

Brook House Newsletter



Welcome to February's Newsletter

We are well into the new year and February brings lighter nights, frosty cold mornings, Valentines day and Shrove Tuesday!

January has been a very quiet month at Brook House due to the latest Covid outbreak, many staff and residents have been poorly and isolating. We have to be thankful for the vaccine we have had and hopefully they have prevented any major illness.

We are keen to get our activities program back up and running and it's lovely to see everyone again.

February brings a few big days so watch this space to see what we have in store!

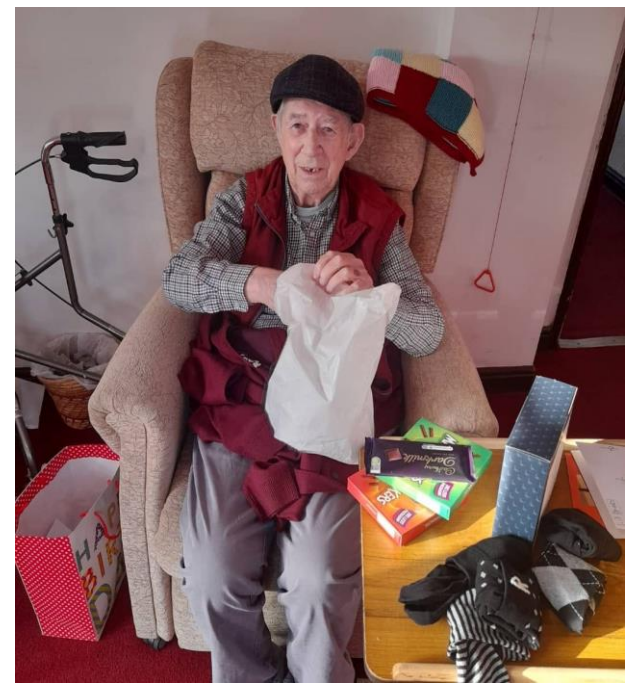


Reflections...

With almost everyone on the right side of Covid we are enjoying being able to mix and socialise again. January unfortunately brought us a month of isolation and social distancing (fun, not!)

With not much to report we look forward to February and to get the home back to it's usual lively self for everybody.





Sam Farrington Alison Maas Kerry Clarke

Resident of the Month

Anne Faulker

I have one son called Andrew and he has given me 3 beautiful grandchildren called Millie, Oliver and Max. I also have a daughter in law called Phillipa.

I love to talk about my family. I also like to talk about painting holidays that I used to go on. I loved painting and travelled to many destinations so that I could paint. I have a huge collection of paintings all over my house that I have painted over the years.

Being in the company of others makes me feel better. I am a very sociable person and I love the company of others.



Sam Farrington Anson Ivias Kerry Clarke

‘Avin a right laugh’

A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"

Want to hear a roof joke? The first one's on the house.

What should you do if you're attacked by a group of clowns? Go straight for the juggler.

Why don't koalas count as bears? They don't have the right koalafications.

A cement mixer and a prison bus crashed on the highway. Police advise citizens to look out for a group of hardened criminals.

I couldn't figure out why the baseball kept getting bigger. Then it hit me.

I saw a movie about how ships are put together. It was riveting.

A man walks into a library and orders a hamburger. The librarian says, "This is a library." The man apologizes and whispers, "I'd like a hamburger, please."

Why did the taxi driver get fired? Passengers didn't like it when she went the extra mile.

What do you get when you pour root beer into a square cup? Beer.



Can You Find the Words?

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

Celebration

Intelligence

Missionary

Emotional

Community

Mountains

Memories

Pilgrims

Leadership

Sacrament

Marriage

Purpose

Fellowship

Narrative

Pleasure

Service

Seniors

Pioneer

Interest

Bounty

Valentine's Day..... Why, How, Who and Where?

Valentine's day wasn't always about Love

Valentine's Day is the day of love. On February 14, more than any other day of the year, romantic couples shower their better half with gifts and tokens of appreciation.

