

# Kopernik Lodge

## Newsletter

### "Lato"

Ach! jak gorąco! Niebo bez  
chmury,  
Żar pod stopami, żar zieje z góry,  
Człowiek dzień cały jakby w  
ukropie,  
Radby się schował choćby w  
konopie.

Zdała, od łanów, brzęk jakiś  
płynie:  
Ach! to pszeniczkę koszą w  
dolinie!  
A z brzękiem sierpów i świstem  
kosi,  
Piosnka żniwiarzy dzwoni w  
niebiosy.

Nieraz się pytam, jak w takim  
żarze,  
Mogą wytrzymać biedni  
żniwiarze?  
Choć pot im sływa po całym  
ciele,  
Jeszcze śpiewają jak na wesele!

Ja, gdy nad książką trochę  
poślęcę,  
To wnet się spocę, znudzę i  
zmęcę,  
A oni zawsze rzeźwi jak ptacy,  
Z piosnką na ustach wstają do  
pracy.

Czyżby ich z innej zlepieno gliny?  
Co też ja plotę, Boże jedyny!  
Skoczę tam do nich! Dalej więc w  
drogę,  
I choć im snopki wiązać pomogę!

*A poem by Jarosław Bełza*

### The Gold Rush

On August 16, 1896, prospector George Carmack and his family were looking for gold along Rabbit Creek, a tributary of the Klondike River in Canada's Yukon Territory. Gold was discovered in vast quantities, and Carmack immediately filed claims to mine the land. Word of the find quickly spread, and by the end of August, the length of the entire creek had been claimed by gold miners. Not even winter could stop the miners, and prospectors raced by dog sled to the Klondike and the newly renamed Bonanza Creek.

It wasn't until July of 1897 that the first shipments of Klondike gold arrived in the cities of Seattle and San Francisco. The gold shipments were valued at \$1.13 million. (That's over one billion of today's dollars!) Word of the gold spread like wildfire, and soon prospectors from all over the world were flooding the West Coast and preparing for the journey north. A great economic boom hit cities like Seattle and San Francisco, which birthed outfitting and supply industries for the prospectors.

It is estimated that 100,000 people attempted the trip into the Klondike between the summers of 1897 and 1898. Many gold-seekers had no experience whatsoever in mining or prospecting. Mass resignations occurred across the country as people left their livelihoods behind to search for riches. Even Seattle's mayor left his post to try his luck. Of the 100,000 aspiring gold miners, only 30,000 eventually made it to the Klondike.

Travel to the Yukon proved treacherous thanks to mountainous terrain and unpredictable weather. The Canadian government issued strict food and equipment requirements for prospectors in an attempt to prevent death from exposure and starvation. Of the 30,000 who made it to the Yukon, only 4,000 struck gold. And of these 4,000, only a few hundred became rich. By the summer of 1898, the word *Klondike* was spoken with scorn. As rumors of gold found in other northern locales spread, the Klondike was abandoned, and the gold rush was over.

## Kupała Night - a Celebration of Fire and Fertility

On the night of June 21-22, on the summer solstice, the former Slavs celebrated Kupala Night - a festival of vitality and fertility. After it was adopted by Christianity, it was called Midsummer Night, which - in a changed form - is celebrated to this day.

The very name of the holiday remains a mystery for researchers of Slavic culture: whether it comes from the name of the god of fertility, a calling, or maybe from the word "bath" - it is not known.

The main celebrations of Sobótka, as the holiday is also called, took place after sunset. - Sobótka was a festival of women, especially young girls. In the glow of the fire, they dreamed of further life.

Fires were lit around which people sang and danced. The coming of summer was also a fertility festival for the pagan Slavs, and that is why that night couples could go away to the forest without offending morals.

An inseparable element of the celebration was the search for a fern flower, which bloomed only on that one special night, and the finders were to be given happiness and wealth. This flower could have been found only by a just man, without a blemish on his conscience; a person, who has never done any harm to anyone.

The origins of this practice are also unclear to researchers. The fern flower was also called the perun flower, from the name of the Slavic god of storms Perun. There are various speculations, including one that the fern flower was a metaphor for Slavic virgins who smeared themselves with aphrodisiac leaves for that evening.

