

# The Waterford Wire

March  
2012

The Waterford at Thousand Oaks 4243 Thousand Oaks San Antonio, Texas 78217 Tele. #210.656.7052

## Celebrating March

**Irish-American Heritage Month**  
**Peanut Month**

**Iditarod Race Begins**

*March 3*

**Peach Blossom Day**

*March 3*

**Middle Name Pride Day**

*March 9*

**Daylight Savings Time Begins**

*March 11*

**Girl Scout Week**

*March 11-17*

**St. Patrick's Day**

*March 17*

**First Day of Spring**

*March 20*

**Chip and Dip Day**

*March 23*

**National Cleaning Week**

*March 26-31*

### MANAGEMENT STAFF

Heather Vrana...Executive Director

Kelly Rey...Sales Director

Jennifer Lester...Business Director

Jorge Aguilar...Food Service Director

Berry Ross...Maintenance Director

Kathy Green...Activity Director

Business Office Hours

Monday thru Friday

9:00am – 5:00pm

## Saints Go Marching In

March 17 is Saint Patrick's Day, a day honoring the death of Ireland's most famous saint. While St. Patrick is known all around the world, most stories about him are myths. For example, he never banished all the snakes from Ireland. In fact, he was not even Irish! Patrick was born in Britain and lived there until he was a teenager. At the age of sixteen, a group of Irish raiders plundered his home and kidnapped him to Ireland. He was held in captivity for six years. Lonely and afraid, Patrick found hope and comfort in religion. He eventually walked 200 miles to the sea and escaped to France, where an angel visited him in a dream and told him to go back to Ireland.

Another myth is that the St. Patrick's Day Parade came from Ireland. While it is true that some Irish celebrate St. Patrick's Day as a minor holiday, the parade was invented in New York City. Some might ask, "Why does St. Patrick get his own parade?" After all, there are many other saints who enjoy holidays in March.

March 1 celebrates a Welsh saint, St. David's Day. While this day is mainly celebrated in Wales, New York City has again gotten into the fun by lighting up the Empire State Building in the Welsh colors of red, green, and white. There are parades, and instead of wearing shamrocks like on St. Patrick's Day, people wear leeks and daffodils.

Let us not also forget St. Joseph, the husband of Mary and father of Jesus, whose day is on March 19. Like St. Patrick, there are many myths about his life. Some say that he lived to be 111 years old. Some believe that if you bury his statue upside down in your front yard, your home will sell faster. In many countries, March 19 is celebrated as Father's Day.

In March, when you dress yourself in green for Patrick, don't forget to wear a leek or daffodil for David, and wish Joseph a happy Father's Day.

## Many Sweet Returns



You remembered Valentine's Day and escaped February in the good graces of your spouse or loved one. Not so for the Japanese and South Koreans, who celebrate a little

differently. Exactly one month after Valentine's Day, they are on the hook again, this time for White Day.

In Japan and South Korea, the pressure is taken off the men on Valentine's Day. It is up to women to give the romantic gifts, usually in the form of homemade chocolates and cookies. However, men are then given an entire month to plan something spectacular in return. On March 14, White Day, men are expected to show their love by giving a gift three times the value of what they received a month earlier.

Why is this holiday called White Day? Because the gift men give is traditionally white, in contrast to the dark color of the chocolates. Common gifts are white chocolate and marshmallows, although it may be difficult to find a marshmallow three times the value of dark chocolate. For this reason, many men buy lavish gifts such as jewelry and package them in white boxes.

While some men might complain that they bear the larger burden of this gift exchange, women often disagree. There is a highly organized structure to a woman's chocolate gift giving.

There are three types of chocolates: *giri choco* (obligatory chocolate) is given by women to their bosses at work and to male co-workers; *honmei choco* (true feeling chocolate) is often homemade or expensive and is given by a woman to her significant other; *tomo choco* (friend chocolate) is now popular and is given by a woman to her female friends. It is not uncommon for a woman to buy upwards of 50 boxes of chocolate for the people in her life.