Much about Valentine's Day is well known. The handwritten cards, chocolate hearts, and red roses are all staples of the annual tradition, recognized easily at any convenience store. However, much about how the holiday came to be remains a mystery, details lost to time and transformed as romantics retold history. Not only does this holiday have competing origin stories, but there are at least two different saints who might be its namesake. Here's what we actually know about Valentine's Day.

Why do we celebrate Valentine's Day?

Was Valentine's Day inspired by a party, an execution, or a poem? Historians aren't sure.

The earliest possible origin story of Valentine's Day is the pagan holiday Lupercalia. Occurring for centuries in the middle of February, the holiday celebrates fertility. Lupercalia was popular and one of the few pagan holidays still celebrated 150 years after Christianity was legalized in the Roman Empire.

When Pope Gelasius came to power in the late fifth century he put an end to Lupercalia. Soon after, the Catholic church declared February 14 to be a day of feasts to celebrate the martyred Saint Valentine.

According to Noel Lenski, a historian at the University of Colorado at Boulder, Lupercalia was "clearly a very popular thing, even in an environment where the Christians are trying to close it down." In an interview with NPR Lenski theorizes that the feast was meant to replace Lupercalia. "So there's reason to think that the Christians might instead have said, okay, we'll just call this a Christian festival," he said.

How did it become a romantic affair?

Apart from the name, these feasts share little resemblance to our modern, romantic notions of Valentine's Day.

By some accounts, the true origin of Valentine's Day didn't come for another thousand years. Jack B. Oruch, a professor at the University of Kansas, argues that the poet Geoffrey Chaucer was the first person to link Valentine's Day to romance in his poem *The Parlement of Foules*.

Oruch suggests that Chaucer might have linked Valentine's Day to romance more or less by chance—Valentine's Day is approximately the time when European birds start mating. Later poets, including Shakespeare, followed Chaucer's lead and helped create the romantic connotations we have today.

Who was St. Valentine?

By some estimations there are over 10,800 saints, of which there are more than 30 Valentines and even a few Valentinas. Two Valentines stand out as likely candidates for the namesake saint, but neither dealt with matters of the heart.

The two Valentines share many similarities, leading some researchers to wonder whether they were the same man. Both Valentines were martyrs, put to death by the Roman Emperor Claudius in the third century. Both men were also said to have died on February 14, although years apart. The first Valentine was a priest who was arrested during the Roman persecutions of Christians. When brought before the emperor, Valentine refused to renounce his faith and as punishment was placed under house arrest. The head of the house holding Valentine challenged the priest to show the true power of God. Soon, Valentine restored sight to a young blind girl and the whole house converted. Once word of the miracle and conversion reached the Emperor, Valentine was executed.





True or False?

1. Eating your bread crusts makes your hair go curly?
2. When pregnant if you suffer with heartburn it is said your baby will have lots of hair when born?
3. Fish included in your diet is known as brain food?
4. If you eat too many carrots your skin can turn orange?
5. Rubbing a slice of onion on an insect bite can reduce swelling and discomfort?
6. An apple a day keeps the Doctor away?
7. Chicken soup can help cure a cold?
8. If you hold your wedding ring over your pregnant belly and it swings around in circles you are having a girl?
9. Cracking your knuckles will give you arthritis?
10. The full moon can cause strange behaviour?