Another tradition of the Kupala Night is the fortune-telling release of green wreaths on the water. - If the wreath drowned, the girl was going to die soon. If he sailed far, the wedding was delayed. And the one who fished the wreath was to become her husband.

According to legend, Midsummer's Eve had magic. When the last fires were extinguished, the evil spirits descended upon the earth, so sage, mullein and mugwort were thrown on the red-hot coals. Their scent spreading around the area dispersed all evil.

Christianity tried to fight the tradition of Kupala Night. A more effective method than counteraction were the attempts to adapt the traditional rituals to the new religion, as was the case with, for example, candles. The celebration of the summer solstice was associated with John the Baptist, who celebrated his feast the next day. In this way, Kupala Night became Midsummer and is still celebrated today.



## **From the pages of Therapeutic Recreation:**

### **The Benefits of Cooking and Baking**

At the Kopernik Lodge we are strong believers that our residents deserve to continue to indulge in their passions – and/or find new ones – no matter their stage of life. Striving to create a welcoming, nurturing environment, our Therapeutic Recreation department is organizing many activities to allow our residents to engage in their passions and live life to the fullest. One of activity truly enjoyed by clients is baking.

Cooking and baking are a well-loved tradition passed down from generation to generation. These activities can be a therapeutic experience for those who love it.

Research shows that group based baking and cooking interventions can improve autonomy, quality of life, social participation, and can reduce depression in older adults living in nursing homes. Baking and cooking have emotional as well as cognitive benefits; they encourage positive behavior, promote a sense of self and purpose, reduce stress and irritability, promote maintenance of dignity and self-worth, and contribute to positive feeling such as joy and contentment.

Studies indicate that everyday activities such as baking, cooking, washing up and cleaning can reduce the risk of developing dementia by up to 45%. Since baking involves weighing, measuring, and mixing, baking is an excellent way to keep both the body and brain active well into the old age. Being involved in baking helps seniors to feel knowledgeable and useful and helps them to maintain a sense of independence and dignity.

There is something inherently sweet about baking that goes beyond the reward of a tasty treat. The sensation of flour in the hands and the delicious smell of freshly baked biscuits engages the senses in a way that can be particularly beneficial for residents. Stimulating the senses is a great way of making the brain focus, plus it increases the release of endorphins (the brain's "happy" chemical); is an effective way to build excitement and strengthen pleasant emotional responses.

Cooking and baking are beneficial as low-key, repetitive activities with a similar effect on the mind as meditation. For those struggling with depression, baking can act as a therapeutic respite from negative thoughts. Because it is a task that requires focus and attention, there is less room for negative thoughts to settle and grow. These activities are also a useful outlet for creativity. The tangible reward at the end of the activity is also an uplifting mood booster.

Baking and cooking stimulate smell and taste, thus improve appetite. Smell is also a powerful way to trigger memories, and can help remind seniors of familiar activities they once enjoyed.

Cooking and baking in a residential home setting has the added benefit of allowing social interaction. It is a pleasant social activity with lots of chat, reminiscing, laughter, cooperation and sharing of the end product. Studies have shown that as people get older they benefit from keeping up with social interactions; combine this with having fun creating something together, and baking is a sure-fire winner.



# Indulging in Baking







## Friendship Day

Friendship is one of the most important and purest types of human relationships. To mark its importance, Friendship Day is celebrated every year on the first Sunday of August. Friendship Day celebrates the importance of loving, platonic relationships; it reminds us to nurture and appreciate the connections we have in in our lives or prompt us to reach out to past friends and rekindle that bond.

### **Just Like Falling in Love, We Can Form Friendships at First Sight**

Many adults find it hard to develop new friendships or keep up existing friendships, but some can make friends in seconds. When it comes to friendship, we all have our criteria that reflect our values, wants and needs. We often base our relationship on what connects us. We form relationships based on our expectation of rewarding futures, and void relationships that seem less rewarding. We may like our friends because they make us burst into laughter when we are down in the dumps; because they give us a pat on the back when we have a good news to share; and because they play an important role in some of our most precious moments. We look for emotional support, social support, and need our friends to be loyal and trustworthy. We connect with people who make us feel good when we are around them.

Friendships usually take time. However, sometimes there is an instant connection between friends, which makes their relationship look effortless. Some call it a spark, some call it chemistry, and others call it a friendship at the first sight. Whatever it is, it can take just a moment to form our first impression of someone.

