

The Carillon Chronicle

The Past / The Present / The Future

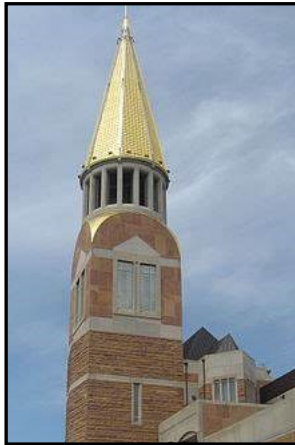
Published by: Renee Dilts, Linda Gutin, Diane Ziegler,
Marty Blumberg, Naomi Primack, Linda Holt & Tonja Auyeung

WHY IS THE CARILLON CALLED THE CARILLON?

Have you ever wondered why the Carillon is called the Carillon when there is no carillon on site?

Well here's your answer!

The first senior living community, The Carillon at



Boulder Creek, was built in 2010. It was built next to the University of Colorado campus. The campus has a bell tower that rings every day. A carillon is a set of bells in a tower that are played regularly. The name Carillon was kept for the Bellevue Station senior living project.



Search for all the hidden snowflakes throughout this issue. Let Tonja know in the Life Enrichment office how many ❄️ there are in this edition of the Carillon Chronicle. The person who guesses correctly will get their name in for a prize drawing!



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Cartoon by
Michael Marks





OUR “FURRY FRIEND” SPOTLIGHT!

Meet Maggie!

Maggie is best friend of Judy Schmid. Maggie is a Havanese, which at the time Judy acquired her, was a rare breed outside Cuba. Judy flew to Salt Lake City to buy her from a breeder. The breeder had named her Magnificent, but Judy shortened that to Maggie. She has a sweet temper and does very little barking. She loves everyone and enjoys visiting the lobby area where she can usually find an admirer or two. She has many toys, but especially loves her much chewed bunny. She is fond of Happy Hour where she can sweetly obtain hugs and treats from her many friends.

“DID YOU KNOW?” THE HAVANESE DOG BREED HAS BEEN COMPANION TO CELEBRITIES AND ROYALS. NOTABLE PET PARENTS OF HAVANESE PUPS INCLUDE VENUS WILLIAMS, JOAN RIVERS, QUEEN ANNE, BARBARA WALTERS, ERNEST HEMINGWAY AND CHARLES DICKENS.



EMMY JOHNSON



EMPLOYEE SPOTLIGHT

Emmy is the wonderful lady who serves you delicious coffees, pastries, salads and sandwiches at the Bistro! Emmy grew up in Parker, and has worked at the Carillon for a year and says the best thing about working here is “the residents and her coworkers”. She loves serving residents and family their favorite drinks at happy hour and her favorite type of coffee to make is anything Chai.

Off work Emmy loves spending time with her friends and sister. She also loves jigsaw puzzles! The number one thing on her “bucket list” is to go to the Maldives, to be a mermaid. :-)

Stop by the Bistro, have your favorite coffee and say hi to Emmy!



“DID YOU KNOW?” A COFFEE BEAN ISN’T A BEAN. IT’S THE PIT OF A FRUIT. COFFEE BEANS ARE ACTUALLY SEEDS, WHICH COME FROM THE INSIDE OF A FRUIT VERY SIMILAR TO THE CHERRY.



RESIDENT SPOTLIGHT

Meet our resident and distinguished scientist Dr. Warren M. Washington, an American atmospheric scientist, former chair of the National Science Board, and former senior scientist at the National Center for Atmospheric Research (NCAR) in Boulder Colorado.

