

MARCH 2018

Harmony Hall



Celebrating March

Mad for Plaid Month

Play the Recorder Month

Women's History Month

World Compliment Day

March 1

Proofreading Day

March 8

Shakespeare Week

March 12–18

St. Patrick's Day

March 17

World Poetry Day

March 21

Mom and Pop Business

Owners Day

March 29

Egg-ceptional Spring Traditions

With the arrival of spring on March 20 comes all the holidays and traditions associated with the end of winter: religious traditions like Passover and Easter, and Nowruz, the Persian New Year. All of these celebrations share an important symbol: the egg.

For millennia, the egg has been an exalted symbol of birth, rebirth, and hope. Ancient Egyptians told stories of the sun god hatching from an egg. Sometimes the sun was considered an egg, laid each day by Seb, a cosmic goose and god of the earth. In Hinduism, the egg represents the makeup of the universe. The shell is the heavens, the white is the air, and the yolk is the earth. In the Persian story of creation, Good and Evil are locked in an epic battle. When Evil is hurled into an abyss, Good lays an egg, which represents the universe, with Earth suspended from the heavens as a halfway point between Good above and Evil below. Eggs have always been a symbol of the beginnings of the universe and life itself. No wonder that after the long dark of winter, with the return of the sun, eggs are revered as harbingers of life.

When Jews sit together for the Passover seder on March 30, an egg will adorn the seder plate as a symbol of the ritual offering to the Temple in Jerusalem. Furthermore, the egg symbolizes—you guessed it—life itself. For Christians, Easter is a holiday celebrating the resurrection of Jesus Christ, so using an egg as a symbol of rebirth was a natural choice. The traditional color to dye Easter eggs is red, symbolizing the blood Jesus shed on the cross. In Macedonia, congregants bring their red eggs to Easter church services, and when the priest proclaims, "Christ is risen," it is customary to eat the egg as a ritual breaking of the Lenten fast. Elsewhere, in Iran, Persians prepare for their new year, Nowruz, by preparing their ceremonial table, the *haftseen*, with symbolic foods and objects, including painted eggs representing fertility. All over the world, people will be looking at eggs in a different light.



Music Appreciation

March 7: Music Appreciation with David: TBA

March 14: Music Appreciation with Mike: Jean Sibelius: Short impromptu piano pieces Op.5

March 21: Music Appreciation with David: TBA

March 28: Music Appreciation with Mike: Richard Strauss: ""Eine Alpensinfonie.

Opera

March 3: Ruggero Leoncavallo's "Pagliacci.;" A *commedia dell'arte* troupe tours Sicily where life starts to tragically imitate art

March 10: Giacomo Puccini's "Madama Butterfly." A US Navy officer weds a 15-year-old geisha.

March 17: Jake Heggie's "Moby Dick:" An operatic retelling of Herman Melville's classic tale of a vengeful white whale

Making History, I Presume

David Livingstone may have been a Scottish missionary and physician, but he is most famous for his explorations of Africa during the 19th century. Livingstone was one of the first Europeans to see the Zambezi River and Victoria Falls, cross the continent from west to east, as well as witness the harsh realities of the slave trade, which made him a staunch abolitionist. Livingstone's travels made him an international celebrity, and when he disappeared in 1866 on a search for the source of the Nile River, many feared him dead. American journalist Henry Stanley mounted an expedition to find him and departed the island of Zanzibar off Africa's eastern coast on March 21, 1871. Eight months later, Stanley arrived in the village of Ujiji on the shore of Lake Tanganyika. It was there that Stanley saw a bearded white man and said, "Dr. Livingstone, I presume?" Stanley's presumptuous words became as famous as the old explorer himself.

March Upcoming Events

March 2nd Q & A with Debbie, Cherie and Danny – 10:30am 2nd Floor

March 10th St. John's Sing-a-Long – 2:30pm Lobby

March 15th Just Bead It – 10:30am 2nd Floor

March 21st Dr. Lazris Discussion – 10:00am 2nd Floor

March 24th River Hill High School – 11:00am Lobby

March 27th Hemingway's Wives A Presentation by Elaine Flynn – 10:30am Lobby

March 28th Easter Egg Hunt with FBS Laurel School – 10:00am Lobby & Courtyard

March 29th Passover Seder – 5:00pm Carmella's Backroom

March 30th March Birthday Party – 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

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

New Schedule for Trips

- **Giant Trips every Tuesday at 2pm (1 hour) and every Friday at 11am (30 minutes)**
- **Walmart/Target every Monday at 10:30am (1 hour) – at least 3 people must attend**
- **Recreational trips are subject to time changes and cancellations when deemed necessary by Transportation**
- **If you need to schedule a transportation appointment, ask the Front Desk for more information**

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.

