

# Liberty Letter

Liberty Commons, 390 Orleans Rd., North Chatham, MA 02650 Tel - 508 945 4611 x 245



## Celebrating August

### Happiness Happens Month

### Read a Romance Novel Month

**Watermelon Day**  
*August 3*

**Farmers' Market Week**  
*August 5-11*

**Garage Sale Day**  
*August 11*

**Mail Order Catalog Day**  
*August 18*

**Senior Citizens Day**  
*August 21*

**Toasted Marshmallow Day**  
*August 30*

## Activities News

August is our warmest month of the year. Many of our Liberty Commons special events and activity groups have been planned for outdoors. This year's themes for the month include "Golf Month", "Watermelon Day", "The color Orange", "Senior Citizens Day" and "**Silver Stock**".

**"Fairest of the months!  
Ripe summer's queen**

**The hey-day of the year**

**With robes that gleam with sunny sheen**

**Sweet August doth appear."**

- R. Combe Miller

## Cookouts @ Liberty Commons

Mark your calendars. We welcome you to join us for our Liberty Commons month of August cookouts.

**August 10<sup>th</sup>:** We will be holding a "Dress Orange" Sunflower themed cookout with a musical tribute to the 60's, 70's and 80's. Entertainer, Harry French, will be here to perform. We begin serving from the buffet in the Main Dining Room at 11:45 a.m. and seating is available inside and out.

Friday, **August 31<sup>st</sup>** is our **20<sup>th</sup>** annual Silver Stock celebration. Festivities begin at 10:00 a.m. with a variety of different entertainers will be here throughout the day until 3:30p.m. Our residents and staff are encouraged to wear their commemorative T-shirts. This event will be held in the center courtyard. We are hoping for good weather for our annual all-day music celebration.

Hope that you all have a chance to be part of our Labor Day weekend "**Silver Stock**" celebration!

## Clowning Around



Thanks to the Clown Club of America, August 1–7 has been celebrated as International Clown Week since 1970, but the history of clowns goes back, in one form or another, to the beginnings of human civilization. The Egyptian pharaohs were entertained by Pygmy clowns as early as 2500 BC. In ancient China, the emperor's court jester used humor to prevent the emperor from forcing thousands of slaves to paint the Great Wall of China white. Ancient Rome had a fool character called a *stupidus*, and jesters were known to attend funerals. Medieval court jesters were the only people allowed to criticize the king. Even the Hopi tribe of the American Southwest employed mischievous clownlike characters to interrupt the most solemn rituals in an attempt to create sympathetic magic. America's precious Uncle Sam, with his star-spangled top hat and suit, long beard, and big feet, originated as a clown campaigning for presidential hopeful Zachary Taylor in 1848. Despite the clown's aura of good-natured fun, the modern clown has always been tinged with a hint of darkness.

Modern clowns are universally recognized by their painted white faces, red noses, and silly clothes. Most historians credit the invention of the modern clown to the British pantomime star known as Grimaldi at the turn of the 19th century. He created an alter ego named Joey who dressed in red and white and entertained people at night, but throughout the day his life was tragic. He was lonely, his wife had died, his son suffered from alcoholism, and his physical antics left him in pain. From Joey came both the comedic and tragic clowns. The clown figure has always embodied two sides of the same coin—joy and sadness. And sometimes, as is the case of Mr. Punch from the old Italian Punch and Judy shows, clowns may even have a savage side. Perhaps what makes clowns so intriguing is that they are a mirror of our society, showing the good, bad, and ugly in all its drama.

## Make Me a Match

The last day in August, Matchmaker Day, honors those who have mastered the art and science of finding love. While matchmaking is considered a long-lost tradition, marriages arranged by matchmakers are still common in India, Pakistan, China, and Japan. About 60% of all marriages in India are arranged, and out of these, less than 4% get divorced. And in these arranged marriages, as times goes on, spouses report feeling more love for their partners. Compare that to the 40% divorce rate in the United States, and you might want to rethink the role of matchmakers. Their job has become more of a science, gathering data on potential couples that includes financial and health histories, shared values, and key personality traits. Modern matchmakers are more likely to sit in front of a computer analyzing data than they are to be found in the village square gathering the latest gossip.

## Are You Waffling?



On August 24, 1869, Cornelius Swartwout was awarded a patent for inventing a new, improved waffle iron. The first waffle irons date back to the 15th century in Holland, where

waffles were baked on the hearth in long-handled irons. Instead of the recognizable grid of deep wells, waffles were patterned with coats of arms, religious icons, or landscapes. These irons were direct descendants of medieval irons, used to bake religious communion wafers. Swartwout is credited with developing a new version of a waffle iron to be used on a wood- or gas-burning stove. In his design, two cast-iron plates were attached in such a manner that they could be rotated and flipped within a banded collar, allowing both sides of the waffle to cook on the stove top. Irons came in a variety of sizes with the tell-tale grid of wells on each side. Why do waffles today have that gridded and pocketed pattern? Some say that it's to cook a light, crisp waffle, while others argue that the pockets were created to hold rich maple syrup.

## Strange Competition



Get ready for a week of the truly weird, because August 13–17 is Weird Contest Week in Ocean City, New Jersey. This beachy seaside haunt hosts curious family fun. Join in a variety of sculpting contests using Salt Water Taffy, French fries, and giant cookies.

Then there's the paper clip construction contest, where past contestants have attempted to replicate the Eiffel Tower and Brooklyn Bridge. "Ears Looking at You" is an ear wiggling bout, where the flappiest ears win. If these contests aren't eccentric enough for your tastes, try some of these other international oddities.