## Reaching New Heights

The Eiffel Tower in Paris may be the most recognizable tower in the whole world and has become a national symbol of France. When it was first opened on March 31, 1889, many thought it was ugly, and even more thought that it would be structurally unsound.

Engineer Gustav Eiffel proved them all wrong. He finished the nearly 1,000-foot tower in just two years, under budget, and with only one loss of life – a great feat in those days. The Eiffel Tower was proclaimed a technological wonder and architectural masterpiece. One of its most outspoken critics, novelist Guy de Maupassant, is said to have eaten lunch in the Tower's restaurant every day. It was, he said, the only place in Paris that he could not see it.

## Whoooo's There?



Who? Owls of course! During March 2-4, Houston, Minnesota, celebrates the only festival of its kind in the world: the International Festival of Owls.

Cultures all around the world have long been fascinated by owls, thanks to their grace, power, and mystery. Houston takes it up a notch by nominating owls to their World Owl Hall of Fame. Awards are given to both owls and humans who have made the world a better place for owls.

What kinds of owls are enshrined in the Owl Hall of Fame? A Spotted Owl named Fat Broad was rescued from an Oregon forest and taught researchers much about that rare and endangered species. Mozart the Eurasian Eagle Owl was raised by humans and, amazingly, was gentle enough to allow blind people to pet and handle him. Georgie the Barn Owl even got a starring role in the Harry Potter movie franchise. While many researchers and activists have won the award, none of them have been offered a movie deal.

## Don't Be Presumptuous

"Dr. Livingstone, I presume."

That phrase, uttered by a reporter named Henry Morton Stanley, is well known around the world, but many people do not know who Henry Morton Stanley was. Likewise, many people know the name Dr.



Livingstone, but do not know why he was famous or where he was found.

Born on March 19, 1813, David Livingstone lived a "rags to riches" life. As a child, he worked in a cotton mill and went on to become a missionary, explorer, scientist, and anti-slavery crusader. Dr. Livingstone first ventured from England to Africa in 1840, with the goal of ending the slave trade. He explored many parts of Africa and shared news of his amazing adventures once he returned to Britain.

Livingstone became a national hero.

In 1864, Livingstone returned to Africa with the goal of finding the source of the Nile River. Years passed, and after hearing no word from Livingstone, many people believed that he was lost or dead. British newspapers ran the headline "Where is Livingstone?" The publisher of an American newspaper, the *New York Herald*, jumped on the story and decided to send one of his reporters, Henry Stanley, to Africa. On March 21, 1871, Stanley led an expedition of 200 men in search of the lost explorer.

Before his career in journalism, Stanley was an adventurer in his own right. After eight months of crossing the African bush, Stanley came upon the small village of Ujiji by the shores of Lake Tanganyika. Here Henry Stanley found Dr.

Livingstone living among a tribe of native Africans and uttered those famous words, "Dr. Livingstone, I presume?"

Livingstone, who was certainly not dead or lost, asked him, "How is the world getting along?" He would remain in Africa until his death in 1873.

## Red-Tail Angels

The famed African-American pilots, navigators, bombardiers, maintenance and support staff, and instructors who made up the Tuskegee Army Airmen were first activated on March 22, 1941. They became not only one of the most highly respected fighter groups of World War II, but they helped overcome barriers of segregation and prejudice.

The airmen flew missions over Sicily, the Mediterranean Sea, and North Africa. They were known as the "Red-Tail Angels," due to the red tail markings on their aircraft. Led by Lt. Col. Benjamin O. Davis, then the first African-American to graduate from West Point in 47 years, they completed 15,000 sorties in 1,500 missions. Davis would go on to become the Air Force's first African-American general. Today, Moton Field in Tuskegee, Alabama, where many of those first pilots were trained, is home to a National Historic Site.

## Blanket Statements

What makes a quilt so special? Its warmth? Its tradition? The care and attention that goes into something homemade? Whether you make quilts or cover yourself with them, you can enjoy Quilting Day on March 17.



