

JANUARY 2018

# Harmony Hall



## Celebrating January

**Polka Music Month**

**Change Your Stars Month**

**Book Blitz Month**

**First Foot Day**

*January 1*

**World Braille Day**

*January 4*

**Bubble Bath Day**

*January 8*

**International Kite Day**

*January 14*

**Thank Your Mentor Day**

*January 18*

**Activity Professionals Week**

*January 21–27*

**Big Wig Day**

*January 26*

## At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.

## Music Appreciation

**Jan.3:** Music Appreciation with David:  
TBA

**Jan.10:** Music Appreciation with Mike:  
"Another visit with America's most famous  
unknown composer: Louis Moreau  
Gottschalk."

**Jan 17:** Music Appreciation with David:  
TBA.

**Jan. 24:** Music Appreciation with Mike:  
Sonate for Piano and Flute.

**Jan 31:** Music Appreciation with Mike:  
Dvorak Concerto for Cello and Orchestra.

## Opera

**Jan 5:** Gioachino Rossini's *Armida*  
A sorceress with a host of demons from  
hell under her control, seduces the lead  
knight of the Crusaders in order to distract  
them from their holy purpose.

**Jan. 12:** Conclusion of Rossini's "Armida."

**Jan.19:** Giuseppe Verdi's *Rigoletto*.  
Trouble in the family; body in a bag. The  
court Jester of the Duke of Mantua takes  
revenge on his hated boss.

## The Dirt on Farming

January 10–13 brings No-Tillage Week, an awareness campaign aimed at spreading the word about the benefits of no-till farming. Farmers have tilled soil for thousands of years, agitating and turning over dirt in preparation for planting. This practice, however common, may not create the healthiest soil. By leaving soil untilled, it absorbs more water, retains the organic matter of previously planted crops, improves the cycling of nutrients, retains beneficial microorganisms in the soil, and reduces erosion and runoff. No-tillage also reduces labor, fuel, irrigation, and machinery costs, while reaping comparable harvests. In this way, no-till farming has been shown to be very profitable, if managed correctly. As in all things, change comes slowly. Transforming a farm from till to no-till is a daunting task. The promise of higher yields, drought-resistance, and lower costs need to be proven before farmers hop on the no-tillage bandwagon, and that is what this week is all about.

## January Upcoming Events

**January 5<sup>th</sup>:** Q&A with Debbie, Cherie  
and Danny – 2<sup>nd</sup> Floor 10:30am

**January 6<sup>th</sup>:** St. John's Sing-A-Long –  
Lobby 2:30pm

**January 18<sup>th</sup>:** Just Bead It – 2<sup>nd</sup> Floor  
10:30am

**January 20<sup>th</sup>:** River Hill HS – Lobby  
11:00am

**January 24<sup>th</sup>:** Dr. Lazris Discusion –  
2<sup>nd</sup> Floor 10:00am

**January 26<sup>th</sup>:** January Birthday Party  
with Julie Hall – Lobby 2:00pm

## Religious Services & Events:

**Tuesdays & Thursdays:** Rosary Communion Service - Located in the Parlor at 3:00pm

**Sundays:** Catholic Communion Service- Parlor at 9:00am Canceled until September

**4th Wednesdays:** Catholic Mass Services at 2:30- Located in the Parlor

**Sundays:** Grace Christian Church - Located on 3rd Floor at 11:00am

**2nd Sundays:** St. John's Baptist Church at 2:30pm - Located on 3rd Floor

**2nd and 4th Fridays:** Jewish Services with Rabbi Baron at 11:00am - Located in the Parlor

*On our updated website you can find the month's activity calendar, newsletter, and movie listings!*

[www.liveharmonyhall.com](http://www.liveharmonyhall.com)

### Health Concerns

For Questions regarding Audiology, Dental, Eye Care and Podiatry services – please call HEALTHDRIVE AT (888) 964-6681, Option 3. If you want to sign up for any of these services contact Claro or Gimly at ext. 4026/4032.

Thank You

Please do not hesitate to call the Recreation Office at 410-531-6000 x 4022, and we will be happy to sign you up for the events you wish to attend.

