

Richland Place \* 500 Elmington Ave., Nashville, TN 37205 \* 615-269-4200

## Celebrating February

**International Expect Success  
Month**

**Bird Feeding Month**

**Black History Month**

**International Snow Sculpting  
Week**

*February 1-5*

**Ballet Day**  
*February 7*

**Paul Bunyan Day**  
*February 12*

**Westminster Dog Show**  
*February 13-14*

**Valentine's Day**  
*February 14*

**International Sword  
Swallower's Day**  
*February 25*

**Leap Year Day**  
*February 29*

## Calendar Confusion

Ever feel the need to make up for lost time? You're not alone. In fact, the entire world will be making up for lost time on February 29, the Leap Day for 2012's Leap Year.

Ancient cultures kept calendars like we do today, but these were based on lunar cycles that followed the phases of the moon, making each month only 29.5 days long. One year would last only 354 days, not nearly enough days for an actual year, which lasts 365.242 days, the amount of time it takes the Earth to orbit the sun.

These 354-day calendars wreaked havoc when it came to celebrating annual holidays. As the years passed, autumn harvest festivals were celebrated during the spring planting season! The Egyptians were the first culture to correct the amount of days, and they even added an extra day, a Leap Day, to the calendar every fourth year to prevent these problems.

Cleopatra shared this system with her boyfriend Julius Caesar, and Caesar decided to fix the Roman calendar. In the year 46 B.C., Caesar instituted a year that lasted 445 days – later called the Year of Confusion – to reset the entire calendar. Then he started a new 12-month-long year of 365 days, with an extra Leap Day added every fourth year to make up for the lost time. But this still was not perfect.

This extra day was still 11 minutes too long, which meant that an entire extra day would be added to the calendar every 128 years. That may seem small, but 1,000 years later, this created major problems. Now it was Pope Gregory XIII's turn to fix the calendar. He decided to keep the Leap Day, but only one out of every four "century years" would observe a Leap Year. The years 2000 and 2400 are Leap Years, but 2100, 2200, and 2300 are not. We still use this Gregorian calendar today. As for people born on February 29, known as Leaplings, no official ruling has yet been made on how to count their age.

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## RICHLAND PLACE LIBRARY NEWS

Take a look at some interesting new titles:

- PAGES FROM A TENNESSEE JOURNAL, by Francine Thomas Howard. 2010

"Based on a true family story, this haunting first novel admirably revisits a painful time in history. Too often historical novels about women indulge in anachronistic explorations of feminism, but the author admirably avoids that trap and instead portrays realistic characters dealing with their difficult lot in life." - *Booklist Review*

- THE NEXT ALWAYS By Nora Roberts, 2011 (Large Print Edition) 2011

The historic hotel in Boonsboro, Maryland has endured war and peace, changing hands, even rumored hauntings. Now it's getting a major facelift from the Montgomery brothers and their eccentric mother.

- NEARING HOME: Life, Faith, and Finishing Well. By Billy Graham 2011

Scripture is filled with examples of men and women whom God used late in life – ordinary men and women who discovered that the latter years of life can be some of the most rewarding and fulfilling. In this moving narrative Dr. Graham reflects on his life, and he shares how he has learned to deal with grief, uncertainty, and loss by focusing on the promises found in the Bible.

- ELIZABETH THE QUEEN: THE LIFE OF A MODERN MONARCH. By Sally Bedell Smith 2012

A deeply researched and totally fascinating portrait of a transcendent icon of our age, written with literary style, wit and insightful commentary.

Also some favorite authors of mystery-suspense thrillers:

- FINAL CUT by Tom Clancy 2011
- SON OF STONE (A Stone Barrington novel) by Stuart Woods 2011
- PRIVATE: #1 SUSPECT By James Patterson & Maxine Paltrow 2011

PRIVATE director Jack Morgan is accused of a horrible murder – and not even his own world-class investigators can prove he didn't do it.

- LETHAL (2011) Best-selling author Sandra Brown is widely acclaimed for her high-velocity and emotionally charged novels of suspense. Now, in her newest book, she returns to the bayous of Louisiana to deliver a heart-pounding tale of corruption, betrayal, and murder ... and the stakes couldn't be higher.

## Resident Council Service Award

Eunice Doty was chosen for the Resident Council Service Award for 2011.

Eunice grew up on a farm near Memphis, the middle of three daughters. If there was disappointment because she wasn't a boy, she did not disappoint because she loved the out-of-doors and did many farm chores.

She graduated from the University of Tennessee and then became a Home Demonstration Agent in Crockett County and Madison County working for the University of Tennessee Agricultural Experiment Service. She and her husband, Tom, moved to Nashville in 1954. She did some teaching at Watkins Institute, but after their son, Tom, was born, she became a stay-at-home mom.