Some studies suggest that we make our judgments in a tenth of a second after seeing a new face. Research shows that part of the brain called amygdala, which deals with emotion, and the posterior cingulate cortex linked to autobiographical memory, play an important role in how we weight our decisions and assign value to people. We make several small judgements and decide if we want to get close to a person.

Friendship chemistry is not always mutual. However studies show that it seems to affect certain people more than others. Those who scored higher on the personality traits of agreeableness, openness, and conscientiousness, are more likely to say that they'd experienced an instant connection.

Studies also show that instant friendships strikes females more often and is related to emotions. From childhood, girls are more often taught to trust emotions, and boys to tune them out; and friendship chemistry is, at its core, an emotional reaction

Like when falling in love, when we meet someone new, we may experience a feeling of friendship blooming in our gut. We instinctively understand that a bond is about to form; and because first impressions are hard to shake, once we feel that way, we tend to stick with it.



Made with PosterMyWall.com



### **Our residents' introductions.**

We would like to share with you what our, friends and neighbors would like to tell us about themselves; what they like, where they grew up and what is important to them. It is their story, in their own words.

### **My name is Carol Baylis.**

I was born in Nova Scotia. I had only one brother, his name was Cecil. My father was in the Army and he was trained to be a care aide in a hospital. I was a nurse assistant.

When I was training to be a nurse assistant, I got married in Halifax to Clayton Baylis. We had two children, daughter Ruth and son Greg. I raised them on my own after I divorced from my husband.

I consider myself to be a very strong woman. I used to have two dogs one of them was named Sparky. I love pasta, fish, apples and everything sweet.

Every day I get up and show up for the morning exercises. I enjoy outdoor walks and going to the neighborhood mall where I often get a coffee. I like to spend my time in the garden. I also like to watch comedies. I spend plenty of my spare time on coloring pages, mostly flowers and animals.

I am a very positive person and I like to smile.



### **Friendship chemistry.**

Carol and Audrey became instant friends. Carol has been living in Kopernik for a while now; Audrey moved in a few weeks ago. They developed instant connection, they go for walks together and spend a lot time with each other.



### **My name is Audrey Shirley,**

I was born on October 3, 1935 in Vancouver. I consider myself to be a very happy person.

My dad worked in the post office, while my mother was looking after the children at home. I have one brother; his name is Doug.

We have a cottage on Bowen Island. Going there for three seasons a year was so much fun. When winter started, we were coming back to Vancouver.  
After I finished my education, I worked in a pie shop on Bowen Island.

After I got married to my husband Ken, I became a stay at home mother. I was looking after three children: Patricia, Brian and David. All of my lovely children are working and are married now.

We have a cute dog named Prince.

My favorite things to do is playing golf and swimming.  
When it comes to colours, I love them all; depending on what I do and where I am going.  
I do not have any favorite food, I like everything that tastes good.  
I am a very happy woman.

## Our International Reminiscing Group.

Our residents come from many countries. In our reminiscing group, we have residents from Canada, Poland, Belgium, Hungary, and Switzerland. We chat, reminisce, share our stories, and talk about our countries of origin. We look at colorful magazines, have snacks and enjoy our friendship.





## Happy Hour

Happy Hour is a group with non-alcoholic wine, tea, cream puffs, good music and great company



There is always something interesting to chat about in a group. Photo albums can be attention grabbing prompts to share memories and reminisce with friends. One of our residents used to live in Costa Rica and travelled all over South America. He shared his memories with others, prompting discussion about traveling and foreign countries.



## Arrr-Gust

Shiver me timbers, August is International Pirate Month. Historians consider the Golden Age of Piracy to have occurred between the 1650s and 1730s. It was during this period that the likes of Blackbeard, Captain Kidd, Calico Jack, and Anne Bonny made their notorious reputations.

It is no coincidence that the Golden Age of Piracy coincided with an era punctuated by the shipping



of valuable goods across vast oceans to Europe. European kingdoms had laid claim to distant colonies in North America, West Africa, and India. Sea

routes used for the shipping of spices, gold, and other goods provided perfect targets for pirates looking for power, riches, and prestige.