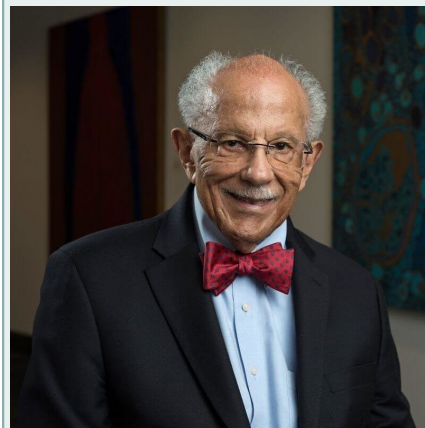
Dr. Washington was born and grew up in Portland, Oregon. He earned a bachelor's degree in Physics and a master's degree in meteorology from Oregon State University. He earned his doctorate degree in meteorology at Pennsylvania State University. Dr. Washington has served as a role model for generations of young researchers, and in 1999 he won the Dr. Charles Anderson Award from the American Meteorological Society "for pioneering efforts as a mentor and passionate support of individuals, educational programs, and outreach initiatives to foster a diverse population of atmospheric scientists."

Dr. Washington is known as one of the world's most influential climate scientists. He is an internationally recognized expert on atmospheric science and climate research who specialized in computer modeling of the Earth's climate. He is one of the first developers of groundbreaking atmospheric computer models. These models have helped scientists understand climate change. Dr. Washington incorporated models that include surface hydrology and vegetation, atmosphere, oceans, and sea ice.

Warren continues his professional involvement after over 52 years. He has been a member of the President's National Advisory Committee on Oceans and Atmosphere and has had presidential appointments under the Carter, Reagan, Clinton and Bush administrations. He has more than 150 publications and coauthored his autobiography with his wife, Mary. Warren also coauthored, *An Introduction to Three Dimensional Climate Modeling*, with Claire Parkinson.

Dr. Warren Washington is a living legend within the atmospheric science community. His contributions have impacted both science and humanity.

DR. WARREN WASHINGTON



On November 17, 2010 Dr. Washington received The National Medal of Science from President Barack Obama. This is the highest honor given by the US government to our nation's scientists.



This award was "for his development and use of global climate models to understand climate and explain the role of human activities and natural processes in the Earth's climate system, and for his work to support a diverse science and engineering workforce."



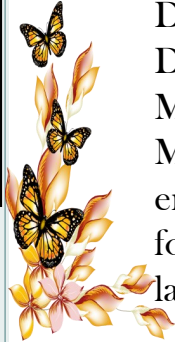
RESIDENT SPOTLIGHT



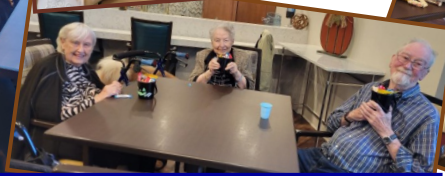
MARGARET
CUNNINGHAM

Monarch House

Margaret grew up in Bartlesville, Oklahoma. She graduated from Oklahoma University and was a Theta. Margaret has traveled to many countries and all continents, including Antarctica. Traveling was her favorite thing to do. She was even a tour guide for children in Europe. Margaret speaks several different languages and is fluent in French. When she moved to Denver, she was very active and served on several boards for various organizations. Organizations including the Denver Art Museum, Museum of Nature and Science, Denver Zoo, Colorado History Museum, Opera of Colorado, Denver Fine Arts Foundation, and the Denver Library. Margaret's favorite vacation destinations are Hawaii and Machu Pichu. Margaret likes golf, dancing, birdwatching and enjoys going for walks. She is a big Broncos & Sooners football fan. Margaret is a very kind, caring and courteous lady. She is a ray of sunshine!



Fall
Fun



TieDye
T-Shirts

An outing to the pumpkin patch.



Glamour Shots!



Lunch Outing



Cherry Creek Reservoir



Painting



Film Critique: *About A Boy*

★ By Martin Blumberg



Many, if not most movies today have special affects. This includes the movies Superman, Batman, Spiderman and many horror movies.

Therefore, it is a pleasant surprise to come across a low budget film which, reveals the interaction mainly between three people. The film is called '*About A Boy*'. It is based on a 1998 novel by Nick Hornby, and came out in 2002, in Theaters.

