

Village Press

The Newsletter for Village Apartments



Celebrating November

Adopt-a-Turkey Month

Novel Writing Month

Aviation History Month

Sherlock Holmes Weekend

November 3–5

Easy-Bake Oven Day

November 4

Veterans Day (U.S.)

November 11

World Diabetes Day

November 14

Homemade Bread Day

November 17

International Men's Day

November 19

Thanksgiving Day (U.S.)

November 23

On the Thanksgiving Menu

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the “traditional” dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

For many, turkey is synonymous with Thanksgiving. While there is no exact record of the first Thanksgiving menu, one Pilgrim named Edward Winslow did keep a chronicle of the colony’s daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This “fowling” group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans. These birds were not stuffed with bread-based stuffing, but with onions, herbs, and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into sweet sauces, jellies, or tarts. The Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, bass, and lobster were stars of the first Thanksgiving.



Manager's Corner



Have a Happy and Healthy Thanksgiving!



Village Renovations

PHASE 1: 12 New One Bedroom Apartments, New Lounge Area and Stair Tower Addition – On Going

PHASE 3: July 24, 2017, the renovations were started on the office, dining room, storage room, 1st floor bathroom and relocation of new mailboxes. Be careful when walking near or around any construction site. Please be aware of your surroundings on the 1st floor, at all times.

UPDATE: The construction company will continue to work in the dining room before and after the lunch programs.

UPDATE: The carpeting on the 1st floor has been installed. Painting of the 1st floor will begin shortly.

VILLAGE PHOTO GALLERY

Upcoming Events



- Floral Design Workshop
- Wegman's and lunch
- Randy Calistri-Yeh Cello Recital
- Thomas Edison Laboratory
- Poetry Workshop
- Sands Casino
- Lunch Club
- Bergen Town Mall
- Crossword Fun
- Stephen Fuller Entertainment
- Current Events
- Walmart & Rt 22 Shopping
- Watchung Mall
- Food Meeting with Mitchell
- Red Lobster
- Tenant Meeting
- Congregate Lunch Program
- Art in Advertising with Judy Ebright
- BINGO
- Trader Joe's Florham Park

Please check your calendar for dates and times of all events.



November Birthday's



Nov 06	Jerry Brown
Nov 08	Richard Bliwise
Nov 11	Emily Leger
Nov 18	Matilda Nhaisi
Nov 22	Alba Abbate
Nov 25	Adam Mecinski
Nov 29	Albin Kubilus

Juke History



The jukebox has been around throughout many musical eras: big band, jazz, country, blues, and rock and roll. November 22, Jukebox Day, commemorates the day the first jukebox was installed in the Palais Royale Saloon, in San Francisco, California, in 1889. The history of the jukebox begins with inventor Louis Glass, who began his career working the telegraph and telephone lines.

In 1880, Glass switched careers to the new technology of the phonograph and invented a machine that would play music from a wax cylinder at the drop of a nickel. When Glass boasted that his 15 machines had raked in over \$4,000 in six months, copycats hurried to replicate his music-playing machine. The word *juke* originated with the juke, or jook, joints of the early 1900s, where rural laborers could congregate to drink, dance, and gamble.

Cardinal Rules for Wayfinding



November 6 is Marooned Without a Compass Day. While some people may feel lost or directionless in life, this day is for people who are actually marooned or lost and unable to find their way for lack of a compass or equipment. Luckily, there are still methods to find your way even without a compass to find the cardinal directions.

Perhaps the easiest way to find north, south, east, and west is by the sun. As a general rule, the sun rises in the east and sets in the west. By marking the sun's rising point you can establish a general idea of direction. Likewise, at night, you can find north by locating the North Star, or Polaris, in the northern hemisphere. During the night, Polaris does not rise or set but remains fixed. This star is located in the Little Dipper constellation. To find Polaris, simply find the last star on the handle of the Little Dipper. If you are unable to find it this way, find the two stars forming the end of the bowl in the Big Dipper, draw a straight line, and you will arrive at Polaris. Polaris can also be used to determine latitude. The farther north you go, the higher Polaris is in the sky. At the equator, Polaris is almost on the horizon.

Another trick is to use shadows to determine direction. Drive a stick into the ground and place a pebble at the end of the stick's shadow. Wait about 30 minutes for the shadow to move and place another pebble at the shadow's end. Draw a line between the two pebbles: this line runs from east to west. Draw another line bisecting this line, and you now know north and south.

Knowing the four cardinal directions is important but can be fairly unhelpful if you do not know which direction you want to go. A map will only help you if you can determine where you are on it. Find high ground, identify unique landmarks such as mountains or rivers, establish your general position, and then use the cardinal directions to find the nearest roadway or town. Practice these strategies, and you may never be lost again.

NOVEMBER 2017 VILLAGE Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Livingston & Short Hills Malls 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	2 9:15 EXERCISE 10:30 Wegman's Rt 10 & Lunch 12:00 Congregate Lunch 7:00 BINGO	3 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	4
5 Daylight Saving Time Ends	6 11:15: JCC Rose Rosen Concert 12:00 LUNCH CLUB 2:00 Exercise with Tami	7 Election Day 9:15 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 2:30 Floral Design Workshop 5:30 Cello Recital Randy Callistri-Yeh	8 10:30 Rt 10 & Farmers Market 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	9 9:15 EXERCISE 10:15 Walmart & Rt 22 Shopping 12:00 Congregate Lunch 1:00 Paradise at Luna Stage 7:00 BINGO	10 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	11 Veteran's Day
12	13 8:30 Sand's Casino 12:00 LUNCH CLUB 2:00 Exercise with Tami	14 9:15 Exercise 10:00 Shoprite 12:00 Congregate Lunch 5:30 Poetry Workshop	15 10:30 Thomas Edison Laboratory 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	16 9:15 EXERCISE 10:15 Whole Foods & Target in Union 12:00 Congregate Lunch 7:00 BINGO	17 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	18
19	20 10:30 Bergen Town Mall 12:00 LUNCH CLUB 2:00 Exercise with Tami 5:00 CEO Chat 7:00 Tenant Assoc. Meeting	21 9:15 Exercise 10:00 Stop & Shop 12:00 Congregate Lunch 12:15 Balfour Declaration 100 th Anniversary JCC Whippany 5:30 Art in Advertising with Judy Ebright	22 12:00 LUNCH CLUB 2:00 CURRENT EVENTS (Cancelled Today) 4:00 KNITTING CLUB	23 Thanksgiving Day Office & Dining Room Closed All programs cancelled due to holiday	24 Office Closed 12:00 LUNCH CLUB 1:30 RELIGIOUS SERVICE	25
26	27 10:30 Watchung Mall, Rt 22 12:00 LUNCH CLUB 2:00 Exercise with Tami	28 9:15 Exercise 10:00 Shoprite 12:00 Congregate Lunch 2:15 FOOD MEETING WITH MITCHELL 5:30 Stephen Fuller Entertainment	29 11:15 Red Lobster Rt 22 12:00 LUNCH CLUB 2:00 CURRENT EVENTS 4:00 KNITTING CLUB	30 9:15 EXERCISE 10:45 Trader Joe's Florham Park 12:00 Congregate Lunch		