Since 2008 she has been a resident at Richland participating in many activities, serving as a Floor Representative, and being a compassionate friend to many here and at the Health Center.

She tends two gardens in the garden area growing tomatoes, peppers, kale, mustard greens, shallots, cucumbers and herbs. She generously shares her produce. One summer day those eating lunch in the dining room enjoyed her green tomatoes fried by the Richland kitchen.

No Eunice is using her talents as Chairman of the Food Committee.

The Resident Council Service Award was begun in 1995. The plaques beside the concierge desk hold the names of many worthy residents who have been honored.

~by Mary Nelle Bryant

## What's Coming Up in February

- Thinking Out of the Lunchbox on Wednesday, February 1<sup>st</sup>. Coach leaves at 11:00 am.
- Cello Concert by Erin Castle (granddaughter of Lem and Marge Tanksley) on Friday, February 3<sup>rd</sup> at 2:00 pm.
- Super Bowl Party on Sunday, February 5<sup>th</sup>. Look for flyers with details.
- Craft Time: We will be making candy love bugs and chocolate covered pretzels. You can keep and enjoy both or pass them out to others that might need a Valentine surprise. Tuesday, February 7<sup>th</sup> at 1:00 pm in the Soda Shop.
- Lunch Bunch to the Whiskey Kitchen on Thursday, February 9<sup>th</sup> at 11:00 am.
- Coach to the Symphony on Friday, February 10<sup>th</sup> at 7:30 pm.
- Sweetheart Party on Tuesday, February 14<sup>th</sup>. Cocktails at 5:00 and Dinner/Music at 6:00. Music will be provided by Bill Sleeter.
- Inside Out of the Lunchbox: Music Business 101 on Thursday, February 16<sup>th</sup>. Coach leaves at 11:00 am. Call 322-8585 for Reservations.
- Trivia on Friday, February 17<sup>th</sup> at 1:30 pm in the Billiards Room.
- Audiology Talk and Clinic on Tuesday, February 21<sup>st</sup> at 2:00 pm in the Meeting Room.
- 5<sup>th</sup> Floor Apartment Showcase. 10 Residents on the 5<sup>th</sup> Floor will open their homes for an hour for all residents to stop by. Look for flyers for more details. We hope to do this for every floor in the future.
- Coach to the Symphony on Friday, February 24<sup>th</sup> at 7:30 pm.
- Trivia on Tuesday, February 28<sup>th</sup> at 1:30 pm in the Billiards Room.
- Trip to Publix on Wednesday, February 29<sup>th</sup> at 2:30pm.
- Birthday Dinner on Wednesday, February 29<sup>th</sup> at 5:45pm.

## Gifts and Memorials

Some clarification seems to be needed regarding the process for donating gifts and memorials honoring residents or staff of Richland Place. The following statement is in the Richland Council Bylaws:

*The **Gifts and Memorial Committee** shall receive donations from residents, channel them to the fund designated by the donor; notify honorees [or survivors] of the gift, and prepare and deliver acknowledgement to the donor.*

Nell Wiser chairs the Gifts and Memorials Committee so a check or cash in a sealed envelope may be placed in her Mailroom box (#114) with an indication of the type of memorial selected. After recording each for appropriate responses, the money will be forwarded to Billy Bryant, Richland Place Council Treasurer, who maintains a separate account for each type of check. The amount then is only designated on the acknowledgement to the donor. The donor may select one of five types: Flower, Grounds, Library, Art or a General Fund. A list comprised of the honoree, the type of gift, and the name of the donor will be posted monthly in the Mailroom. The Council Committee related to each of these types of memorials manages the expenditure of these donations with the exception of the General Fund which is managed by the Council at large.

This option to honor our residents has been much appreciated by honorees or relatives of some of our beloved residents and has enhanced Richland Place by honoring some very special people.

Nell Wiser, Chair of Gifts and Memorials Committee

## GETTING ACQUAINTED WITH SAM AND JULE KAYSER

Sam grew up in Mobile, Alabama, and was in college at The Citadel in Charleston when Pearl Harbor was bombed. He immediately volunteered for the Army, and was called to active duty in 1943. After advanced infantry training he was sent to Europe, through England, France, joining the 88th Infantry Division in Italy. He was in combat as a rifleman in two campaigns until the end of the war, receiving the Combat Infantry Badge, two Purple Hearts, and a Bronze Star.

After an Honorable Discharge, he graduated from the University of Michigan in 1946 with a degree in Business Administration. At that time he met a charming U. of Alabama English major named Jule Basch at a party in Montgomery, AL, and they married a year later.

