

# Reflections in the Park

Menorah Park of CNY • Hodes Way 4101 E. Genesee St., Syracuse, N.Y. 13214 • (315) 446-9111 •



## Celebrating March

**Mad for Plaid Month**

**Play the Recorder Month**

**Women's History Month**

**World Compliment Day**

*March 1*

**Proofreading Day**

*March 8*

**Shakespeare Week**

*March 12–18*

**St. Patrick's Day**

*March 17*

**World Poetry Day**

*March 21*

**Mom and Pop Business**

**Owners Day**

*March 29*

## Egg-ceptional Spring Traditions

With the arrival of spring on March 20 comes all the holidays and traditions associated with the end of winter: religious traditions like Passover and Easter, and Nowruz, the Persian New Year. All of these celebrations share an important symbol: the egg.

For millennia, the egg has been an exalted symbol of birth, rebirth, and hope. Ancient Egyptians told stories of the sun god hatching from an egg. Sometimes the sun was considered an egg, laid each day by Seb, a cosmic goose and god of the earth. In Hinduism, the egg represents the makeup of the universe. The shell is the heavens, the white is the air, and the yolk is the earth. In the Persian story of creation, Good and Evil are locked in an epic battle. When Evil is hurled into an abyss, Good lays an egg, which represents the universe, with Earth suspended from the heavens as a halfway point between Good above and Evil below. Eggs have always been a symbol of the beginnings of the universe and life itself. No wonder that after the long dark of winter, with the return of the sun, eggs are revered as harbingers of life.

When Jews sit together for the Passover seder on March 30, an egg will adorn the seder plate as a symbol of the ritual offering to the Temple in Jerusalem. Furthermore, the egg symbolizes—you guessed it—life itself. For Christians, Easter is a holiday celebrating the resurrection of Jesus Christ, so using an egg as a symbol of rebirth was a natural choice. The traditional color to dye Easter eggs is red, symbolizing the blood Jesus shed on the cross. In Macedonia, congregants bring their red eggs to Easter church services, and when the priest proclaims, “Christ is risen,” it is customary to eat the egg as a ritual breaking of the Lenten fast. Elsewhere, in Iran, Persians prepare for their new year, Nowruz, by preparing their ceremonial table, the *haftseen*, with symbolic foods and objects, including painted eggs representing fertility. All over the world, people will be looking at eggs in a different light.

## Awaiting a Return to Capistrano



On March 19, the residents of San Juan, California, look forward to the return of special visitors to the old Spanish mission: cliff swallows. The return of the cliff swallows to the San

Juan Capistrano Mission is legendary. Hundreds of years ago, local shopkeepers drove away the swallows, which built mud nests on shops and homes. The displaced birds built new nests in the eaves of the old stone church, named for the warrior-priest Giovanni de Capistrano. Every year since the 1930s, the community has heralded the return of the swallows to Capistrano with great fanfare.

In recent years, though, the swallows have returned in decreasing numbers. Some people blame urbanization. For a century or more, the mission was the largest building in San Juan, a perfect target for the nesting swallows. As the population increased, more buildings were built, and swallows began to find alternate nesting sites. Things were complicated further in the 1990s when preservations performed a restoration of the church, the oldest continually used structure in California, and removed the mud nests. Cliff swallows are known to be attracted to places with old nests. The restoration, while architecturally important, discouraged the birds. That's when the mission sought the help of a professional.

Dr. Charles R. Brown, professor of Biological Sciences at the University of Tulsa and cliff swallow expert, was charged with the task of luring the birds back to the mission. He has employed everything from broadcasting cliff swallow song to building an artificial wall of swallow nests out of plaster. The good news is that the birds have again been spotted in the area of the mission, even though they have not been nesting on the church. Yet every year on March 19, St. Joseph's Day, the swallows are welcomed with the ringing of the mission bell, flamenco dances, food, and fanfare. Even if the cliff swallows aren't ready to return to Capistrano, the locals are ready for them.

