

Camillus Ridge Chronicle

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Celebrating November

Aviation History Month

Native American Heritage Month

Adopt a Turkey Month

Polar Bear Week

November 1–7

Cliché Day

November 3

Veterans Day: U.S.

November 11

Rock Your Mocs Day

November 15

International Men's Day

November 19

Thanksgiving: U.S.

November 26

Square Dancing Day

November 29

A Bridge to the Past

Historic bridges are links to our past. They are exemplary of an era's architecture, engineering, art, and technology. They also tell the story of a region. Who built the bridge? Who used the bridge? What communities did it connect? During November, Historic Bridge Awareness Month, take the time to seek out a local historic bridge and learn the history it embodies.

The oldest bridge in America is a humble stone arch crossing of Pennypack Creek in Philadelphia, Pennsylvania. Built in 1697, men from the surrounding communities were expected to contribute to its construction either through labor or with money. Over the centuries, the three-span bridge has gone by many names: Pennypack Creek Bridge, the Holmesburg Bridge, the Frankford Avenue Bridge, and the King's Highway Bridge. It was originally built to carry America's first highway, the King's Road, from Philadelphia to New York. It was just 18 feet wide when it was built, large enough to accommodate two teams of horses. It is said that in April of 1775, a rider from Boston sped across the bridge into Philadelphia, delivering news of the Battle of Lexington and the start of the American Revolution.

Historic bridges range from the humble to the magnificent. On November 21, 1964, the Verrazano-Narrows Bridge opened, a massive two-span suspension bridge connecting Brooklyn to Staten Island over the "Narrows," the mile-wide entrance to New York Harbor. When it was built, it was the longest bridge in the world, and it is still the longest suspension bridge in the Americas. New York's master planner Robert Moses, engineer Othmar Ammann, and the thousands of workers who risked their lives to construct such a marvel created more than a bridge; it is New York's grandest entrance and an enduring work of art. Its two monumental 70-story steel towers support four massive cables, which contain enough steel wire to stretch halfway to the moon. These bridges—artifacts of art, engineering, and history—are just two reminders out of thousands around the world that it is always better to build bridges than to burn them.

The Writing Life

Many writers believe that stories are alive inside all of us, just waiting for the moment to come alive when the pen is finally put to paper. November is both Novel Writing Month and Memoir Writing Month, providing inspiration for writers to develop a fantastical fiction or share personal histories.



All peoples and cultures tell stories. It has been said that storytelling is an essential part of human nature and society. We use stories to establish

social mores, preserve history, teach life lessons, explain the inexplicable, and entertain. The act of writing transposes oral stories into lasting works of art. This is a powerful act, one that defies even death, for written stories may last for centuries and even millennia after their creators are forgotten.

November 1 is Author's Day, a perfect day for self-reflection. What do you want to write? Is there a story inside you that you've been meaning to share? If you don't believe that you have a story worth sharing, think again. What is your fondest childhood memory? What moment most impacted your life? Remember, it is also human nature to find losses more powerful than gains. In many ways, sad stories about bad decisions or grave mistakes are just as compelling as those with happy endings. The writing process begins with a thought. The next step is to jot those thoughts down as notes. Only after you've amassed a wild jumble of ideas can you begin to organize them into the cohesive form of a memoir or novel. The human brain loves patterns. Organizing your thoughts into a beginning, middle, and end—creating a pattern—will help you create order out of ambiguity and could feel incredibly rewarding.

Most importantly, keep writing! November 15 is I Love to Write Day, a good reminder halfway through the month, in case you've forgotten. Even if you never publish the book you are writing, research has shown that writing is a valuable tool for personal growth and healing. When you write, you nurture yourself, and that's worth more than the most expensive book contract.

A Camillus Ridge Update:

We have entered November, what a crazy year we have had so far. We are now entering the holiday season to wrap up yet another year here at Camillus Ridge.

Visits are continuing to go very well. We appreciate the resident and family member cooperation and are pleased at how they are running safely and smoothly with COVID-19 precautions.

As for Thanksgiving, in order to ensure all residents and staff members stay safe and healthy this holiday season, we are going to urge against residents leaving the building for the holidays. Instead we will be having a beautiful Thanksgiving meal here at the building for our residents. A roasted turkey will be prepared with a carving station in the dining room, mashed potatoes, stuffing, cranberry sauce, roll, etc will be served. We are also combining the two lunch meal times to one 12pm serving so all residents are seated together and no one eats alone during this Thanksgiving meal. We will do everything we can to make this a nice meal/ afternoon for everyone involved.

Have a happy and healthy November!!

Remembering Old Clem



November 23 is a special holiday for metalworkers and blacksmiths. It is St. Clement's Day, more casually known as Old Clem's Night, honoring Pope Clement I, the patron saint of metalworkers and blacksmiths. Celebrating the

holiday, or "Clementing," has died out in all but a few places. The festivities began at sundown with the firing of the anvil. Gunpowder was packed into a small hole in the anvil so when it was struck by a hammer, it exploded in a shower of sparks. Then the smith (or often an apprentice) dressed in a wig, cloak, and mask transformed himself into "Old Clem." Old Clem led a procession through the streets, visiting tavern after tavern, soliciting donations of ale and money to pay for the holiday dinner.