The cast includes Hugh Grant, who plays Will Freeman, a well to-do bachelor, who is content to be unemployed. He lives off the royalties of a Christmas song written by his deceased father. Marcus is a twelve-year-old boy who has trouble at school, and Fiona (Toni Collette) who is Marcus' mother, and is a troubled potentially suicidal individual. These three people interact, to their benefit, and become more well-adjusted.

Will, in order to meet loving women, joins a single parent support group. The only flaw in Will's plan is his lack of a child. As a result of various circumstances, Marcus becomes Will's fake son. At first, Will does not want a close relationship with Marcus. Marcus appears at Will's house uninvited and is eventually allowed to enter. Time passes and they become friends. The film uses voice-over for Marcus and Will in an entertaining way.

All the actors have an English background on stage and film. The screen writers, Paul and Chris Weitz, also have an English history background.

The three main characters, because of their mutual involvement, have improved their lives. It is a feel good movie worth watching.

A piece of trivia: Rachel Weisz, who has a small role in the film is married to Daniel Craig, who played James Bond a few times.



Gardening Corner

by Martin Blumberg



Because winter is approaching and outdoor planting is not feasible we will discuss a popular indoor plant called the Phalaneopsis, also known as the Moth Orchid. I will use the words Moth Orchid to describe the plant in order to avoid anyone's tongue from twisting. It is called Moth Orchid because it is pollinated at night by moths which are nocturnal. Most orchids are white, a color that is attractive to moths. Orchids are usually bought in bloom and should not be put in bright light. In order to preserve the plant after the flowers die it should be placed where it will get light from an east-facing window. South and west-facing windows will also work. If you only have a north-facing window use a blue florescent light. These can be found at Amazon.

The best place to purchase an orchid is at Trader Joes located at the south-east corner of Orchard Road and University Blvd. Costco at certain times of the year also sells a nice selection of Orchids.

Orchids are usually planted in pots without drain holes. Do not over water! Orchids do not thrive on a lot of water. Let the surface feel dry before watering.

With a little work your Orchid will successfully bloom the following year. If not, their large green leaves make beautiful art work.



FUN FACT: Phalaenopsis Orchids do not need soil as other typical house plants do. These Orchids are epiphytes (air plants). Typical soil would suffocate them and they would die because the soil does not provide the needed airflow for the roots to survive.

Who's Having a Birthday?

December

Liz Ault

Scott Cunningham

Mary Gutkowski

Dick Ashworth

Diane Jokerst

LouAnn Harrold

Joyce Oconnell

Renee Dilts

Liz Werner

Paula Masi

Joanne Sesson

Jean Kochevar

Gene Nirk

Bill Csrnko

Robert Siek

Fran Hansen

January

Christa Malek

Sarah Hanna

Roger Povius

Colleen Hillmeyer

Richard Fink

Jean Callaway

Gus Hrnrcir

Joan Blumberg

February

Grant Gehring

Ben Case

Cynthia Kendrick

Vel Engels

Marianne Rippe

Barry Hansen

Joanne Bucko

Joann Draper

Corrine Kemp

Yetti Gruenler

Rosemary Buchanan

Petrea Moriarty

Roberty Gomez



The Carillon

B H B K L S C R A B B L E P L
I C M S C H A I R Y O G A I M
N N E C V W R D X B A Y F H I
G U T E E S I C R E X E R S N
O L A N Z Z L F S D E U W D D
T S D I Q I L H N N O I P N A
M N N C I Y O X R H I O K E E
E E A D R P N I Y B K K I I R
N M P R P L C P O E D W K R O
S O U I U H P W R K S S W F B
L W N V M A L E C T U R E S I
U G H E H I T Y S E I V O M C
N M N M N R E S I D E N T S S
C T B G O H C F E P Q N S M N
H E F S Y A D H T R I B B O K

