

Spring 2024

# Kopernik Lodge

## Newsletter



### „Przyjście wiosny”

Naplotkowała sosna,  
Że już się zbliża wiosna.  
Kret skrzywił się ponuro:  
- przyjedzie pewnie furą...  
jeż się najeżył srodze:  
- raczej na hulajnodze.  
Wąż syknął: - Ja nie wierzę  
Przyjedzie na rowerze.  
Kos gwizdnął:  
Wiem coś o tym,  
Przyleci samolotem.  
Skąd znowum Rzekła sroka -  
Ja z niej nie spuszczaam oka.

I w zeszłym roku w maju  
Widziałam ją w tramwaju  
Nieprawda! Wiosna zwykle  
Przyjeżdża motocyklem!  
A ja wam tu dowiodę,  
Że właśnie samochodem.  
Nieprawda, bo w karecie!  
W karecie? Cóż pan plecie?  
Oświadczyć mogę krótko,  
Ze płynie własną łódką!  
A wiosna przyszła pieszo.  
Już kwiaty za nią spieszą,  
Już trawy przed nią rosna  
I szumią:  
Witaj wiosno!

– J. Brzechwa



### Tartan Tales

Scottish American Heritage Month is a time to don kilts, hum to the tunes of bagpipes, and celebrate the rich tapestry woven by Scottish immigrants in the fabric of American history. Rewind to the 17th and 18th centuries, and picture the adventurous Scots sailing across the Atlantic to the promising landscapes of Canada and the United States. They sought refuge from religious persecution, economic hardships, and land scarcity. Political unrest, coupled with the promise of religious freedom and better prospects, were incentives for many Scots to pursue a fresh start in the New World.

The spirited settlers didn't just plant their flags; they wove their culture into the fabric of their new homes. From Nova Scotia to North Carolina, they created communities that echoed the hills of Scotland. They didn't leave behind their love for haggis or the skirl of bagpipes; they infused these traditions into the heartbeat of American culture.

Fast forward to today, and you'll find echoes of Scottish influence in the very fiber of America. From the lilt of folk tunes to the thunder of athletes at Highland Games, their legacy lives on. The haunting, soulful whine of the bagpipes and the swirl of the tartans evoke a sense of kinship, reminding us of the indelible mark left by these pioneers.

Scottish American Heritage Month isn't just a nod to history; it's a celebration of resilience, tradition, and the merging of cultures. From their stories of fortitude to their rich cultural contributions, their legacy transcends time, resonating in the essence of the American spirit. This April, don your tartan, strike up the bagpipes, and celebrate the remarkable journey and enduring impact of the Scottish Americans who made this land their own. Raise a dram of whisky (or your favorite beverage) to salute the spirited Scots who helped shape America. Cheers to a heritage as rich and diverse as the Scottish landscape itself!

## Polish Spring

Calendar spring begins on March 21. During that time everything comes to life. Traveling through Poland in spring, you can see beautiful landscapes: meadows yellow with dandelion flowers, glades are full of blooming rapeseed or roadside willows, oaks and birches are bursting with green leaves.

Polish spring also brings to life many ancient customs and traditions.

One of the most popular traditions, originating from pagan Slavic times, is the drowning of Marzanna, symbolizing the Slavic goddess of winter and death. Marzanna is a straw effigy, often decorated with ribbons, beads or flowers. It is set on fire and thrown into water to end winter and bring the long-awaited warmer and more cheerful spring weather and later a good harvest.

Most importantly, Poland has a series of unique rituals connected to Easter, ranging from joyful to spiritual. Easter in Poland is celebrated according to the Western Roman Catholic calendar. Easter Sunday falls on the first Sunday after the first full moon of spring.

Easter has been celebrated in Poland since the country's Christianization in the Middle Ages. During the period of Poland's partitions and occupations, it was also an important patriotic observance, reminding Poles of their culture.

Easter represents a time of spiritual renewal, hope, and new beginnings. Easter rites and practices are marked by Christianity, but still remain strongly influenced by pagan traditions.

There are many events and traditional rituals and religious ceremonies related to Holy Week. There are colorful processions accompanying Palm Sunday and related competitions for the prettiest or largest Easter palm (since there are no palms in Poland they are pussy willows or 'palms' made of colorful woven dried branches and flowers).



Easter egg painting is popular in many Slavic cultures, and is thought to date back to talismanic pagan rituals that are over 5000 years old.

Another important custom is preparation and blessing of Easter baskets (święconka). Lined with a white linen or lace napkin and decorated with sprigs of boxwood (bukspan), the baskets contain a sampling of Easter foods: pisanki, a piece of sausage or ham, salt and pepper, bread, a piece of cake and an Easter Lamb made of sugar, cake or even plastic. They are brought to church to be blessed.