11. You can't go swimming after eating for 1 hour or you will sink to the bottom?

12. If you can't sleep counting sheep will help you fall asleep?

13. Drinking a glass of warm milk before bed can help you fall asleep?

14. Sitting on cold cement causes hemorrhoids (piles)?

15. Red sky in the morn sailors be warned?

16. If you sit too close to the TV you will go blind or get square eyes?

17. Kissing toads and frogs gives you warts?

18. A floating egg in a pot is bad?

19. If you look at someone cross eyed and the wind blows, you will stay like that?

20. If you swallow chewing gum it will stay in your stomach for 7 years?



Quiz Answers

1. (A) False
2. (A) True, evidence collected from women who had severe heartburn while pregnant gave birth to babies with lots of hair
3. (A) True, fish has been clinically proven in a diet to improve memory
4. (A) True, betacarotene in carrots can discolor your skin
5. (A) True
6. (A) True, apples have large amounts of antioxidants that can help reduce the risk of some cancers
7. (A) True, eating a bowl of chicken soup can reduce inflammation in the lungs and in turn improve cold symptoms
8. (A) False, this fact is not proven. If the wedding ring swings back and forth like a pendulum the sex of the baby was going to be a boy (not proven to be true either)
9. (A) False
10. (A) True, most hospitals record a higher amount of accidents and emergencies on a full moon
11. (A) False, no drownings have been recorded from swimming shortly after eating
12. (A) True, using visual techniques to try to fall asleep has been proven to work
13. (A) True, it can release feelings of serenity that aids sleepiness
14. (A) False, a cold bottom does not cause piles
15. (A) True bad weather is coming
16. (A) False
17. (A) False
18. (A) True
19. (A) False
20. (A) False

Shrove Tuesday has actually fallen on the 1st March this year after usually being a February tradition.....

Well Pancake Day (as we call it) can actually fall on any day from February 3rd to March 9th

As the nation digs out its frying pans, we look at some of the traditions associated with Shrove Tuesday (aka Pancake Day) –including the reason why we traditionally eat and race pancake

Why is it called Shrove Tuesday?

It comes from the word 'shrive', which means to give absolution after hearing confession. So Shrove Tuesday is the day when people went to confession to prepare themselves for Lent, which begins on the following day, Ash Wednesday.

Why do we eat pancakes on pancake day?

It was the last chance for a spot of indulgence before 40 days of fasting, and also an opportunity to use up food that couldn't be eaten during Lent. This included eggs, fat and milk, which were made into pancakes and eaten on that day. The earliest known English recipe dates from the 15th century, although pancakes had been eaten in other countries for centuries before that. In the French-speaking world, the day is known as 'Mardi Gras' or 'Fat Tuesday'.

How long have we been having pancake races?

A pancake race has been held in Olney in Buckinghamshire since 1445. It supposedly originated when a local woman heard the church bell while she was making pancakes and ran there, frying pan in hand. Another tradition is Westminster School's annual Pancake Grease where students compete to grab the biggest portion of a pancake tossed over a 5 metre bar. In parts of Britain children went 'shroving' – singing songs or reciting poetry in exchange for gifts of food.

Are there any other Shrove Tuesday traditions?

Two popular Shrove Tuesday activities that are mercifully no longer in vogue were cock-fighting and 'cock-throwing'. The latter involved tethering a cockerel to a stake and pelting it to death with cudgels. Samuel Pepys describes watching it on Shrove Tuesday 1661 after eating pancakes (which he calls "fritters"), while William Hogarth illustrated it in his *First Stage of Cruelty*.

Wasn't football played on Shrove Tuesday?

After a fashion. The 12th-century writer William FitzStephen described a "Shrovetide" ballgame near London, and many communities held traditional Shrove Tuesday games when huge crowds would battle to carry a ball from one end of a village or town to the other. Some places still do it – notably Ashbourne in Derbyshire – where the 'goals' are three miles apart. The game is played over two days, involves hundreds of players – and rules are minimal.



Pancakes anyone....?



HAPPY BIRTHDAY!

Margaret Lewis 6th February
Joyce Bentham 18th February
Ruth Foster 27th February

Horoscopes

Aquarius January 21st – 18th February

Aquarius people are advanced, self-reliant, clever, exceptional, and optimistic. Air is their elemental sign. Aquarians, like air, lack a distinct form and appear to resist classification. Others are enthusiastic and active, while other Aquarians are calm and sensitive.

Pisces February 19th – March 20th

Pisces people are known for being emotionally sensitive, gracious, and emotionally aware. Pisces characters are regarded for being among the most sympathetic of the zodiac signs, and they will go to great lengths to ensure the happiness of those around them. They're also creative and imaginative.