Bingo

ChairYoga

HappyHour

MensLunch

Poker

ScenicDrive

UpAndAtEm

Birthdays

Exercise

Restaurant

Sudoku

2		1		6				
		7						9
4				9			1	
			9	3		8		
	5	9		2	8			
						2		
6							4	
	8							1
	4		3		6	5		

Cartoon by resident

Michael Marks



Lectures

MindAerobics

Residents

Scrabble

WiiBowling

Carillon

Friendship

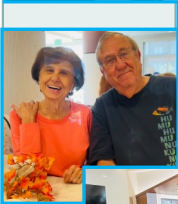
Movies

WomensLunch

Shopping

A LOOK BACK IN TIME

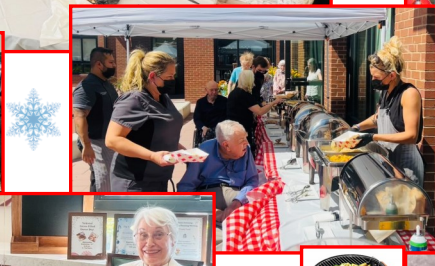
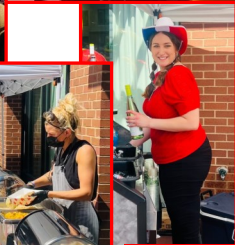
♥ HAPPY
GRANDPARENTS
DAY ♥



♥ Happy
Grandparents Day ♥

It's
BBQ
Time!

LABOR DAY BBQ



VETERANS DAY CELEBRATION





Did You Know?

Apple Pie isn't American at all.

The next time you call something "as American as apple pie," you might want to consider the fact that neither apple pies nor apples originally came from America.

Apples are in fact native to Asia, and the first recorded recipe for apple pie was written in England.



made with love

PEACH CONSERVE

SUBMITTED BY NANCY SIMPSON

This recipe from Nancy Simpson came from her mother who made it during WWII. She saved up her sugar ration stamps to make it, then stored it away to save for her husband's return. Nancy's dad served as an anesthetist during WWII, deployed in Great Britain and Germany. His deployment lasted three years. Nancy has continued the family tradition by making the conserves until 2021. They are conserves, instead of preserves, because they contain more than one fruit.

- ❄️ 12 -14 peaches, peeled
- ❄️ 3 whole oranges, peel and all
- ❄️ 1 large bottle maraschino cherries, drained
- ❄️ Grind all together. Put into large pot.
- ❄️ Add 4 C sugar

Bring to boil. Boil 20 minutes, or longer, if peaches are juicy. Pour into clean jars, cover with clean lids.

Process in hot water bath 3 – 4 minutes, then check to see if lids are sealed (they pop when they seal).

This interviewer can testify that the results are yummy. Nancy generously provided a jar that was thoroughly enjoyed on toast for several mornings.

~ Renee Dilts



Nancy Simpson

Resident Talents and Hobbies

LINDA GUTINS QUILTS

Graduating with a MFA, Linda engaged in many different media over the years, and ended up quilting for over 45 years. Due to physical limitations she is no longer able to engage in small motor activities, such as drawing, quilting and calligraphy.



This large quilt to the left is a charm quilt. There are over 1400 pieces of fabric, with each piece being a different fabric. The title of this quilt is "Pause for Reflection" and took Linda over 2 years to hand piece together.

The quilt to the right is called, "May the Circle Be Unbroken," and was paper pieced and machine quilted.



Linda is a very talented lady. Her quilts are on display in her apartment and are absolutely beautiful.

European settlers brought quilting to the Americas, and the earliest-known quilt made in America is from 1704.