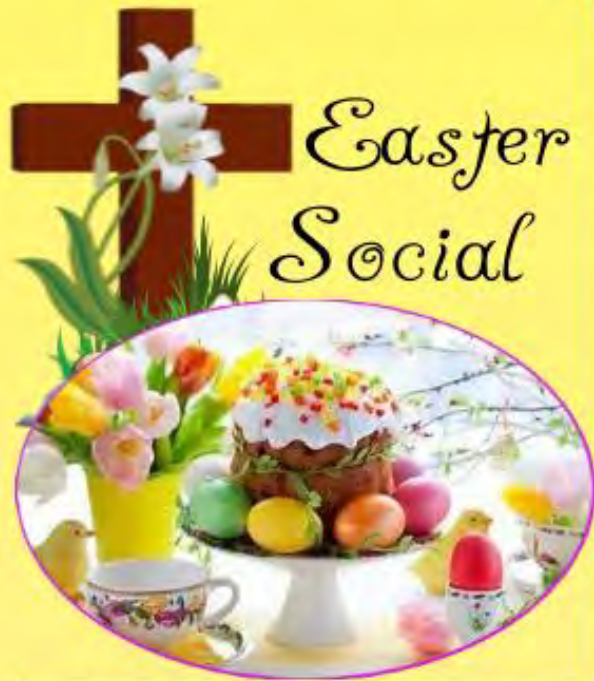
Easter celebrations begin on Easter Sunday with an Easter Vigil, On Easter Sunday, many Poles go to the ceremonial service and procession - the Resurrection mass at 6a.m. After the Mass, homes come alive with families who gather to eat breakfast. Before the meal, people share wedges of the blessed Easter eggs from the basket. They exchange wishes and a *Wesołego Alleluja* (Joyful Hallelujah).

Happy  
*Easter*  
*Memories*





*Eggstravaganza*





## Easter Memories



## The Rise of Robots



From April 6–14, science and technology geeks gathered for RoboWeek 2024 to explore the future of robots and their place in society. Robots have long fascinated humans. Leonardo da Vinci may have been the first to envision a humanlike robot. The original Renaissance man, da Vinci was a painter, sculptor, inventor, and engineer. He

sketched his idea of a “mechanical knight” and engineered a suit of armor that could be moved by a system of pulleys and levers.

When does a simple machine become a robot? Robots often possess computers that enable them to sense the environment and react accordingly. Also, they are able to move, either by themselves or via remote control. In these ways, robots are truly intelligent machines. From R2-D2 and C-3PO of *Star Wars* to Rosie the robot maid in *The Jetsons*, robots have become an integral part of our vision of the future.

The word *robot* first appeared in 1920, when the Czech writer Karel Čapek wrote a play about a factory that makes humanlike android workers. The word *robot* in Czech means “serf labor,” “drudgery,” and “hard work.”

Today, companies are beginning to manufacture intelligent machines that perform many laborious household tasks. For example, the Roomba is a floor-cleaning robot about the size and shape of a round cake that moves independently around the room sucking up dirt. Sure, it may get stuck under the couch or miss some dirt in the corner, but it could make vacuums obsolete. A similar lawn-mowing robot, the Automower, cuts lawns by itself. Sensors keep it from running into lawn furniture, flowers, or pets. There are even robots with arms that can feed people with disabilities, and soft pillows with robot arms inside that can be remotely directed to contract, hugging whoever is holding the pillow.

## Honesty and Deception

Do you know that there is a Tell a Lie Day? Many ethical people live by the credo “Always tell the truth.” But do we? Researchers have discovered that most people tell occasional lies for several reasons. Sometimes we lie to gain other people’s respect or to cover up for making mistakes. The good news is that most people lie to spare someone else’s feelings from being hurt. If people choose to always be honest regardless of the consequences that honesty could lead to injury or harm. Compassion may sometimes override honesty.

Honesty can certainly hurt sometimes, but it also takes courage and maturity to be honest in difficult situations. Furthermore, staying honest attracts other honest people to you. When you are surrounded by the truth, you can be your authentic self. The freedom that comes with honesty is worth celebrating!

## Unraveling the Art of Tatting



While a handkerchief, table runner, doily, or collar made of intricate knotted lace appears nearly impossible to construct, the art of tatting is easy to learn. All you need to start tatting is thread, a

shuttle (a small device that helps guide a silk thread through loops into knots), and your two hands. Give it a try on April 1, International Tatting Day.

This decorative art form may have grown from the netting and ropework handmade by sailors and fishermen of olden times. Tatting became fashionable in the 1800s and enjoyed a surge in popularity during the 1950s and 1960s. Technology has usurped the handiwork required to make tatted lace, which means that handmade tatting is more precious than ever.



## Monica

My name is Monica. I was born in Hamilton, Ontario. My parents were German and I was the only child. I can speak fluent German. I have one son – Robert. He is married and has one child.

When I was growing up, we had a dog named Lumpi. My dad just adored him. Lumpi passed away at 18 years old. I love animals, especially cats and dogs. I had 3 cats and a dog – Sam.

At Kopernik, I take care of our parrots. I visit them everyday, speak to them and play with them. I also clean their cage, feed them and give them water.

My favorite colour is blue. My favorite dish is dumplings with a little bit of gravy. I also like small hamburgers.

My favorite activities at Kopernik Lodge are Bingo, Crafts, reading Daily Chronicles and playing the solitary game on the computer. I do that every day. I also like going for an outdoor walk.

