

SunnyBrook News

Assisted Living and Memory Care 712-792-8995 July 2019



Celebrating July

Picnic Month

Tour de France Month

Canada Day

July 1

Independence Day

July 4

Don't Step on a Bee Day

July 10

Yellow Pig Day

July 17

Zookeeper Week

July 21-27

Tell an Old Joke Day

July 24

Lipstick Day

July 29

The Men on the Moon

This year marks the 50th anniversary of NASA's historic Apollo 11 mission. On July 20, 1969, Commander Neil Armstrong and pilot Edwin "Buzz" Aldrin became the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong's words captured the enormity of the moment: "That's one small step for a man, one giant leap for mankind." The astronauts became worldwide heroes, and their achievement vaulted them into both the history and science books, making them household names in the process.

The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era "space race" between the United States and the Soviet Union. The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface in a module dubbed *Eagle*. When the craft touched down on the moon's Sea of Tranquility, Armstrong famously announced, "The Eagle has landed." Typically, in these situations, the junior ranking officer would take responsibility for the spacewalk, while the commander stayed behind. Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission's commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first famous "small step." Aldrin was not far behind, however, and his poetic description of the lunar landscape's "magnificent desolation" has become just as memorable.

The two men spent over 21 hours on the moon. They collected samples of rock and dust, and planted an American flag. Aldrin even took Holy Communion. The entire Apollo 11 team safely returned to Earth to much fanfare, but not before they filled out a customs form declaring their place of departure as "Moon."

Three Manly Games



Mongolia has a rich nomadic history, with many people today still living off the land of Asia's vast steppe. Out of this nomadic culture comes Naadam, a three-day festival celebrated every July 11–13, where contestants compete in the traditional

games of archery, horse racing, and wrestling. These three sports harken back to the days of the Mongol empire under Ghengis Khan, when such skills were necessary to excel in the emperor's army.

Today, Naadam is a proud celebration of Mongol culture. The festival's full name is *eriin gurvan naadam*, or "the three games of men," but everyone is encouraged to participate—men and women, young and old. Archers use bows similar to those used under the reign of Ghengis Khan, fashioned out of wood, horn, bamboo, and bull tendon. Arrows are made of willow branches and feathered from Griffon vultures. It is customary for groups to stand alongside the targets singing folk songs to cheer on the archers.

The nomadic herders of Mongolia look forward to the horse racing competition as a time to show off the best of their stock. Races do not take place on a track; rather, they cross up to 20 miles of the open, windblown steppe. Winning is not just dependent upon speed, but a test of endurance for both the horse and its rider.

Archery and horse racing may be exciting tests of skill and endurance, but wrestling is the pride of Mongolia. Hundreds of wrestlers arrive each year to compete in a single-elimination tournament. There are no weight classes, so wrestlers must be ready to grapple with any and every opponent. Wearing nothing but traditional boots, arm coverings, and briefs, the massive men clash on the grassy hills. The ultimate winner is given the prestigious title of "Lion" and is revered like a folk hero in song and story.

Naadam's colorful pageantry celebrates the best of Mongolia's past and present, a performance that would make Ghengis Khan proud.

The Teddy Bears Picnic

On July 10, Teddy Bears Picnic Day, grab a blanket and head outdoors with your favorite plush friend. This holiday stems from a famous two-step melody penned by American composer John Walter Bratton in 1907. The words to the piece did not take shape until 1932 when Irish songwriter Jimmy Kennedy wrote about the fanciful gathering of teddy bears. Kennedy, who lived in Taunton, Somerset, England, is said to have gotten inspiration for the lyrics from a small wood near Stapleton Church in his town. Today, teddy bear picnics are the perfect occasions for kids to cozy up with their plush lovies. Why are kids so attached to toys like teddy bears? Psychologists explain that these plush toys act as transitional objects for kids to separate from their parents. The cozy, reassuring warmth of a teddy bear helps kids cope when their parents are away. In light of this noble role, teddy bears deserve to be feted with a grand picnic. Of course, parents are invited, too.

The Garden has been Planted

We pulled weeds and got the ground ready for the garden. We picked out several tomato plants and a few pepper plants. We have been Thankful for the days in which we get rain. On days when it has been drier we water the garden, and pull weeds. We do have ONE tomato growing!

This has been a fun time for Sunnybrook residents and they look forward to seeing the garden grow.



ISU 4H Judging Day

The Iowa State Extension office in Carroll along with members from the 4H were at Sunnybrook on June 18th for Judging Day. We welcomed to Sunnybrook from the ISU Extension office Andrea Irlbeck who works as the Youth Coordinator and Barb Sexton who served as Judge for the events of the day. The days consisted of Communication speakers and posters, Table setting displays, Work Exhibits, Share the Fun and Educational Presentations. Thank you Carroll County 4H for joining us at Sunnybrook.

The Paperback Revolution

Before 1935, there was no such thing as a quality paperback book. But on July 30 of that year, the very first Penguin books were published in paperback, marking the start of a publishing revolution. In truth, soft-covered dime novels and pulpy tabloid-style books had been around for 100 years or more, but the first respectable paperbacks were the brainchild of publisher Allan Lane. His publishing house was suffering from declining sales, the result of the Great Depression. While on a train trip, Lane was perusing the book kiosks at the station. He was disappointed that he could find nothing worthy to read. It then occurred to him that he could fulfill that need by providing good quality books for the price of a pack of cigarettes. His Penguin imprint sold over three million copies in its first year. For this reason, July 30 is celebrated as Paperback Book Day.



SunnyBrook of Carroll
1214 East 18th Street
Carroll, Iowa 51401

Postage
Information

But Is It Art?



On July 9, 1962, artist Andy Warhol unveiled his exhibit of 32 Campbell's soup cans at the Ferus Gallery in Los Angeles, California. Each painting depicted a different flavor of the ubiquitous soup. This was Warhol's first solo exhibition of pop art, but the question remained: was it art? Warhol had often used familiar images from American consumer culture as his subject. His soup cans, unlike the mass-produced soup produced at the Campbell's factory, were individually painted to look exactly alike, albeit with mechanical precision. The only difference between each canvas was the flavor of the soup. What drew Warhol to Campbell's? He spoke about how often he used to eat it; he had the same Campbell's soup for lunch for 20 years. The exhibit caused a mild stir, more due to the novelty of the subject matter than the art itself. Yet over the years, Andy Warhol and Campbell's Soup have become strange bedfellows, more famous together than alone.

July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.

Thurgood Marshall (Justice) – July 2, 1908
Abigail Van Buren (advice columnist) – July 4, 1918
Tom Hanks (actor) – July 9, 1956
Henry David Thoreau (writer) – July 12, 1817
Roald Amundsen (explorer) – July 16, 1872
Phyllis Diller (comedian) – July 17, 1917
Nelson Mandela (politician) – July 18, 1918
Don Knotts (actor) – July 21, 1924
Walter Payton (football player) – July 25, 1954
Stanley Kubrick (director) – July 26, 1928
Henry Ford (automaker) – July 30, 1863