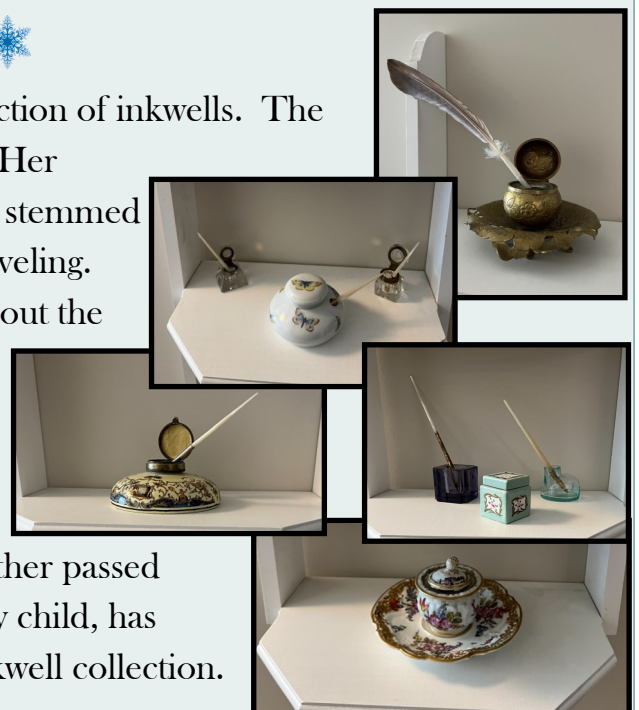
Earliest forms of inkwells date back to the Ancient Egyptians. Members of wealthy or upper-class families hired scribes to write for them.

DIANE'S INKWELLS



Diane has a wonderful collection of inkwells. The inkwells were her mother's. Her mother's interest in inkwells stemmed from her parent's love of traveling. When they traveled throughout the Midwest they would stop at antique shops. Over time collecting inkwells became a hobby for her mother.

When her mother and father passed away, Diane being an only child, has treasured her mothers inkwell collection.



Evoke the wonderful scents of the holidays with this stovetop potpourri recipe:

Ingredients:

- 1 Orange
- 12 ounces Fresh Cranberries
- 1/2 Teaspoon Ground Nutmeg
- 1/2 Teaspoon Vanilla Extract
- 1 Tbsp Allspice
- 1 Tbs Cinnamon
- 4-6 Cinnamon Sticks
- 2 Quarts Water

Directions:

1. Add water to a stockpot. Place on stovetop.
2. Add cranberries to water
3. Slice the orange and add slices to water.
4. Add ground nutmeg, vanilla extract, allspice, cinnamon and cinnamon sticks to the water.
5. Simmer on low, uncovered. Add water as needed as the water evaporates.



WINTER TRIVIA

1. Which zodiac sign runs from November 22 to December 21st?
 2. What are the official 3 months of winter?
 3. Snowflakes usually have how many sides?
 4. What is the shortest day of the year called?
 5. What phobia is an extreme fear of the snow?
 6. The 1st Olympic Winter Games were held in which country?
 7. What is a chinook?
 8. Which fruit has a variety called "Winter Banana"?
 9. What color is a snow flower?
 10. On which other planet in the Solar System have scientists observed snow falling?
 11. Which game played on ice is similar to lawn bowls?
 12. What is the largest width ever recorded of a snowflake?
- (answers at bottom of page 11)



FUN FACT:

Snow can be yellow, orange, green and purple!

We may think of snow as being pristinely white, but technically, it's completely colorless. Despite the fact, tiny particles of dust or algae can make snow appear to be a range of different rainbow-like colors, including yellow, orange, green and even purple, according to The Old Farmer's Almanac.