My favorite movie of all times is The Sound of Music. I like it because there is many songs in it. My motto in life is: Do what you like to do!





# EMPLOYEE SPOTLIGHT

"Rolly"

**Rolando Sanares Jr.**



## Rolly

Rolando, "ROLLY" joined Kopernik Lodge in January 2021 as a cook in the Food Services Department, after many years working in the hotel industry.

Rolly completed his studies with a graduate Diploma in Pastoral Ministry in May 2024.

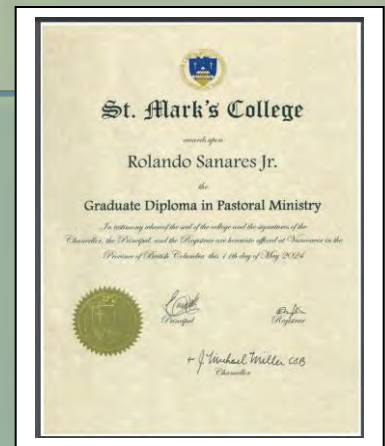
Rolly has been working full time and taking classes for many years.

On June 1, 2024, Rolly was ordained by Archbishop Miller as a permanent Deacon in the Catholic Church.

Congratulations to Rolly and his family on his hard work and dedication to his studies.

Rolly's compassionate spirit and hardworking ethics will be very helpful to him and his responsibilities in his Church service.

Rolly's favorite food is seafood.

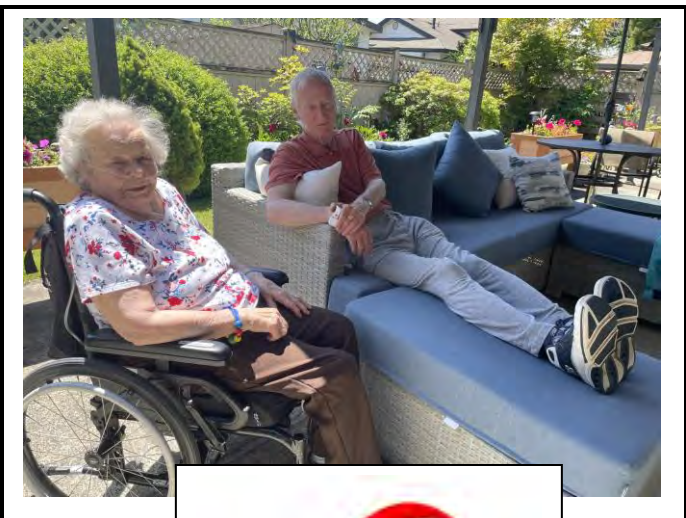


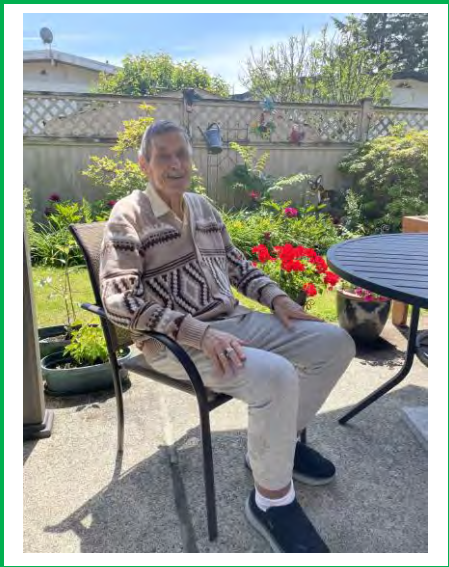


## Thank you from the bottom of our hearts.

Our beautiful Kopernik Lodge became even more attractive thanks to a generous donation of outdoor furniture, which made our courtyard space even more inviting and enjoyable.

Our Residents treasure the donation which created a new hangout spot and contribute to a positive and soothing atmosphere. Whether Residents want to relax, have a great conversation, dine alfresco, or do other activities, they can now do it in comfort and style. Thank you, Green Lake Station Whistler, for making a difference and enhancing our Residents' lifestyle and wellbeing.





A kind word, a genuine smile, and a warm gesture can send the best vibes.



# A True Best Friend

## Fun Dog Facts

All dogs can be traced back 40 million years ago to a weasel-like animal called the Miacis which dwelled in trees and dens. The Miacis later evolved into the Tomarctus, a direct forbearer of the genus Canis, which includes the wolf and jackal as well as the dog.

Dogs were the first animals domesticated by humans.

A dog's heart beats between 70 and 120 times a minute, compared with a human heart which beats 70 to 80 times a minute.

A dog's normal body temperature is 100.5 to 102.5 degrees Fahrenheit.

According to the Guinness Book of World Records, the smallest dog on record was a Yorkshire Terrier in Great Britain who, at the age of 2, weighed just 4 ounces.

The longest-lived dog, according to the Guinness Book of World Records, was an Australian Cattle Dog, named Bluey, who lived to be 29.

Dogs can smell about 1,000 times better than humans. While humans have 5 million smell-detecting cells, dogs have more than 220 million.

The only sweat glands a dog has are between the paw pads.

Dogs' sense of hearing is more than ten times more acute than a human.