Every year the sleepy hamlet of Willaston, England, hosts the Worm Charming World Championships, where contestants try to coax as many worms as possible out of a small plot of turf. Charmers use various techniques to summon their earthworms, such as vibrating the soil with sticks, poking the grass, or even playing music. Digging is strictly against the rules. In 2009, the world worm charming record was set at 567 worms.

About 150 miles north of Willaston, in Egremont, England, contestants take part in a wholly different competition: gurning. Gurning is the act of contorting your face in the strangest manner possible. The World Gurning Championships are the highlight of the town's Crab Fair, a pastime dating back to 1267, when the local lord would distribute crab apples to the townsfolk. If gurning is not for you, the Crab Fair also hosts a pipe-smoking competition.

For a contest that challenges both the body and the mind, try chessboxing, which is exactly as it sounds. A table with a chessboard is situated in the middle of a boxing ring. Boxers sit and match wits in a game of chess before alternating into a round of boxing. This continues for 11 rounds. Dutch artist Iepe Rubingh developed the idea as a performance, but it grew into a popular sport in Germany, England, India, and Russia. During this week in August, it seems there is truly a contest for every unique taste.

## Liberty Commons Special Events for August 2018

|                      |                     |  |
|----------------------|---------------------|--|
| Aug 1 <sup>st</sup>  | 2:30p.m.            | "The Piano Man" Ken Leray                      |
| Aug 8 <sup>th</sup>  | 2:30p.m.            | The Sid Bearon Show                            |
| Aug 10 <sup>th</sup> | 11:45a.m.           | "Dress Orange" Cookout w/ Harry French         |
| Aug 14 <sup>th</sup> | 10:30a.m.           | Art & Conversation<br>w/Cape Cod Museum of Art |
| Aug 15 <sup>th</sup> | 2:30p.m.            | The Dave Cuddy Show                            |
| Aug 21 <sup>st</sup> | 2:30p.m.            | Christine Callahan on OPW                      |
| Aug 23 <sup>rd</sup> | 2:15p.m.            | Resident Council Meeting                       |
| Aug 24 <sup>th</sup> | 10:30a.m.           | Lunch Outing to 400 East                       |
| Aug 29 <sup>th</sup> | 2:30pm.             | August Birthday Party                          |
| Aug 31 <sup>st</sup> | 10:00a.m.- 3:30p.m. | <b>Silver Stock</b><br>( 20 years)             |

*If you have any questions regarding our Special Events or  
Please call the Activities Dept. 508-945-4611 x245*



## Dream Improvised



On August 28, 1963, civil rights leader Martin Luther King Jr. delivered his famous "I Have a Dream" speech at the foot of the Lincoln Memorial before a crowd of 250,000 people during the March on Washington for

Jobs and Freedom. King's speech may be the most famous in American history, but he did not even write it until he arrived at his hotel room the night before. Indeed, he finished his final draft after midnight on the day it was to be delivered. In his speech, King synthesized themes from both the Bible and the U.S. Constitution, but he broke from his written remarks to ad-lib the "I have a dream" section that is so well-known today. It was gospel singer Mahalia Jackson, standing just behind King, who said, "Tell 'em about the 'dream,' Martin."

## Mounting a Challenge



Everest. K2. Kilimanjaro. Why are humans so driven to climb to the highest places on Earth? When mountain climber George Mallory was asked why he dared to climb Mount Everest, he replied, "Because it's there." His answer seemed both childish and heroic,

a mixture of folly and fearlessness. Have you ever climbed a mountain? Consider why you did it on August 1, Mountain Climbing Day.

Mallory was one of the first to climb Mount Everest, the highest mountain peak on Earth. Today, more than 600 people every year complete that feat. Similarly, over 50,000 people climb yearly to the top of Mount Kilimanjaro in Kenya to see its famous snows. Obviously, these climbers are not trying to win any accolades for being the first to reach the summit. So if the challenge has been done so many times before, why do people still want to climb? The answer is that the challenge is not necessarily the mountain; climbers climb to challenge themselves. In this sense, the mountain is an innocent bystander.

Serious mountain climbing provides many life lessons. In order to succeed, climbers must have careful planning, teamwork, discipline, athleticism, risk management, and the ability to improvise in a split second. Survival is paramount when you are moving in some of the world's harshest conditions. Many times, people who climb together forge lifelong bonds born out of the cooperation necessary in order to survive.

And then there is the outdoor aspect of a climb. Climbs may be physically and mentally demanding, but they occur in some of the most beautiful natural places on our planet. For many climbers, an ascent is akin to meditation. Climbers are alone on a mountain, intensely aware of their environment in a manner that is transcendent. Mountain climbing allows one to escape civilization and focus only on the essentials of survival. This, for many, is reason alone to climb.

## August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Herman Melville (author) – August 1, 1819  
Tony Bennett (singer) – August 3, 1926  
Lucille Ball (comedienne) – August 6, 1911  
Dustin Hoffman (actor) – August 8, 1937  
Alex Haley (author) – August 11, 1921  
Julia Child (chef) – August 15, 1912  
Roberto Clemente (ballplayer) – August 18, 1934  
Al Roker (meteorologist) – August 20, 1954  
Gene Kelly (actor) – August 23, 1912  
Mother Teresa (humanitarian) – Aug. 26, 1910  
Michael Jackson (musician) – August 29, 1958  
Buddy Hackett (comedian) – August 31, 1924

## Silverstock 2018

### Friday, August 31<sup>st</sup>

**10:00 – Harry French**

**11:30– Liz Saunders**

**1:00– Sentimental Journey**

**2:30– The Kalifornia Karl Show**

**Lunch will be served  
at noon**



**Please join us!**