## Flying High

Save the eagles! You'll get your chance on January 10, Save the Eagles Day. There are more than 70 species of eagles around the world, some of which are listed as endangered species, but fortunately most of these majestic birds are large and powerful enough to survive in most any condition. Eagles may not be the fastest or most agile of raptors, but compared to hawks and falcons, they stand out as the largest. Stellar's sea eagle from the northeastern coast of Asia is the heaviest at 20 pounds, but the Philippine eagle, at 3.35 feet tall and with a more than seven-foot wingspan, is considered the largest. This eagle, the national bird of the Philippines, is the world's rarest and most powerful eagle. At the other end of the spectrum is the South Nicobar serpent eagle, considered the world's smallest. Found only on India's Great Nicobar Island, this eagle is barely 1.5 feet tall and, as the name suggests, eats mainly snakes and lizards. Eagles tend to be loners and fly at high altitudes, sometimes up to 10,000 feet. They can hunt from such high altitudes because they can see clearly up to 50 miles away with their "eagle eyes."

## Little Man with Big Success



Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's

hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon.

## Electric Ahead of Its Time



In this era of electric vehicles, it seems that technology knows no boundaries. But on January 10, 1985, when inventor Sir Clive Sinclair

unveiled his newest invention, the Sinclair C5 electric vehicle, it was immediately dismissed as a failure. However, without the C5, who knows where electric vehicles and all their high-tech trappings would be today?

Clive Sinclair made his fortune inventing pocket calculators in the 1970s and home computers in the 1980s. He was such an important personality in England that he was knighted in 1983, the very same year he founded Sinclair Vehicles. Inventing an electric-powered vehicle had been Sinclair's passion since the 1950s. Interestingly, in America in 1912, electric cars outnumbered vehicles run by an internal combustion engine. But as the internal combustion engine became more efficient, electric model cars were rendered obsolete. Clive hoped to flip this trend with his C5, which was less a car and more of an electrically assisted pedal vehicle—kind of a souped-up recumbent tricycle with a battery-powered engine that went 15 mph and had a polypropylene shell. It was marketed as an alternative to both cars and bicycles, but it never took off. Out of the 14,000 manufactured, only 5,000 sold. Sinclair's invention became a notorious flop.

Fast-forward 32 years, and it seems the world may finally be ready for the C5. Sir Clive Sinclair's nephew Grant Sinclair has brought his revamped C5, called the Iris E-Trike, to a world full of bicycle lanes and environmental-awareness campaigns. Better yet, its top speed is 30 mph and it has a more powerful motor. Once again, it seems as if the target consumer is someone who wants the earth-friendliness of a bicycle wrapped in the comfort of an enclosed car. So is the world finally ready for the C5? Only time will tell. The first models of the C5 were made available at the end of 2017.

## January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Paul Revere (revolutionary) – January 1, 1735  
J.R.R. Tolkien (author) – January 3, 1892  
Diane Keaton (actress) – January 5, 1946  
Elvis Presley (musician) – January 8, 1935  
Richard Nixon (president) – January 9, 1913  
Julia Louis-Dreyfus (actress) – January 13, 1961  
Vidal Sassoon (stylist) – January 17, 1928  
Dolly Parton (musician) – January 19, 1946  
Neil Diamond (singer) – January 24, 1941  
Wolfgang Mozart (composer) – January 27, 1756  
Jackie Robinson (ballplayer) – January 31, 1919

## Gone for Good



Every year, Lake Superior State University reveals its list of overused words or phrases that it feels *must* be banished from use forever. Which words made the cut? As you can imagine, a few choice words from

the American political sphere, namely: *bigly*, meaning “a swelling or blustering manner,” and *post-truth*, meaning “a society where facts matter less than impressions.” There are also plenty of words related to social media and the Internet: *ghost*, which is “to abruptly end communication on social media,” and *listicle*, which is “a numbered or bulleted list created to attract views over the Internet.” Judges are ready to choose the worst of the lot come New Year's Day, and a likely winner (or loser?) is the word *disruption*, a term used to describe the radical change experienced as the result of a social movement or innovation.