Dogs don't like rain because the sound is amplified and hurts their very sensitive ears.

The ten most popular dogs (AKC, 2014) are in order: Labrador Retriever, German Shepherd, Golden Retriever, Bulldog, Beagle, Yorkshire Terrier, Poodle, Boxer, French Bulldog and Rottweiler.

The United States has the highest dog population in the world. France has the second.

Most pet owners (94 percent) say their pet makes them smile more than once a day. Dogs are mentioned 14 times in the Bible.

It has been established that people who own pets live longer, have less stress, and have fewer heart attacks.

Seventy percent of people sign their pet's name on greeting cards and 59 percent include their pets in family and holiday portraits, according to a survey done by the American Animal Hospital Association.





*We made Kopernik bloom!*

*using tissue paper and sticks!*

# Saint Patrick's Day



“May your troubles be less, and your blessings be more, and nothing but happiness come through your door.”



Friends are like four-leaf clovers,  
hard to find, but lucky to have!

## Savoring Art

April 13 was a Slow Art Day. No, this doesn't mean you should draw pictures of turtles or molasses. It's just a day to spend some quality time with art, pondering the composition and closely contemplating the work.



For some, staring at a piece of art for 10 minutes or more may present a challenge. But Phil Terry, the founder of the slow art concept, discovered something highly rewarding when he spent hours studying two paintings in a New York City art museum one afternoon. He realized

he did not have to be a professional art critic to understand and appreciate art.

How does looking slowly at a piece of art heighten the experience? In the good old days, the expert craftsmanship of products was appreciated. Modern culture places an emphasis on mass production, often at the hands of unskilled craftspeople or in mechanized factories. One of the major benefits of slow art is appreciating the amazing expert craftsmanship it takes to make a work of art. Taking the time to really look at art allows us to appreciate each brushstroke, the choice of materials, and the step-by-step process of creating a work of art. With this heightened awareness of craftsmanship comes a deeper emotional connection to the artwork.

Museums around the world have embraced the slow art movement, and on April 13, many will offer tours that visit only a few works of art. These tours end with lunch, where visitors can discuss what they saw and how the art affected them. But Terry is quick to point out that Slow Art Day isn't confined to just museums. Taking the time to appreciate art can happen anywhere, from sculpture gardens to city parks to historic houses. In essence, Terry is simply repeating the old maxim "Stop and smell the roses." These roses just happen to be in a museum.

## Mobile Milestone

On April 3, 1973, Motorola employee Martin Cooper stood on a New York City street corner and made the first cellular phone call to a colleague at Bell Labs in New Jersey. Unlike the first telegraph message ("What hath God wrought?") or the first telephone conversation ("Watson, come here. I want to see you."), Cooper's words have been forgotten. His device, however, is now everywhere, thanks to a purchase price far below the original price tag of \$3,995.

## Let the Good Times Roll



All April long, opponents were throwing their knuckles down. Don't worry, this isn't anything sinister. "Knuckles down" is the position you assume before shooting in a classic game of marbles

The classic game of marbles is called ringer. Two parallel lines, lag lines, are drawn 10 feet away from each other. A large 10-foot circle is drawn between the lag lines. In the middle of the circle is a cross made of 13 target marbles, or mibs. To determine who plays first, each player lags from one lag line to the other; that is, they toss their shooter marble to the opposite line. The player whose shooter lands closest to the lag line goes first.

Play starts by knuckling down along the edge of the ring and using your thumb to cast your shooter at the mibs inside. The object is to knock a mib outside the circle while keeping your shooter inside. You next knuckle down inside the ring where your shooter landed. If you fail to knock out a mib, then it is your opponent's turn. The first player to knock out a majority of marbles wins, and it's up to you to determine whether to play for fair (return all marbles to their original owners) or play for keeps (the winner keeps all the marbles).

**A heritage to be proud of.  
Dedicated, hard-working and caring.**

**Our home, Kopernik Lodge  
and Kopernik Apartments  
are operated the M. Kopernik  
(Nicolaus Copernicus)  
Foundation**



**Our Mandate**

To build and operate a caring, safe and inclusive facilities, where the Polish language, spiritual and cultural heritage can be perpetuated, and all individuals, regardless of their origin, are cared for with respect and dignity.



Although Kopernik Lodge was built by the Polish Community, it became the facility of choice for people of Slavic descent and of Catholic faith. Currently, the Lodge is open to and welcomes all British Columbians who meet the criteria set out by the Continuing Care Program while the Kopernik Foundation is committed to provide care to all Canadians.

**An Original Vision**

In the late 1960's, a group of dedicated Polish-Canadian volunteers with a vision generously gave their time, talents, wisdom and financial resources to build a home and create a community for their elderly. The Kopernik Foundation was officially established as a BC Society on May 29, 1970, and was given a specific mandate to build and operate a facility for seniors where the Polish language, spiritual and cultural heritage would be perpetuated.

Since its inception, Kopernik Lodge has welcomed over 900 residents from all corners of the world, of all races and faiths, and remains committed to treating everyone with the utmost respect and dignity.

In addition to operating a care facility, the Foundation also manages Kopernik Apartments offering independent living housing.