The Boston Massacre

It was a cold, snowy night in Boston on March 5, 1770. Despite the weather, American colonists (calling themselves patriots) gathered outside Boston's Customs House to taunt the British troops who had been stationed in the city to enforce newly decreed taxation measures. When the redcoats affixed bayonets to their rifles, the Americans responded by throwing snowballs and rocks. Moments later, shots were fired. Five Americans were the first fatalities of the American Revolutionary War in what would become known as the Boston Massacre. What is often forgotten in this episode of American Independence is how avowed patriot and future president John Adams, a lawyer, defended the British soldiers who were subsequently put on trial. Two of the eight were convicted of manslaughter, but for many Americans, justice was far from done. Paul Revere, famed for his midnight ride, turned the Boston Massacre into a provocative engraving, creating an effective piece of propaganda that helped turn Americans against the British.

A Doll's Life



March 3 is a special day in Japan. *Hinamatsuri*, known as both Doll's Day and Girls' Day, is a day to celebrate girls and pray for their health and happiness. The most interesting part of Hinamatsuri is the elaborate dolls displayed on red-carpeted, stepped platforms. Families either buy a set of dolls when their first daughter is born or receive a set handed down from generation to generation. Sets include a male and female dressed in Imperial attire, representing the emperor and empress, accompanied by three court ladies, five musicians, and other court attendants. The dolls are arranged in order of importance from the top step down and displays are placed in the home for all to see. This tradition has roots in an ancient belief that dolls could attract and contain bad spirits. It was once common practice for the dolls, and any ill fortune, to be tossed into rivers and streams and washed away for good.

The Colors of Devotion



March 1 and 2 bring India's most famous Hindu holiday, Holi, which is known as the "festival of love" or the "festival of color," but it is really a festival that celebrates the victory of good over evil. Hindu scriptures tell of the arrogant

Demon King Hiranyakashyap, whose own son, Prahlad, refused to worship him in favor of Vishnu. The Demon King called on his sister Holika to sit with Prahlad atop a burning pyre. Thanks to Prahlad's prayers to Vishnu, he survived, but Holika, who thought herself immune to the fire, was consumed. It is through this story we learn how the virtues of goodness, faith, and devotion are used to conquer forces of evil. This story is so important that before this holiday was called Holi, it was called Holika after the Demon King's sister.

The first day of Holi sees the ritual burning of pyres, with celebrants daring to race through the flames, hoping to emerge as unscathed as Prahlad. The fire purifies the spirit, proving one's devotion and reaffirming the triumph of good over evil. But the story of Holi does not end here. The second day of the holiday is perhaps the most well-known. On this day, celebrants gather in massive crowds and throw colored powder at each other. This practice, too, has its roots in Hindu mythology.

The supreme deity Krishna fell in love with the goddess Radha but was concerned that they would be a poor match because his skin was blue. Krishna's mother advised him to paint her face in order to erase their differences. Like Krishna, celebrants joyfully paint each other in a rainbow of colors, erasing any and all notions of caste or ethnicity. During this celebration, it becomes nearly impossible to recognize others, so all are loved equally. Furthermore, colored powders are often made of crushed medicinal herbs such as bilva, haldi, kumkum, and neem. Throwing these healing herbs is reminiscent of the healing nature of the holiday—the power of spring and the vigor, purity, youth, and playfulness of the spirit.

March Birthdays

In astrology, those born between March 1–20 are Pisces. Friendly and selfless, Fish are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings. Aries' Rams are born between March 21–31. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges.

Desi Arnaz (actor) – March 2, 1917
Knut Rockne (coach) – March 4, 1888
Lou Costello (comedian) – March 6, 1906
Yuri Gagarin (astronaut) – March 9, 1934
Liza Minnelli (entertainer) – March 12, 1946
Hank Ketcham (cartoonist) – March 14, 1920
Wyatt Earp (cowboy) – March 19, 1848
Fred Rogers (actor) – March 20, 1928
Marcel Marceau (mime) – March 22, 1923
Gutzon Borglum (sculptor) – March 25, 1867
Reba McEntire (musician) – March 28, 1955
Warren Beatty (actor) – March 30, 1937

Don't Fear the Ides



It was William Shakespeare, via his play *Julius Caesar*, who warned that the Ides of March, on March 15, were cursed. Indeed, while Caesar was murdered by a group of political

conspirators on March 15, the Ides of any month are not particularly evil or ignominious. The words *Ides*, *Kalends*, and *Nones* are terms used to describe any month's phases of the moon. *Ides* simply means the first full moon of the month, so in reality the Ides of March technically takes place this year on March 31. Likewise, the *Kalends* marks the month's first new moon, which is on March 17, and the *Nones* is the moon's first quarter, on March 24. Far from cursed, March's Ides were particularly joyful because they also heralded the new year.