A major factor that contributed to the rise of piracy was the rise of naval power. Empires like Spain and England used brutal methods to bolster their navies. Sailors were not so much recruited as kidnapped and forced into conscription. After receiving extensive training and experience on the high seas, many sailors, disgusted with their shoddy treatment and pay, left the navy for piracy. It was common for pirates to be hunted by the very navies they had once served in.

Much of what we know about piracy comes from the book *A General History of the Pyrates*, written in 1724 by Captain Charles Johnson. The true identity of Captain Charles Johnson remains a mystery, as there is no record of such a man ever existing. Despite a certain lack of credulity, Johnson's fanciful accounts of several pirates, including Blackbeard, Charles Vane, and Calico Jack, have defined piracy for centuries. It was this book that introduced the familiar tropes of buried treasure, missing limbs and eyes, and the pirate flag known as the Jolly Roger. This book also inspired Robert Louis Stevenson to write *Treasure Island*. While we may never be able to separate pirate fact from fiction, we can be sure that the romance of piracy will capture our imaginations for many years to come.

## Star-Crossed Lovers

For over 2,000 years, the Qixi Festival has been celebrated in China on the seventh day of the seventh month, which this year falls on August 4. This holiday is known by several names: the Double Seventh Festival, the Night of Sevens, and the Magpie Festival, but it is perhaps best known in the west as China's Valentine's Day.

The Qixi Festival is based on the romantic folk tale of Zhinu the cloud weaver girl and Niulang the ox herder. Niulang had once saved an old ox when it fell ill. What Niulang did not know was that this old ox was once the God of Cattle, sent from heaven to live on Earth as penance for a former misdeed. To show his thanks, the ox introduced Niulang to Zhinu, the seventh daughter of the Goddess of Heaven and the Jade Emperor. Zhinu had come to Earth to escape the boring routine of heaven.

The two fell deeply in love, married, had two children, and set up a life together, with Niulang herding oxen and Zhinu weaving. When the Goddess of Heaven discovered that her daughter had married a mortal, she descended furiously to Earth and took Zhinu back to heaven.

The old ox instructed Niulang to kill him and wear his hide so that the mortal could ascend to heaven to find Zhinu. Niulang wept for the loss of his ox but did as he was told and took his children to find Zhinu. The Goddess of Heaven, divining the plot, created a massive, uncrossable river to forever separate the lovers.

Niulang and his children wept in their grief. Magpies were so moved that they flew to heaven and formed a bridge over the river. The Goddess, too, was moved, and so she decreed that once a year, on the seventh day of the seventh month, the two lovers should meet on the Magpie Bridge. During the Qixi Festival, if we look to the night sky, we see Niulang and Zhinu as the stars Altair and Vega, separated

## Jan Kochanowski

Jan Kochanowski was a Polish Renaissance poet who established poetic patterns that would become integral to the Polish literary language. He developed new verse forms and meters and perpetuated the new Humanism of the Renaissance which came to Poland not long before his birth. He played a key literary role in the "Golden Age" of Poland. Jan Kochanowski is commonly regarded as the greatest Polish poet before Adam Mickiewicz, and the greatest Slavic poet prior to the 19th century.

Kochanowski was born at Sycyna, near Radom, Poland, in 1530. As one of ten children of the nobleman and judge, young Jan underwent the usual education of similar well-to-do Poles of the time. This usually consisted of learning from a private tutor at home or entering one of the many schools run by the Catholic Church. At fourteen, he started studies at the Jagiellonian University in Krakow. After graduating in 1547 at age seventeen, he attended the University of Königsberg (Królewiec), in Ducal Prussia, and Padua University in Italy. Kochanowski closed his fifteen-year period of studies and travels with a final visit to France. In 1559 Kochanowski returned to Poland for good, where he remained active as a humanist and Renaissance poet. He spent the next fifteen years close to the court of King Sigismund II Augustus, serving for a time as royal secretary. In 1574 Kochanowski settled on a family estate at Czarnolas ("Blackwood") to lead the life of a country squire. In 1575 he married Dorota Podlodowska, with whom he had seven children. Kochanowski is sometimes referred to in Polish as "Jan z Czarnolasu" ("John of Blackwood"). It was there that he wrote his most memorable works, including *The Dismissal of the Greek Envoys* and *the Laments*. Kochanowski died in Lublin on 22 August 1584.) Kochanowski not only mastered and employed the Polish language in his writings, and thus established a distinctly Polish literature, but also employed it to express all aspects of human life. It seems of little wonder that even to this day he remains one of the greatest of Slavic poets.



