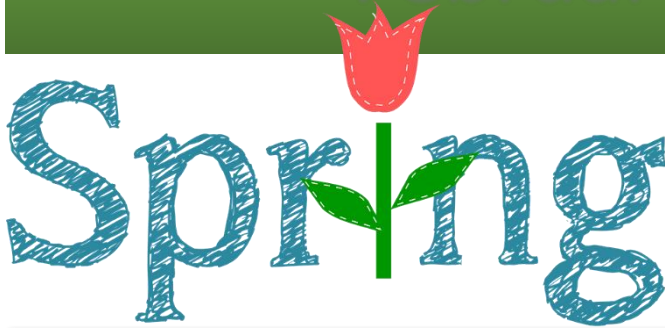


The Manorette

February 2023



"Is the spring coming?" he said.
"What is it like?" ...

"It is the sun shining on the rain and the
rain falling on the sunshine..."

— Frances Hodgson Burnett, *The Secret Garden*

In Remembrance

*We would like to extend our love and deepest
sympathy to the family and friends of:*

Eugene Kerner
Florence "Ellie" Ireland
Pauline Heesacker

It was a privilege to know, love, and care for them.

*Sincerely,
Pioneer Manor Staff and Residents*



The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight-saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.



“Spring shows what God can do
with a drab and dirty world.”

— Virgil A. Kraft



Activity News

February was a busy month for Activities with our Red Heart Day and Valentine's Day. We had a lot of good music and good food.

Red heart Day was to bring awareness to the dangers of heart disease-we had a heart healthy snack, colored some hearts to display with the names of loved ones effected by heart disease.

Valentine's Day we had an awesome party with a chocolate fountain, and we dipped strawberries, bananas, chips, pretzels, and bacon. Sadly, we were so busy, and we didn't get any pictures.

We had two new performers come, Pete Butler who sings old country songs-the residents really enjoyed him. Then we had the Singing Applegarths-they were good and I am so happy that they could bring back some good memories and joy to Pauline Heesacker.

We have a full activity calendar for March. We will have another community Coffee on March 7 @2:30 the theme is "Breathe Easy" We would like to invite members of the community to join us for a short presentation, coffee and a snack. Thank you

_The Activities Team Danelle, Teri, Char and Nancy

Thank You For Your Kindness

Heather Housh- Lotion for Bingo Prizes

Muffy Forney- Bingo Prizes

Noah's Ark Preschool-Valentines for the residents

Carol Krotz-Valentine Candy Basket for the staff

Hay Springs Methodist Women- Valentines for the residents

American Legion Auxiliary-Candy and Balloons for our Veterans

Margaret Johnson-Chocolate Fountain and helping with the Valentine's Day Party

KSLT Power 107.7-Valentines for the residents

CARES-Yummy cupcakes



Happy
BIRTHDAY

March Birthdays

Please Send a Card to:

4-Virginia Johnson

12-Truman Powell

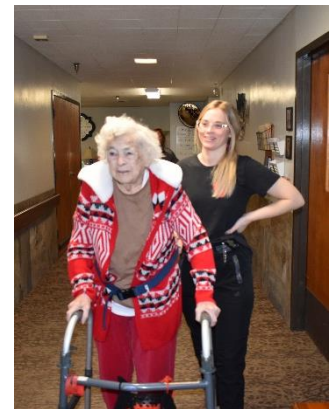
16-Donna Lankriet

29-John Schultz





National Wear Red Day February 3





arts&crafts





A Riveting History

I would like to mention that we had our own original Rosie the Riveter here in our town of Hay Springs-It was the late Vera Hoefer

"In 1944 after Jean and Vera were married, they moved to San Diego where Jean was stationed at a Naval Base. During this time Vera worked as one of the original "Rosie the Riveters"! She worked for Consolidated Valtee, where she worked on the bottom nose of the PB4Y2 naval plane."

During World War II, six million women joined the American workforce to support the war effort and fill the roles of men who had shipped off to fight. In honor of these women, March 21 has been designated Rosie the Riveter Day, in homage to the denim-clad everywoman who graced the posters and propaganda of the era.

The story of Rosie the Riveter is multi-faceted. It begins with a song entitled "Rose the Riveter" written by Red Evans and John Jacob Loeb in 1942. In the tune, Rosie is an assembly-line worker. While the character of Rosie is likely based on a real person, the true identity of Rosie is in dispute. There are several candidates: Rosina Bonavita, who worked on Convair aircrafts; Rosalind Walter, who built F4U Corsair fighter planes; Adeline Rose O'Malley, who was a riveter for Boeing; and Rose Will Monroe, who built B-24 bombers. Monroe later gained fame for her role as Rosie the Riveter in a short film promoting the war effort.

The most popular image of Rosie the Riveter during wartime came from Normal Rockwell. On his cover of the *Saturday Evening Post* from May 29, 1943, a buff woman wears blue overalls and goggles with a riveter in her lap. She eats a sandwich and steps on a copy of Hitler's *Mein Kampf*. The name *Rosie* is inscribed on her lunch pail, linking her with the popular song.



The most famous depiction of Rosie the Riveter was never called Rosie. J. Howard Miller's illustration of a jumpsuit-clad, polka-dot bandana-wearing, bicep-flexing woman exclaiming "We Can Do It!" was used to improve worker morale at Westinghouse Electric. The poster likely hung on factory walls for a couple of weeks in February of 1943 before being lost to history. It was only rediscovered in

1982. Miller's illustration has since come to embody Rosie the Riveter as an American cultural icon. Today, Rosie is not a figure of war propaganda but has new life as a symbol of feminine strength.

I don't know if Vera was in this picture, but it is from the factory where she worked showing a completed plane that the ladies built.