Kopernik Lodge opened its doors in 1973, providing home to over 100 residents. Last year, we celebrated the 50th anniversary.

**Ongoing Dedication**

From a small group of dedicated visionaries, the Kopernik Foundation has grown into a vast network of caring volunteers, staff and management.



## Kopernik received an award from Polish President Duda

On April 19, 2024, the President of the Republic of Poland, Andrzej Duda, during a historic visit to Vancouver as part of the 80th anniversary of the Canadian Polish Congress, recognized the work of the M. Kopernik (Nicolaus Copernicus) Foundation for its substantial contribution to the community.

Tony Jochlin, President of the Kopernik Foundation, along with Liz Narodowski, Director of the Kopernik Foundation were in attendance, representing the Kopernik Foundation during President Duda's visit.

Tony had the privilege of accepting the Polish flag, gifted to the Foundation by President Duda, during this significant event.



The historical roots of Polish immigration to Canada reach back to as early as 1752, when the first documented Polish immigrant set foot on Canadian soil. Today, the Polish Canadian community numbers over a million strong. Polish migration to Canada has a long history, with the earliest waves of immigrants arriving in the late 19th and early 20th centuries. Since the 18th century, people of Polish descent have enriched Canada's cultural diversity, while promoting social justice and solidarity.



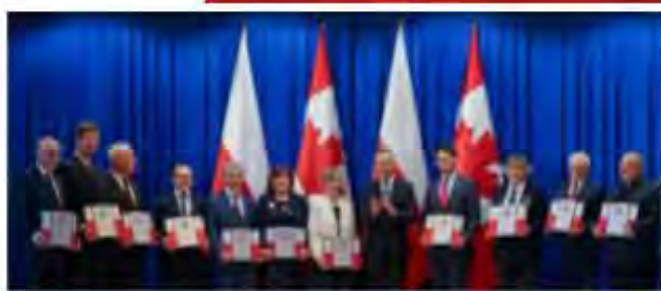
## 2024 marks 80th Anniversary of Canadian Polish Congress in British Columbia

The momentous milestone celebrations were enriched by the Polish President's, Andrzej Duda historic visit.



### May has been designated as Polish Heritage Month in Canada, on provincial and federal levels.

On February 7, 2024, the House of Commons recognized the significant contributions Polish Canadians have made to Canadian society, science, sports, economy, politics, and culture. From now on, May 3 of every year shall be the Polish Constitution Day, and the month of May, every year, the Polish Heritage Month!



Inaugural Polish Heritage Month Flag-Raising at the Parliament Building, in Victoria, BC

Every year, Polish communities in Canada and around the world come together to celebrate Polish Constitution Day, commemorating the historic Polish Constitution of May 3, 1791.



The municipalities of Vancouver and Port Coquitlam illuminated significant civic landmarks in white and red, the colors of the Polish flag, to honor the Polish Heritage month.



Moreover, this inaugural Polish Heritage Month offers a chance to honour Polish National Flag Day, which takes place on May 2.



President of Poland, Andrzej Duda met with the Prime Minister, Justin Trudeau on April 20, 2024 in Esquimalt, British Columbia



## High and Mighty

Tallness takes various forms in our world, from the graceful necks of giraffes to the towering structures of modern cities. Giraffes, the world's tallest land animals, can reach up to 18 feet in height. Their long necks aren't just for show; they help these gentle giants browse leaves high in the trees. Surprisingly, despite their towering stature, giraffes have the same number of neck vertebrae as humans.

On the urban front, structures like the Burj Khalifa in Dubai stand as engineering marvels. Soaring 2,717 feet in the air, it's the tallest building globally, boasting an observation deck that provides panoramic views. Nearly as tall, the Shanghai Tower in China spirals up 2,073 feet, with the twist serving a dual purpose of reducing wind loads and providing a distinctive aesthetic.

Human height, a subject of fascination, varies across the globe. The Netherlands claims the title for the tallest nation, with an average height of around six feet for Dutch men and five feet, six inches for women. In contrast, the shortest height is found in Southeast Asian countries like Indonesia, where five foot, two inches is the national average.

Giraffes may be the tallest animals, but they aren't the only giants found in nature. Coastal redwoods hold the title for the tallest trees. Hyperion, the record-breaking redwood at 380 feet tall, is no longer accessible to the public, to protect it and the forest that surrounds it. These ancient sentinels, standing for thousands of years, have bark that can be up to a foot thick and protects them from wildfires.

Impressive height, whether in living organisms or structures, fascinates us, each exemplifying unique adaptations or human endeavors that push the limits of what seems possible. These tall things remind us of the diversity and achievements that span the natural and human-made worlds.

## A Firm Tradition

Don't underestimate the power of a handshake. Scientists have discovered that "a handshake preceding social interaction enhanced the positive impact of approach." Furthermore, not just any old handshake will do. A firm, confident, and friendly handshake lays the foundation for a positive social experience.

The handshake likely originated as a gesture of peace. Two people would demonstrate that they held no weapons in their hands. Now if only the promoters of World and National Handshake Days could get together, shake hands, and agree on just one day to honor the handshake!