- Answers to Crossword~At The Carillon:
- | | | | | | | | | | | | | | | |
|--------|----------|-----------|----------|---------------------|---------------------|---------------|---------------------|--------------|-------------------------|------------------|----------------|-------------|------------|-----------|
| Across | 1. Bingo | 2. Fran | 3. Brian | 4. Michael | 6. Carillon Singers | 7. Happy Hour | 11. Chair Yoga | 13. Carillon | 14. Mens Luncheon | 15. Scenic Drive | 18. Orchids | 19. Shannon | 21. Maggie | 22. Fiona |
| Down | 2. Fran | 5. Boxing | 8. Linda | 9. Ice Cream Social | 10. Skylounge | 12. Emmy | 16. Womens Luncheon | 17. Theater | 20. New Resident Social | 23. Diane | 24. Washington | 25. Nicole | | |

ACROSS

2. Which one of our residents turned 100 in July 2022
5. What class does Terri hold in the gym, Monday mornings at 9:30.
8. This lady has a quilt "Pause for Reflection".
9. This happens every Sunday at 3:00

10. A room with a view.

12. She serves Coffee

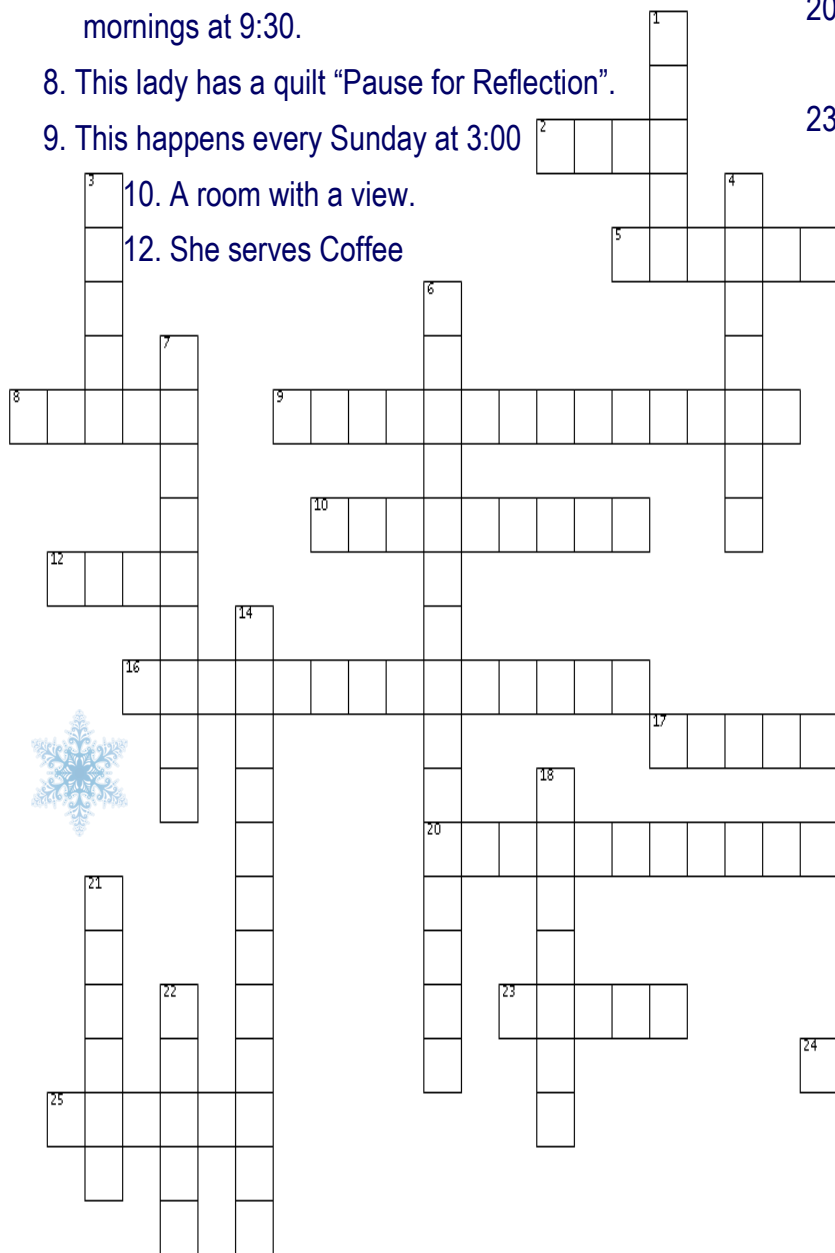
16. This occurs the 2nd Tuesday of every month.
17. Where to go to watch a movie at the Carillon.
20. Where to go to meet our new residents every 4th Monday in a month.
23. First name of resident who has an awesome collection of inkwells.