Resident Spotlight

Resident: Jean Carroll

About Jean:

Jean was born May 25, in Lyons

NY, where she lived her whole

life. Jean was an excellent

student and was valedictorian at

her high school! Jean grew up with a brother named Fran

and a sister named Dorothy, later to bring her nieces and

nephews! As a child Jean enjoyed playing the piano, loved

dancing, and keeping active with exercise. As Jean grew

older, she went off to attend High Point College in North

Carolina and graduated from UNC at Chapel Hill. Jean

also has her master's degree and helped formulate and

test the vitamin B-12 on veterans at Walter Reed Hospital,

as a pathologist. If that isn't cool enough, she also worked

at the Walter Reed Hospital with Elliot Roosevelt,

President Franklin Roosevelt's son! What a wonderful

accomplishment that was. Jean says she had dogs all

growing up, always Boston Terriers. Her favorite pet was

her dog named Polo. As Jean grew older, she still has

many interests and hobbies, many including; exercise,

music, and the outdoors. Jean said she loved attending the

scenic drives here at Camillus Ridge when she is able to.

Something else about Jean is she loves Church, she looks

forward to attending church services. When asked what

her favorite color was, Jean stated it was Red! One fun fact

about Jean is that she used to babysit Jim Boeheim when

he was a child! What a wonderful addition she is to our

facility!



Rights on "The Rock"

In 1963, the infamous prison Alcatraz, known as "The Rock," closed its doors. Soon after, local Native American groups began lobbying for the island to become a cultural center and school. According to the 1868 Treaty of Fort Laramie, Native Americans—referred to as Indians at the time—were allowed to take control of surplus federal lands. So, when a fire destroyed San Francisco's American Indian Center in October of 1969, a group of 89 activists, calling themselves "Indians of All Tribes," occupied Alcatraz island during the morning hours of November 20, 1969.

The occupation lasted 19 months, with numbers on Alcatraz growing to 600. President Nixon chose to leave the peaceful occupiers alone. Officials visited to negotiate, but the occupiers demanded nothing less than the island itself, upon which they hoped to build a school, cultural center, and museum. Slowly, though, the political will of occupiers waned, and many departed, leaving behind a disorganized ragtag band. The activists may have given up Alcatraz, but they had propelled their rights movement forward and transformed Alcatraz into a symbol of Native American pride.

Nature Shows the Way



It's hard to believe in this digital age of GPS systems and hand-held cellular phone mapping that explorers once knew how to navigate without a compass. On November 6, Marooned Without a Compass Day, you, too, could learn how to find your way. At night under clear skies, it is easy enough to find your direction. Simply look to Polaris, the north star. During the day, find your way by planting a stick in the ground. Mark the end of its shadow with a rock. Wait 30 minutes and mark the new end of the shadow with another rock. The first rock is west. The second rock is east. Bisect the two to find north and south. You've just made your own compass!

Wedding Fit for a Queen

On November 20, 1947, Princess Elizabeth married Lieutenant Philip Mountbatten, Duke of Edinburgh, a former Greek and Danish prince. Two thousand guests were invited to the ceremony at Westminster Abbey, and it was broadcast by the BBC over both radio and on television to the masses, which was groundbreaking coverage at the time. Not only did thousands of well-wishing Britons line the streets of London and swarm in front of Buckingham Palace, but an estimated 200 million people tuned in to the BBC broadcasts.



Princess Elizabeth's wedding dress was designed by Sir Norman Hartnell, designer to a long line of British royalty. His design was inspired by Botticelli's painting *Primavera*, an homage to spring and rebirth, and was submitted for review and accepted in

mid-August, giving him just a few months to build the dress. It was made with ivory silk, fashioned with crystals and 10,000 seed pearls, and had a 15-foot silk tulle full court train. Because Britain was still subject to the rationing restrictions of World War II, Princess Elizabeth had to use rationing coupons to pay for her dress. Hundreds of Britons sent their personal coupons to the princess in a show of support. The Queen lent her daughter her grandmother Queen Mary's Russian Fringe tiara for the wedding day. Just as Elizabeth was set to leave for the Abbey, the tiara snapped and had to be quickly repaired on-site.

The royal couple received 11 wedding cakes, but only one was official, baked by Scotland's McVitie and Price. The cake stood nine feet high in four tiers. With food rationing still in place, ingredients from around the world were sent as wedding presents, including sugar from the Girl Guides of Australia. With ingredients coming from far and wide, the cake was known as the "10,000 Mile Cake." In an era of austerity, some balked at the spectacle of such a lavish affair. But most Britons reveled in the royals and their extravagant wedding. It would be decades before another wedding of such import.

November Birthdays

In astrology, those born from November 1–21 are Scorpio's scorpions. Scorpios are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family. Those born between November 22–30 are Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves.

Will Rogers (cowboy) – November 4, 1879
William Wells Brown (writer) – November 6, 1814
Dorothy Dandridge (actress) – November 9, 1922
Neil Young (musician) – November 12, 1945
Whoopi Goldberg (comedian) – November 13, 1955
Danny DeVito (actor) – November 17, 1944
Dominique Dawes (gymnast) – November 20, 1976
Ricardo Montalbán (actor) – November 25, 1920
Tina Turner (singer) – November 26, 1939
Samuel Clemens (writer) – November 30, 1835

Camillus Ridge Birthday's



Sing Happy Birthday to our
November Birthday's!

- Ted Siminski (11/10)
- Dick Kraetz (11/19)