### On Health

My good and noble health,  
Thou matter'st more then wealth.  
None know'th thy worth until  
Thou fad'st, and we fall ill.

And every man can see,  
In stark reality,  
And every man will say:  
"Tis health I need today".

No better thing we know,  
No dearer gem we owe,  
For all that we possess:  
Pearls, stones of great finesse,  
High offices and power  
– One may enjoy this hour –  
And so the gifts of youth,  
And beauty are, in truth,  
Good things, but only when  
Our health is with us then.  
For when the body's weak,  
The world around is bleak.  
O jewel dear, my home  
Awaiteth thee to come;  
With thee it shall not perish.  
'Tis all for thee to cherish.

Jan Kochanowski

## The Wonder Drug

The ancient Egyptians used willow bark as a remedy for aches and pains. The ancient Greek physician Hippocrates wrote that willow bark could relieve pain and reduce fevers. It wasn't until the 18th century that the remedy was rediscovered by Edward Stone, a cleric of the Church of England who wrote a report detailing how powdered willow bark seemed to relieve the symptoms of patients in his care. In 1829, a French chemist named Henri Leroux finally isolated willow's magic and medicinal ingredient, salicylic acid. With such a long and documented history, why is it that the German chemist Felix Hoffmann is credited with the discovery of aspirin on August 10, 1897?



Sure, prior to Hoffmann's discovery, salicylic acid had been discovered, isolated, and even synthetically manufactured. But no scientist had yet discovered how to deliver it in reliable medicinal doses. Too much of the stuff could make you horribly sick or possibly put you in a coma. It was Hoffmann who, while working at the Bayer company to find a treatment for his father's rheumatism, first synthesized a less acidic and less harmful version of the medicine by combining salicylic acid with acetic acid. This pure and stable form was known as *acetylsalicylic acid*, or ASA.

ASA was tested and proven to be an effective analgesic (pain reliever), antipyretic (fever reducer), and anti-inflammatory. By 1899, Bayer was manufacturing the new medicine and shipping it out to doctors in glass bottles under the trade name Aspirin. By 1915, it was sold over the counter in tablet form and was widely hailed as a wonder drug.

Today, aspirin is known as a pain reliever, heart attack preventer, and possible cancer preventer. 120 billion pills of the stuff are consumed every year, and it is on the World Health Organization's List of Essential Medicines. While aspirin is not suitable for every patient or every ailment, it certainly lives up to its billing as a wonder drug.

## Koniec lata

Do kominka rąbiemy już drwa  
i bulgoczą na ogniu powidła,  
w radiu mówią, że lato wciąż trwa.  
Lato trwa, a mnie jesień obrzydła.

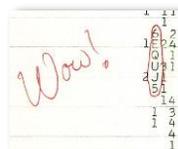
Nie zaczęła się jeszcze naprawdę,  
a już dała się liściom we znaki,  
przemoczyła w ogrodzie mi ławkę,  
na południe wyгнаła precz ptaki.

Dnia zabrała już tyle, co zdrowia  
szef zabiera mi w pracy co roku,  
strach pomyśleć, że trzeba od nowa  
smaki lata w butelce czuć soku.

Nie pociesza mnie przędza pajęcza,  
babim latem niech cieszą się dzieci.  
Coś mnie od tej jesieni odstręcza,  
a tymczasem za liściem liść leci.

Author of the poem unknown.

## Wow!



On August 15, 1977, astronomers at the Big Ear Radio Observatory in Ohio detected a signal that they had never encountered before. It was so unusual that astronomer Jerry Ehman circled a printout of the data and wrote "Wow!" next to it. The cause of the *Wow!* signal was inexplicable, and some claimed that the only plausible explanation was that it was sent by extraterrestrial life. The signal has not been repeated in the 40 years since it was picked up, perhaps providing further evidence that it had an extraterrestrial origin.

Only recently have scientists attempted to decipher the skies that night. Two comets could have been picked up by the Big Ear in 1977. One theory is that the signal was transmitted by a hydrogen cloud attached to a passing comet, but some scientists doubt this explanation, still favoring the ET hypothesis.