24. Last name of our resident American Atmospheric Scientist.

25. First name of our fabulous Culinary Director.

DOWN

1. Bring your dimes to this.
3. Who teaches Up & At Em Mon, Wed, Fri
4. Our very own Cartoonist.
6. The name of our Carillon Choir.
7. Entertainment & Drink
11. Morning exercise with Mark.
13. A set of bells in a tower,
14. This occurs the 2nd Wed of every month.
15. Where Mark will take you every 4th Wednesday.
18. Subject of Marty's "Gardening Corner".
19. First name of our Executive Director.
21. Our resident Havanese
22. This furry friend lives with Stan.



Cartoon by
Michael Marks

Answers to Winter Trivia:

1. Sagittarius
2. December, January & February
3. Six Sides
4. Winter Solstice
5. Chinophobia
6. France
7. A type of winter wind
8. Apple
9. Red
10. Mars
11. Curling
12. Fifteen inches wide

CARILLON EXCHANGE



Notes of Interest!

- ❄ Calling Fabriholics: Offering colorful all cotton quilting fabrics. Many beautiful patterns available for sewing quilts, masks or unlimited possibilities. See Linda in Apt 533.
- ❄ Books, Magazines & Jigsaw Puzzles! If you have an item you'd like to donate to the library please contact Linda in Apt. 533. These items will be collected by Linda. Please do not leave the donations in the library.
- ❄ Are you a dog owner? Available: Puppy pads in 2 sizes. If interested contact Linda in Apt. 533.
- ❄ Looking for someone who is willing to do minor sewing repairs for residents. Please contact Tonja in the Life Enrichment office and she will pass on your information if needed.

- ❄ Trash Removal: Please do NOT place boxes & large trash items in the trash room. Boxes must be broken down and placed inside the trash bin. Trash in the trash rooms are limited to what can fit in the trash bins provided.
- ❄ All trash, not recyclables, must be placed in plastic bags before putting them in the trash bins.
- ❄ Parking challenge? The best place for over flow parking is along both sides of S. Niagara St.
- ❄ We have several reoccurring activities here at the Carillon. Please join us for Hand & Foot Card Game on Tuesday & Friday, Mind Aerobics on Friday, Bridge on Friday & Mahjong on Mondays.
- ❄ White Elephant Sale coming in January! Start setting aside your White Elephant items! Bring your "shareable items" to Tonja in the Life Enrichment office or Renee #417. Proceeds will go to the "Staff Appreciation Fund".
- ❄ Did you know? We have a Bulletin Board in the mailroom for you to post miscellaneous notices. Want ads and for-sale notices welcome!

Next Edition Highlights

- ❄ We are looking for Baby Pictures! We would like to play a Match the Picture with a Resident" game and need your baby picture. If interested in participating please see Tonja in the LE office.
- ❄ Do you have a hobby, or collect something that's special to you? We'd love to share in our next edition! Contact any of our Carillon Chronicle Team.



Missing! Mr. Pepper, Mrs. Salt and Family!
(Salt and pepper shaker's from the dining room).
Please check your cupboards as they may be confused as to where they belong. If found please gently guide them all back to the dinning room.
They are all missed! ❤️

We are always looking for new ideas!

If you have a suggestion for future issues please contact any of our Carillon Chronicle members (listed on the front page) or attend a Carillon Chronicle Planning Meeting.

We would love to hear from you!



The Carillon Chronicle is for the Carillon residents and families.
We hope you enjoyed this edition!