People all over the world hold quilting traditions. Quilting first became a popular pastime during the Italian Renaissance. England's King Henry VII is known to have owned dozens. Hawaiian, Native American, and Amish quilts now hang in quilting museums. The cream of the quilting crop today is found at competitions such as the Open European Quilt Championships and the World Quilt Show. Quilters from across the globe vie for the prize of "Best Quilt in the World." Best to start sewing now.

## Turtle Time



March is the start of sea turtle nesting season in Florida. Over 90 percent of all sea turtle nesting in the U.S. occurs on Florida's beaches. From March to October, sea

turtles swim out of the ocean and return to the beaches of their birth to lay their own eggs.

A single mother turtle can lay up to 100 golf ball-sized eggs in a shallow hole in the sand. They do not wait for the eggs to hatch, but leave them behind and return to the water. After 45–55 days, the eggs hatch. Thousands of baby sea turtles emerge from the sand and crawl to the ocean. Hatchlings born at night use light and reflections from the moon to find their way to the water. For this reason it is very important not to shine artificial lights on Florida's popular beaches at night.

Once the turtles reach the ocean waters, they must fend for themselves. Amazingly, only one in 1,000 sea turtles lives to become an egg-laying adult.

Florida's most common nesters are the Loggerhead and Leatherback turtles. Three other species call Florida's waters their home, although they rarely come ashore to lay eggs.

These species are: the Green Turtle, the Hawksbill Turtle, and Kemp's Ridley, the rarest and smallest of all sea turtles.

Interested in more turtle trivia?

- Sea turtles have existed for over 100 million years.
- Hatchlings weigh less than 1 ounce and are only 2 inches long; adults weigh 300 pounds and are 3e feet long!
- Although sea turtles live underwater, they are reptiles and need to breathe air.
- Sea turtles live their entire life in the ocean. Only females come ashore, and this is to lay eggs.

## Activities

### Friends Help Fight Disease


Feeling lonely could be bad for your health. According to a recent study, people who feel socially isolated are twice as likely to be diagnosed with Alzheimer's disease as those who are not lonely.

The study recruited 823 dementia-free people with an average age of 81. Once a year for about four years, the researchers asked the participants questions such as whether they had enough friends, often felt abandoned or had a sense of emptiness. By the end of the study, 76 participants had been diagnosed with Alzheimer's. When the researchers looked at the questionnaires, they found the risk of the disease was more than double for those who had said they were lonely. Scientists involved in the study say that doctors should ask their patients if they feel lonely, since a link seems to exist between feelings of social isolation and a higher risk of dementia.

So why not check out the Activities Calendar so that you don't miss out on a chance to interact with fellow residents and make new friends! We offer a wide variety of activities each month and invite each and every one of you to come and join in on the fun. It's a great way to meet up with friends, both old and new while keeping you healthy and maybe even trying something new!

# Upcoming Waterford Events

***Taxes have you confused?***



Do your taxes have you confused and frustrated? Do you dread this time of year? Well, we're here to help.


**Starting Friday, March 2, 2012**  
9:00 am - 1:00 pm • No Appointment Necessary

AARP will be here at The Waterford at Thousand Oaks conducting FREE TAX SERVICES each Friday for 5 weeks!! Stop by and let AARP take the frustration out of doing your taxes!

**The Waterford®**  
AT THOUSAND OAKS  
4243 Thousand Oaks • San Antonio, Texas 78217

**For more information please call us at: (210) 656-7052**  
A Capital Senior Living Community • www.waterfordatthousandoaks.com

**“Don Irwin in Concert”**  
Friday, March 30th  
2:30pm



Don Irwin continues to thrill music Connoisseurs across the United States with his unique and innovative one man show. Irwin's passionate show stopping musical prowess creates an atmosphere that is both warm and invigorating; leaving audiences spellbound and overjoyed.

To Reserve your Free concert seat contact Kelly Rey at 210/656-7052

Pictures from Last Month's Mardi Gras Party



March 2012

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