

November 2019

Chisholm Trail Newsletter

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NOVEMBER ACTIVITIES

2nd 4:15 Los Harmonicas
3rd Fall Back Don't forget to set your clocks back.
4th 2:00 Movie & popcorn
5th 11:30 out to lunch
Chick-Fil A's
2:00 walking Club
7th 2:00 Crafts
8th 1:30 Dollar Store
11th 2:00 Movie & Popcorn
12th 2:00 Walking Club
13th 11 to 3:00 S&S Jewelry
14th 2:00 Crafts
18th 2:00 Movie & popcorn
19th 2:00 walking club
4:30 supper club
Napoli's in Joshua
25th 2:00 Movie & Popcorn
26th 12:00 Birthdays
2:00 Walking Club
Joe Ray Singing
28th Happy Thanksgiving
Day Lunch 12:00

Bread for Breaking and Baking

This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew's Day in Scotland, and many others. These holidays offer the perfect opportunity to "break bread" with loved ones. While many will literally be breaking bread at their feast tables, the expression "break bread together" denotes sharing more than just food, but also feelings of love, trust, and togetherness.

Many believe that the phrase "breaking bread" originated in the New Testament of the Bible, where Jesus broke bread and shared it with his apostles during the Last Supper. It was this Scriptural sharing of bread that provides the basis for the Eucharist, or "Holy Communion." However, the ritual breaking of bread dates back to before the Last Supper and has a long Jewish history, a history with which Jesus, as a Jew, was familiar. The Jewish ritual of Shabbat involves breaking bread. Indeed, according to laws given to Moses by God, 12 breads were supposed to be placed in the Tabernacle each Sabbath. It is from these Jewish traditions that we get the expression "breaking bread."

As luck would have it, Homemade Bread Day falls on November 17, offering a chance for novice and expert bakers alike to try baking their own bread. When we think of bread, we mostly think of yeast breads, which must be allowed to rise and rest before baking. Quick breads, on the other hand, rise with the help of leavening agents like baking powder or baking soda, so there is no need to wait for the yeast to work. Regardless of your leaven, baking homemade bread fills the house with wonderful smells that are bound to attract a crowd. Challah is the traditional Jewish Sabbath loaf, a portion of which was separated as a gift for the *kohanim*, or priests. A yeast bread with honey-sweetened and egg-enriched dough, challah makes a light, tender loaf that is golden brown. The braided loaf looks like intertwined arms, symbolizing love or the interlocked principles of peace, truth, and justice. Its 12 humps recall the 12 ritual breads meant for the Tabernacle and the 12 tribes of Israel. With such a storied history, it is easy to see how sharing bread has come to symbolize a nourishing meal for both the body and the spirit.

Grow a Mo, Bro

This November, you may notice that a lot more men than usual are sporting beards and moustaches. These facial hair aficionados may be following the premise “Grow a Mo, Save a Bro,” in honor of November, a worldwide movement of growing facial hair to raise awareness of men’s health issues.



The November movement began in a bar in 2003, when two Australian men, Travis Garone and Luke Slattery, shared a beer and a laugh over the demise of the moustache. It seemed as if that particular piece of facial hair’s heyday was long over. Moustaches had not just fallen out of fashion,

but they were deemed corny. Inspired by a friend who was fundraising for his mother’s breast cancer, these two friends decided that they would grow big and funny moustaches as a fundraiser for men’s health issues such as prostate cancer. They would ask people to donate 10 dollars per moustache. Before long, they had found 30 friends willing to grow a “mo” in support of their cause. Today, their worldwide moustache movement numbers five million “mo bros,” and over the past 15 years, they have raised \$837 million to combat men’s health problems such as prostate and testicular cancer, mental health problems, and suicide prevention. Thanks to Movember, many men are living longer and healthier lives.

