from other animals in lots of ways, but our opposable thumbs and two-pincer grip led the way for some of our most important evolutionary advances. It's a wonder that more animals do not have thumbs. But what if they did? Consider the possibilities on March 3, If Pets Had Thumbs Day.



Many animals have opposable thumbs, such as apes, opossums, pandas, koalas, and tree frogs. What do these animals do with their thumbs? They use them mostly to climb and to eat. Chimps use their thumbs to the greatest advantage: using tools, foraging for food, building shelters, and fighting. If cats had thumbs, would they learn to use a can opener? Would dogs throw a ball for themselves? Would hamsters build their own tube tunnels? Would rabbits punch with their feet and fists? Of course, the burning question is whether any of our pets would use their thumbs to help us around the house. Probably not.

## Upcoming Events...

### Wellness

6th - Blood Pressure Checks  
 14th - "Music & Memory" by Debbie Bernacki, RN  
 Tuesday Evenings-Healing Pathways  
 31st - Danerous Diseases & Genetics by Dr. Sigrid Carle

### Education

History of Horticulture - Monday evenings  
 (last 2 classes by FLCC Professor Smith)  
 Thursdays - Great Decisions (Global Affairs)  
 23rd-Mike Stapleton Presentation  
 YouTube Feature Friday afternoons

### Music, Theatre & The Arts

8th - GEVA Theatre  
 16th - Quintessence Woodwind Quintet Performance  
 19th - "Snow Queen" Ballet in Rochester  
 25th - River City Brass at Smith Opera House Geneva

### Social

2nd- Men's Breakfast  
 17th- St. Patrick Day Party & Live Music by Chris Wilson

### Spiritual

Every Friday morning at Clark Meadows  
 21st- Worship Service by Chaplain Mark Hanson

## The Pilots of Tuskegee



On March 19, 1941, the U.S. War Department established the 99th Pursuit Squadron, which became famously known as the Tuskegee Airmen. America's first African American pilots made up the squadron. African Americans had hitherto been banned from high-ranking military positions, but several historically black colleges joined the Civilian Pilot Training Program, a program created by Congress in 1939 to train pilots. President Franklin D. Roosevelt authorized the enlistment of these black aviators, which led to an all-black fighter pilot unit, trained at the Tuskegee Institute in Alabama. The pilots confronted racism at home and put their lives on the line abroad, but their success record was exemplary during World War II, paving the way to President Truman's desegregation of the military.

## NOW SHOWING....

### "The Crown" A Netflix Series...

Tuesdays at 2:00 PM in the CR.  
 (1 episode per week = 10 episodes)

**Please note:** It will not be played  
 Tuesday March 21st.

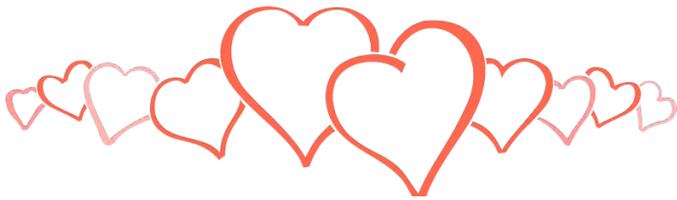
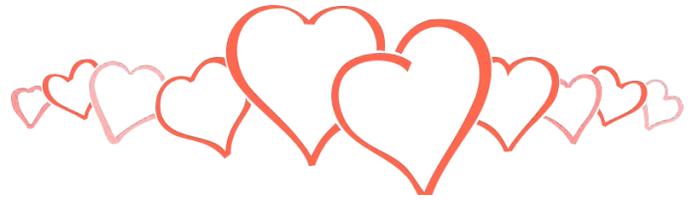
**Don't' Forget to set your clocks ahead  
 on Saturday night March 11 !!!**



## A Note From Your Neighbor...

*"We'll take care of that for you".  
 These were the first words I heard as I entered my five weeks of respite care at Clark Meadows. That quality of care, kindness, helpfulness, and encouragement continued for my entire stay. It was a completely positive experience that enabled me to move back into my own apartment and to be independent once again. I am so thankful that Clark Meadows is an integral part of Ferris Hills. My heartfelt thanks to all the staff there for your help.  
 -Sybil Amico, Ferris Hills Resident 2/9/17*

# Celebrating Valentine's Day with Friends & Neighbors!



“Time is too slow for those who wait  
Too swift for those who fear  
Too long for those that grieve  
Too short for those who rejoice  
But for those who love...  
Time is an eternity”

♥Henry Van dyke♥



## Seeing Daylight

In 2005, President George W. Bush extended daylight saving time (DST) by having it start three weeks earlier and ending one week later. For this reason, DST begins on March 12. Bush's reasons for extending DST were similar to the original intents of the time change:  
to conserve energy.



On March 31, 1918, DST was first enacted by the United States, setting fixed time zones across the country and allowing for more sunlight hours in the evening. The U.S. was following Germany's example. During World War I, Germany had enacted DST in order to conserve costly fuel that would otherwise have been used for lighting the dark. DST in the United States proved unpopular, however, and was abolished by Congress as soon as the war ended. It took World War II for President Franklin Roosevelt to reinstitute DST, which he dubbed "War Time," as a year-long practice. Once again, at the close of the war, DST was abandoned, with only a few states choosing to maintain the practice. It wasn't until 1966 that the transportation industry spearheaded a move to nationally formalize time zones and DST for the sake of consistency. DST has been in place ever since.

DST is not without its critics. Besides creating confusion, inconvenience, and tiredness, critics argue that the practice does not conserve energy. While lighting use may drop in the evening, it increases in the morning and leads to more air conditioner use at night. Furthermore, more daylight means more driving and more fuel consumption. No wonder the gas and auto industries have long been two of DST's biggest supporters. The gradual expanding of DST, some argue, is due to industries like golf and even barbeque. When DST was expanded in the 1980s, the golf industry raked in an extra \$400 million due to the extra hour of sunlight. Likewise, the BBQ industry added \$150 million in revenue. The extra daylight is all the better for these industries to increase their profits.

## March Birthdays

In astrology, those born between March 1–20 are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. They never hesitate to put others' needs before their own. Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump head first into life, confident that they can navigate any challenges.

## Associate Birthdays

- 1st- Mary K Cooper (Resident Services)
- 18th- Samantha Stull (Housekeeping)
- 24th- Michele Chiaverini (Resident Services)
- 30th- Lynne Standish (Clark Meadows Sales)

## March Aflutter

On March 14, Learn About Butterflies Day, no one expects you to learn about all 20,000 types of butterflies in the world. You might, however, be amazed to learn that the Queen Alexandra's birdwing butterfly, found in Papua New Guinea's rain forest, has a wingspan of one foot. As a caterpillar, this species eats the poisonous pipevine plant that other animals won't dare eat for fear of being poisoned. The glasswinged butterfly of Central and South America has transparent wings. North America's question mark butterfly has a silver mark on the underside of its wing that looks just like—you guessed it—a question mark. Otherwise, it is cleverly disguised with a camouflage pattern that makes it look like a dead leaf. Love butterflies? Plant a butterfly garden with plants that attract these beautiful creatures.