## Sound Choices

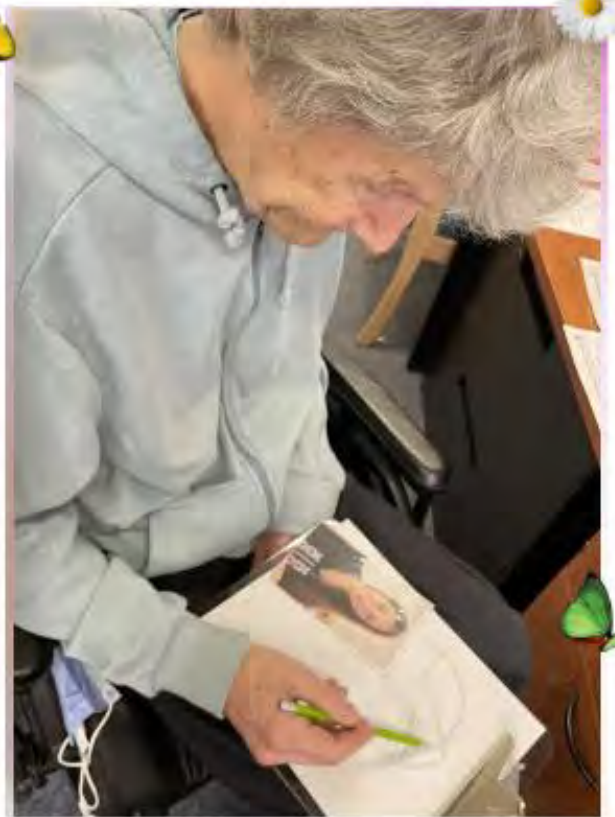
Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!

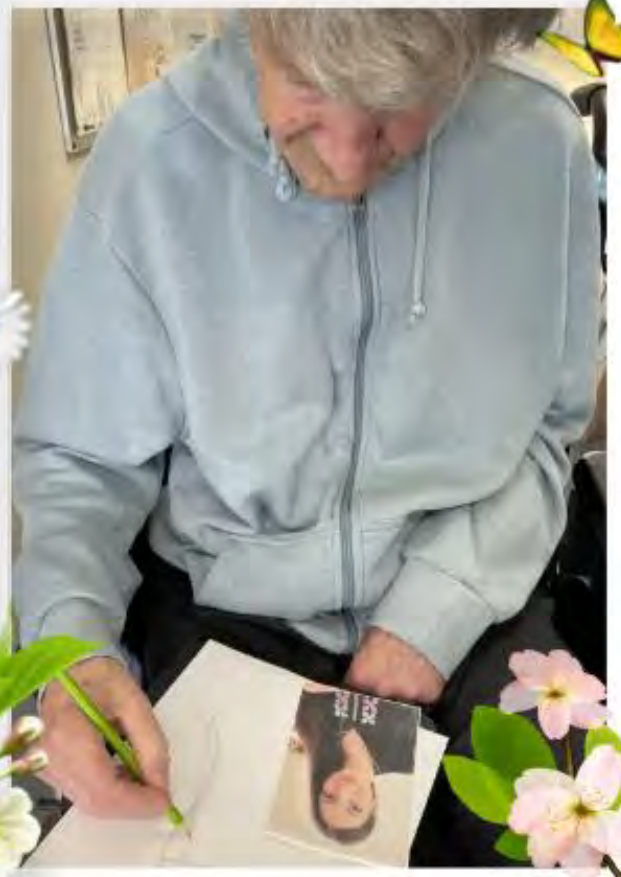
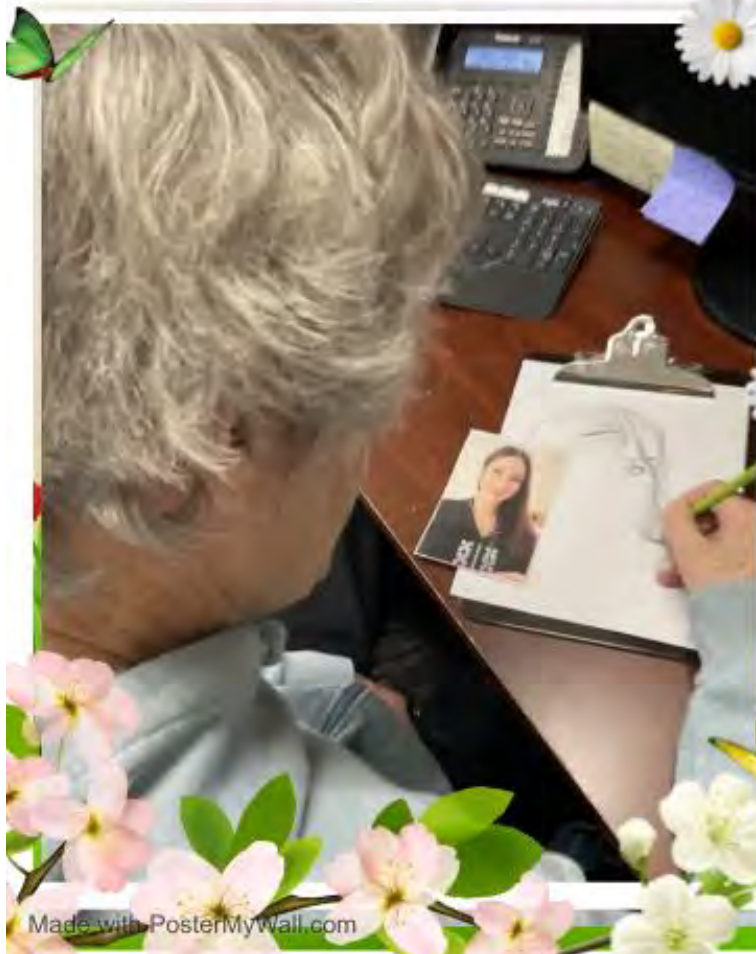
*Our Residents have many talents and passions*