Sam joined a family retail clothing business in Mobile, where they raised their family and lived until moving to Richland Place last year. In 1986 Sam joined Thompson Engineering as Asst. to the President, and wrote qualification statements and proposals to major corporations and Federal agencies until his retirement. He was active in the Rotary Club, the Chamber of Commerce, and several other civic groups. He enjoyed playing golf, and pursuing his interests in photography producing art prints in his home darkroom, which were shown locally. He was appointed by the Governor to the Alabama Environmental Planning Commission.

Jule is a gifted and self-taught artist, specializing in oil painting, portraits, impressionist work, and has shown in the Gulf states and sold many works produced in her own studio.

She has been active in many aspects of the Mobile Art Association, and as a community volunteer as a “Grey Lady” at the local hospital. Jule and Sam both volunteered at the Mobile County Youth Detention Center, working with troubled youths under the jurisdiction of the Juvenile Court System. They also enjoyed birding together and belonged to the Audubon Society, and the Mobile Estuary Program - protecting wildlife and shore birds.

They were in a Great Books Study Group for 10 years, and continued studying classic literature with the same small group for the next 20 years.

They have travelled over most of Europe and the Americas, and Jule especially enjoyed the times they spent in Paris because her grandparents were born there. They related one especially surprising trip to Rio de Janeiro, where they were encouraged to visit by a travel agent friend who offered them a wonderful 10 days in a luxury hotel. However, on their arrival the hotel management had armed guards on every floor, and they were warned not to leave the hotel with any money, jewelry or cameras. They were taken in locked taxis to restaurants or stores, and required to pay with special checks, then returned to the hotel-fortress. It was certainly not what they expected, and they were glad to return home!

In the midst of all this activity, they reared a remarkable family: two sons who are doctors, and a daughter, a nurse who married a doctor – and two of their 7 grandchildren are also doctors, so they receive excellent medical attention these days! They decided to move to Nashville because their son Jay lives here, and because of its central location for visits from other family members. After visiting several retirement homes, they are very pleased with their decision.

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## Bird Feeding Month



Since February is one of the most difficult months for birds to find food, they could use some human help. A typical backyard bird weighs less than two nickels, and in northern

climates, loses about 15 percent of that body weight overnight just trying to stay warm. Birds spend most of their waking hours searching for food, so whatever we do to make it easier is a boon to them. Our reward is color, motion, and song on dreary days.

According to the National Bird Feeding Society, the favorite meal of most seed-eating birds is the black oil sunflower, because its shell can be easily cracked, even by small birds like chickadees and titmice. In addition, its high oil and fat content ensures that the birds will receive needed energy. Safflower seeds are a favorite of northern cardinals, and they have the added benefit of being a turn-off to squirrels. If you can offer dripping or running water in your backyard, you will attract birds that do not visit feeders, because they prefer insects and berries. Getting started is as easy as buying a bird feeder and some seeds. And, if you hurry, you can participate in the "Great Backyard Bird Count" (February 17–20, 2012). Last year, volunteers observed 594 species and counted 11,471,949 birds.

### A Recipe for the Birds

1. Cut a long length of yarn or ribbon and tie it around the top of a pine cone.
2. Mix 1/2 cup vegetable shortening (or lard) with 2 1/2 cups cornmeal (or oats) until well blended. Optional: add small pieces of dried fruit or chopped nuts.
3. Using a craft stick, apply the mixture to the pine cone. Make sure to press it in to all the little nooks and crannies
4. Roll the pinecone in birdseed.
5. Hang the bird feeder on a tree and enjoy bird watching!

## February Birthdays

If you were born between February 1 and 18, you are an Aquarius. Water Bearers have attractive personalities, and are very imaginative and intuitive. People born between February 19 and 29 are Pisces. These Fish have boundless imaginations and often become gifted artists. Their great capacity for love and depth of feeling make them sensitive and caring souls.

Jean Taylor 2/3	Dick Ownbey 2/14
Jean Crawford 2/4	Anne Johnson 2/18
Dot Reis 2/6	Flo Clark 2/21
Gene Clark 2/6	Melissa Rousseau 2/21
Blossom Averbuch 2/7	Jean Wright 2/24
Richard Freeman 2/9	Helen Reed 2/26

## Groundhog Day

Every February 2, crowds gather at the entrance of a groundhog's burrow and wait for the furry creature to forecast the weather. If it sees its shadow and runs back inside, prepare for six more weeks of winter. If it steps boldly from its burrow, then spring may come early.



The Pennsylvania Germans began the tradition of Groundhog Day in America, with evidence of its practice dating back to 1841. These traditions began in ancient Europe, when people believed that badgers and bears, not groundhogs, could predict the weather. Christians, trying to convert these heathens, absorbed this tradition into their religious celebration known as Candlemas, commemorating the presentation of the baby Jesus at a temple and the purification of Mary. Amazingly, little is remembered of Candlemas, but much is made of an overgrown squirrel that predicts the weather.