Men can join Movember by growing a moustache, and women can support the men who choose to grow a mo. You can also support the movement by just explaining why you’ve chosen to grow a moustache. Many men will kick off the month of November with a “shave down” event, where they gather over dinner or drinks and shave their faces as a group, beginning their month of growing their moustaches as a team. Whether you grow a handlebar, a walrus, a goatee, or a pencil moustache, your facial hair will help

Pride of the Pilgrims

In 1620, the pilgrims departed England on the *Mayflower*, looking for religious freedom in the New World. They had contracted with the Virginia Company to establish a colony in Virginia, but storms drove their ship far off course, and they landed instead on what is now Cape Cod. Far from Virginia, the pilgrims aboard the *Mayflower* began to argue that they were no longer bound to the laws of Virginia Company. Pilgrim leader William Bradford knew that without laws the colonists would turn against themselves. And so, on November 11, 1620, the colonists signed the Mayflower Compact, a set of laws establishing order within their new colony. It fell upon Myles Standish, as chief military officer, to enforce the compact. Historians now believe that it was this document that allowed the colonists to work for each other and survive that first, harsh winter. The Mayflower Compact remains the first document that established self-government in the New World and is regarded as the earliest successful example of democracy in the colonies.

Easy-Baked Success



On November 4, 1963, the Kenner toy company introduced the Easy-Bake Oven, a real baking oven for children that was powered by nothing more than a lightbulb. Toy salesman Norman Shapiro was

inspired after taking a trip to New York City, where he saw street vendors heating their pretzels with lightbulbs. Inventor Ronald Howes was tasked with turning the idea into reality, which he did by using two 100-watt bulbs. Despite a high price tag of \$15.95, which is equivalent to \$127 in today’s marketplace, the toy was a hit, selling half-a-million units in its first year alone. Now, over 50 years and 10 different designs later,

Jukebox Heroes



The day before you gather around the turkey for Thanksgiving, gather around the jukebox for Jukebox Day! After all, both are American pastimes, and both offer perfect reasons to gather together and have a party.

The very first jukebox was installed by Louis Glass in San Francisco's Palais Royale Saloon on November 23, 1889. His nickel-in-the-slot machine was little more than an Edison wax cylinder phonograph fitted with Glass's own invention, a coin slot. The machine did not have any speakers or means of amplification, so listeners had to put their ear to one of four listening tubes to hear the music. And listen they did! In the first six months of operation, the single nickel-in-slot phonograph machine earned over \$1,000. Glass quickly installed other machines throughout the area, which helped him earn thousands. Before long, other inventors got in on the game, creating coin-operated music players of their own.

In 1918, Hobart Niblack created a device that could automatically change records. This led to the invention of the first machine that could play a wide selection of music from different records, by the Automated Musical Instrument Company in 1927. Then in 1928, Justus Seeberg combined a loudspeaker with a coin-operated player that allowed for multiple records. The modern jukebox was born, and the 1930s became the jukebox's golden era.

So why was the device named the "jukebox"? The term *juke* comes from the Elizabethan English word *jouk*, meaning "to dance or act wildly." Before the jukebox, there were juke bands that played in juke joints. These were rowdy establishments filled with heavy drinking and good times. But with the invention of the automatic, coin-operated playing machine, live juke bands gave way to the far cheaper jukeboxes, which suddenly appeared in every juke joint in America.

WEEKLY ACTIVITIES

BINGO 3:00 SUN- WED- FRI

EXERCISE 10:30 MON- FRI

WALKING CLUB 2:00 EVERY TUE

WALMART 9:30 EVERY WED

VESPERS 6:00 FRI- SING ALONG

**MOVIE & POPCORN 2:00 EVERY MONDAY
WE NOW HAVE NETFLIX. NEW MOVIES.**

**42 PLAYERS IN SOUTH LOBBY EVERY
NIGHT AFTER SUPPER.**

PLAZA THEATER ONCE A MONTH

**OUT TO LUNCH ONCE A MONTH
OUT TO SUPPER ONCE A MONTH**

Pumpkin and Spice and
everything nice that's
what Autumn is made of



Leaves are Falling
Autumn is calling!!



November Birthdays

Irene Roth	6 th
Nelda McMahan	14 th
Peggy Pace	18 th
Buck Allen	20 th
Marianne Medina	23 rd
Deanna Earl	23 rd
Ray Pace	23 rd
Cheryl Wilmot	24 th



Welcome to Chisholm Trail
Frank & Jean Peterson #102
Deal Pease # 112

Thanksgiving Trivia !!

Approximately 46 million turkeys are eaten on Thanksgiving every year.

The Macy's Thanksgiving Day parade began in 1924 with only 400 employees. Did you know they didn't feature any balloons in the first Macy's parade.

Historians believe the pilgrims served wild game and vegetables instead of turkey at the first Thanksgiving.