Our Recreation Therapy department strives to support Residents in past and present interests and individualized activities of their choice.



Don is hard at work, pencil in hand, focused on doing what he loves - sketching...



Monica is busy in her room making spring flowers to decorate the cork board in the hallway.



## *Blossoming with Love*

Our resident artists are always making sure that we have beautiful, season appropriate decorations





Arts and crafts are wonderful way for our Residents to express themselves creatively and connect with others in a fun and rewarding manner.



## *Beating attendance records with pool noodles*



### **Fun, exercises and friendly competition**

Physical health is important for overall well-being. Therefore, keeping up with a regular fitness routine is essential to good health. Studies show that regular physical activity can slow down the aging process. Science proves that seniors who maintain an active lifestyle live longer, happier and healthier lives. Keeping physically active benefits the mind, body, and soul.

Our Recreation Therapy department provides engaging and enriching activities to keep our Residents spirits high and their minds and bodies active. A great way to stay physically active and healthy is to have a friendly competition that allows for socialization and entertainment. Fun physical activity provides an enjoyable way for Residents to stay engaged and fit; and at the same time, brings happiness and joy into their lives. Fun encourages physical activity and motivation which in turn leads to improved cardiovascular health, flexibility, balance, coordination, strength and better sleep. It also reduces stress, gives a sense of control over the physical world, and leads to more meaningful life.



Playing puzzles can have many benefits for seniors, including:

- Improving memory
- Enhancing problem-solving skills
- Boosting mood
- Encouraging attention to detail
- Providing opportunities for social collaboration
- Stimulating brain cells and promoting the growth of new neural connections
- Reducing stress and anxiety
- Providing a sense of satisfaction and gratification
- Improving overall mental health

Puzzles challenge us to concentrate and focus, which can aid in the maintenance of long- and short-term memory.



*Every little piece of a puzzle counts.*





# HAPPY HOUR



Jela made delicious drinks...  
byly tance, smiech i swawole...



Spring has sprung  
in Kepervik

Thanks to a generous donation and help from our Resident Muriel Haw's family we were able to plant a beautiful garden for everybody to enjoy.

A huge thank you for your kind donation and support.







Gardening adds years to your life, and *life* to your years.

Grow your own:  
aardkaseed.com



## The Benefits of Gardening for Seniors

1. Promotes Light Exercise
2. Boosts Immunity
3. Maintains Dexterity
4. Reduces Stress and Anxiety
5. Increases Sense of Purpose and Accomplishments
6. Improves Memory and Cognition
7. Connects wity others. Combats Loneliness and Isolation
8. Provides joy in nature
9. Lowers cortisol levels in the brain
10. Reduces risk of dementia
11. Lowers blood pressure

To Plant  
a Garden  
is to Believe  
in Tomorrow

—Audrey Hepburn



## Mediterranean Magic



What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine?

Science suggests that it's the Mediterranean diet. This simple diet isn't a fad; it just consists of foods typical of the Mediterranean region. And yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so add a few of this region's foods to your shopping list.

All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Some people avoid nuts because they are high in fat, but nuts actually contain healthy fats. Mediterranean diets steer clear of honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always the primary source of fat, used in lieu of vegetable or canola oil and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure, improve the health of blood vessels, and decrease the likelihood of heart attacks.

What about red wine? Dark red wine is rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

## Swinging Through Time

What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the world spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, Life magazine called the Lindy Hop America's national folk dance.



## Stanisław Moniuszko

Stanisław Moniuszko was one of Poland's composers, often referred to as the creator of Polish national opera. He was born into a gentry, patriotic landowning family

on 5 May 1819 in Ubiel in the Minsk province, Poland (perpetrated by Russia, Prussia, and Austria), currently Belarus.

Growing up he was surrounded by country-loving music, theatre performance and literature. His mother, Elżbieta, taught young Stanisław to play the piano.

Moniuszko was exceptionally talented, imaginative and skillful in his compositions. During his career, he wrote hundreds of songs, church songs, two dozen operas, as well as operettas and ballets. His music is filled with patriotic folk themes of the peoples of the former Polish-Lithuanian Commonwealth (mainly Poles, Lithuanians and Belarusians). He is also well-known for incorporating the works of Polish national poets into his musical compositions.