### **FAMILY COUNCIL MEETING NOTICE:**

**Dear Family Members and Caregivers.**

**The Menorah Park Family Council will meet on Thursday, March 22, 2018 at 4:00 P.M. in the Board Room.**

**Our guest speaker will be Judith S. Huober, Director, Syracuse Jewish Family Service.**

**She will tell us about several new programs to benefit you and your loved one.**

**Please come and join us for an informative and interesting session.**

**Looking forward to your attendance.**

**Francine M. Goldstein, Chairman Family Council**

Seder dinners will be held in the Auditorium on Friday, March 30, and Saturday, March 31. They will start with Cantor's Seder services at 4:30 PM and be followed by dinner at 5:15 PM. Families and guests are welcome to join us. Tickets are on sale at the front desk. The Oaks will also be hosting Seder dinners on both those nights. Reservations can be made by calling Jillian at (315) 446-9111 extension 158.

## St. Paddy's Pastimes Debunked



They say that everyone is a little bit Irish on St. Patrick's Day, and the world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.

St. Patrick may be one of Ireland's patron saints (along with St. Brigid and St. Columcille), but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, Ireland's precious St. Patrick may well have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So whether you're marching in Dublin, raising a pint of Guinness in New York, Irish dancing in Sydney, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous celebrations of today.

**Visit our very own Bistro at Menorah Park!**

**The Jim & Arlene Gerber Bistro in the Abraham Shankman Wellness Pavillion at Menorah Park is now open for Kosher breakfast, lunch, and dinner for residents, families, visitors, and the public.**

**Come and enjoy our meal and a la carte selections, as well as refreshing drinks at Fox's Den Sports Bar.**

**Hours of Operation:  
Monday-Thursday 8a-10a  
Sunday-Friday 11a-2p  
Sunday-Thursday 4p-7p  
Closed-Saturday**

**Happy Hour for residents is every Tuesday and Thursday at 3:30. Please join your loved one for a drink, music and socializing.**

## A Doll's Life

March 3 is a special day in Japan. *Hinamatsuri*, known as both Doll's Day and Girls' Day, is a day to celebrate girls and pray for their health and happiness. The most interesting part of *Hinamatsuri* is the elaborate dolls displayed on red-carpeted, stepped platforms. Families either buy a set of dolls when their first daughter is born or receive a set handed down from generation to generation. Sets include a male and female dressed in Imperial attire, representing the emperor and empress, accompanied by three court ladies, five musicians, and other court attendants. The dolls are arranged in order of importance from the top step down and displays are placed in the home for all to see. This tradition has roots in an ancient belief that dolls could attract and contain bad spirits. It was once common practice for the dolls, and any ill fortune, to be tossed into rivers and streams and washed away for good.

Menorah Park of CNY  
Hodes Way  
4101 E. Genesee St.  
Syracuse, N.Y., 13214

Postage  
Information

## Menorah Park March Birthdays

Please wish the following residents a happy March birthday:

James P. March 4th  
Delores D. March 4<sup>th</sup>  
Margaret S. March 5<sup>th</sup>  
Irene C. March 7<sup>th</sup>  
Lena D. March 8<sup>th</sup>  
James G. March 10<sup>th</sup>  
Anthony O. March 15<sup>th</sup>  
Loretta C. March 21<sup>st</sup>  
Donald V. March 21<sup>st</sup>  
Ivy B. March 28<sup>th</sup>  
Margaret P. March 30th

## Famous March Birthdays

In astrology, those born between March 1–20 are Pisces. Friendly and selfless, Fish are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings. Aries' Rams are born between March 21–31. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges.

Desi Arnaz (actor) – March 2, 1917  
Knute Rockne (coach) – March 4, 1888  
Lou Costello (comedian) – March 6, 1906  
Liza Minnelli (entertainer) – March 12, 1946  
Hank Ketcham (cartoonist) – March 14, 1920  
Wyatt Earp (cowboy) – March 19, 1848  
Marcel Marceau (mime) – March 22, 1923  
Reba McEntire (musician) – March 28, 1955  
Warren Beatty (actor) – March 30, 1937