Moniuszko's songs, which were published under the collective title *Śpiewnik Domowy* (Domestic Songs), had a strong national character. Their 'Polishness' is found in his use of and reference to traditional Polish dance rhythms like Polonaise, Mazurka, Kujawiak, and Krakowiak. His series of twelve song books contains songs to the words of Adam Mickiewicz, Antoni Edward Odyniec, Józef Ignacy Kraszewski, Stefan Witwicki, Antoni Malczewski, and Wincenty Pol.

The Haunted Manor (*Straszny Dwór*) is considered one of Moniuszko's best operas. Despite being a romance and a comedy, it has strong Polish patriotic undertones, which made it both popular with the Polish public and unpopular – to the point of being banned – by the Russian authorities during his life.

*Halka* considered "the Polish national opera" is another Moniuszko's masterpiece. The music in *Halka* is highly melodic, deeply lyrical and Polish in character. It includes moving poetic arias like "Gdybym rannym słońkiem" (If by the Morning Sun) and *Szumia jodły* (Sighing Firs), scenes depicting the life of the Polish nobility and highlanders, as well as spectacular dance sequences. *Halka* depicts a tragic love of the title character, the highlander girl Halka, for the noble Janusz, who abandons her to wed the daughter of the Esquire. It is a tale of jealousy and sacrifice.

The "father" of the Polish national opera was a man of two eras. His nationalistic and patriotic music, deep faith, sensitivity and emotional approach to the world owed a great debt to the spirit of romanticism. However, his adherence to the cult of science and work, rational thinking and efforts to increase levels of musicality were closer to the tenets of positivism

Despite being considered a musical genius, Moniuszko's work is little known outside of Poland. Moniuszko died in Warsaw in 1872 and was buried at the famous Powązki Cemetery.

## For the Love of Birds



Many have heard of the Audubon Society and know it as an environmental organization dedicated to studying and preserving birds and their natural habitats. The organization is named after John James Audubon, the French American painter of birds who dedicated his

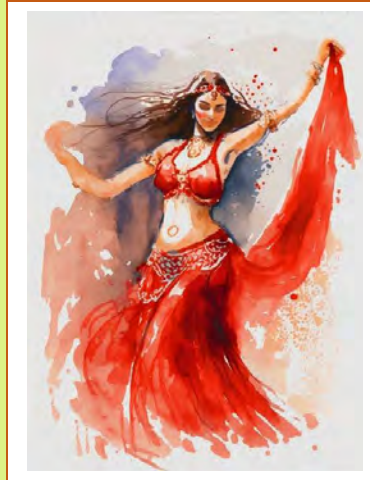
life to his unique art. His birthday, April 26, is now celebrated as Audubon Day.

Audubon showed an affinity for birds starting in childhood. He spent hours roaming the countryside, collecting birds' nests and eggs, and drawing them once he returned home. Audubon's father was a sailor and hoped his son would join the navy, so John James went to military school. However, he suffered from seasickness and so returned to the woods.

In 1803, the Napoleonic Wars broke out in France. Audubon's father obtained a fake passport and sent John James to America to avoid the war. It was at his family's farm in Pennsylvania that Audubon devoted himself full-time to the outdoors: hunting, fishing, and drawing birds.

Audubon was obsessed with birds. In an effort to study their habits, he tied string around their legs to see if they returned year after year. He learned the art of taxidermy and worked in natural museums. But his greatest contribution to ornithology was his brilliant book *Birds of America*. He dedicated his life to drawing every single bird in America. His style was new and different: a highly detailed drawing of each bird, more accurate than ever before. His drawings were life-sized, with some pages over three feet tall and two feet wide. After 14 years of traveling the entire country, Audubon drew over 700 species of birds. *Birds of America* is often considered the greatest picture book ever made, and original copies have sold for over \$10 million. How's that for a nest egg?

## Wriggle and Roll



The Oriental Art of Belly Dancing is old and captivating. The term belly dance is believed to have been first coined by the French, who called it *danse du ventre*, or "dance of the stomach."

Then, in 1893, a dancer known as Little Egypt belly danced at the Chicago World's Fair. The performance fascinated Americans. Hoping to capitalize on this newfound craze, Hollywood began making movies in which dancers wore elaborate Middle Eastern-inspired costumes. In this way, the popularity of belly dancing was born.

Belly dancing has two Arabic names. *Raqs sharqi* refers to the dance most familiar to Westerners, where a woman improvises a solo dance with relaxed, torso-driven movements. *Raqs baladi* is a more folkloric style of dance performed by both men and women at traditional celebrations such as wedding parties.

The most important body part in belly dancing is actually the hips. Hips can drop, twist, or lift. Other movements include slow and rhythmic figure eights involving the hips and belly, rolling the stomach like a wave from the ribs to the belly, or quickly shaking the hips or shoulders. Each of these movements is designed to accompany a specific beat, melody, or instrument in the music.

Egypt may be considered the home of belly dancing today, but Turkey, Cyprus, Lebanon, Syria, Jordan, Iraq, and Israel all have dancing traditions that involve using the hips and belly. Belly dancing has spread far and wide from the Middle East and is now a popular form of exercise, artistic expression, and meditative practice.