



Angel's Touch Assisted Living * 1350 Angel's Path, 294/400 Angel's Touch Court
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Celebrating February

Heart Month

Groundhog Day

February 2

Entertainer Tom 2:00, 400 Building

February 3

Super Bowl

February 7

Chinese New Year

February 8

Ash Wednesday

February 10

Presidents Day

February 15

Entertainer Johnny Len 2:00, 1350 Building

February 17

Entertainer Rodger's Polkas 2:00, 394 Building

February 19

Leap Day

February 29

Leaping at a Chance to Propose

Many different cultures around the world use leap years to determine whether a marriage is wise or foolish. Superstitious lovebirds take note: February 2016, with 29 days instead of the typical 28, has one extra day for you to mull over that proposal.

The BBC reports that it was the early Greeks who believed it unlucky to get married *at any time* during a leap year. Those marriages, they feared, would be doomed from the start. Many other cultures, however, saw leap years as the start to a long-lasting marriage.

Biographer Lois Shephard tells of how Queen Margaret of Scotland, during her reign in the 13th century, granted women the right to propose to men on February 29. Any man who dared refuse a February 29 proposal could be fined by the scorned woman. Fines ranged from a kiss to the purchase of a new silk gown. The young queen could hardly have anticipated that her decree would establish a tradition that continues today.

Women in Finland seem to have adopted this Scottish practice. On February 29, Finnish women also make marriage proposals, and unenthusiastic men must hand over enough fabric for the woman to sew herself a new skirt. This tradition is so strong that the Embassy of Finland in Athens, Greece, has chosen to post the custom on its website, offering fair warning to any Greeks dreading an unlucky leap-year proposal.

The Irish, too, encourage proposals by women on February 29. Folklorian Donald Dossey says it was Ireland's female patron saint, St. Bridget, who encouraged St. Patrick to allow women to propose to men. St. Patrick agreed and granted women this "Ladies' Privilege," but only on February 29. Those wary Greeks might be quick to note that it's perhaps no coincidence that Dr. Dossey, expert on this ancient Irish myth, also runs the world's only Phobia Institute—as the former very well may lead to the latter.

The Biggest Show on Snow

Covered in snow, north Wisconsin heats up in February thanks to “Birkie Fever.” On February 20, more than



10,000 elite skiers from 20 countries will participate in the American Birkebeiner, a cross-country skiing marathon. At 51 kilometers, Wisconsin’s “Birkie” is the longest cross-country skiing race in North America. Of the 16 cross-country ski marathons worldwide, the American Birkie is also considered to be the toughest. With temperatures hovering around zero degrees Celsius and an undulating course of hills and valleys, it’s no wonder the race has been dubbed the “Greatest Show on Snow”—where world-class athletes are tested to the limits of their endurance.

The origins of the Birkebeiner races date back to the early 1200s, commemorating an event that inspires much pride among those with Norwegian ancestry. You see, all Birkebeiner races recall a heroic moment in Norway’s history. Historian Sigvart Sorensen tells of how on January 1, 1204, King Haakon of Norway died suddenly, possibly by poisoning. After the king’s death, a civil war erupted—pitting the wealthy Bagler faction against the Birkebeiners.

A year later, it was decided that the king’s hitherto-unknown heir, an 18-month-old prince, would have to flee. This could be done only with the help of long-distance skiers. Two skiers from the Birkebeiner faction, Torstein Skevla and Skjervald Skrukka, struck out on a 60-mile journey in the midst of a storm over treacherous mountains to deliver the babe to his mother, Queen Inga, in Trondheim.

The prince, whom we now know as King Haakon IV, would eventually unite Norway, all thanks to two brave Birkebeiners.

February Birthdays

In astrology, those born between February 1st and 18th are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19th and 29th are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who “go with the flow.”

Hank Aaron (ballplayer) – Feb. 5, 1934

Lana Turner (actress) – Feb. 8, 1921

Susan B. Anthony (activist) – Feb. 15, 1820

Sidney Poitier (actor) – Feb. 20, 1927

Steve Jobs (tech guru) – Feb. 24, 1955

Jackie Gleason (actor) – Feb. 26, 1916

Jimmy Dorsey (band leader) – Feb. 29, 1904

Dinah Shore (singer) – Feb. 29, 1916

Resident Birthdays

Ken B. – Feb. 11

Gertrude D. – Feb. 14

Bea H. – Feb. 18

Helen M. – Feb. 19

Karen S. – Feb. 19

From the Activity Directors Desk

We are in the process of placing shadow boxes outside each resident’s room. We would like you to place pictures, and possibly some small objects that let us know a little about what makes him or her special. In the past people have placed family photos, pet photos, rosary, knitting or crochet needles, or some have changed them out with the season. It’s up to you how creative you want to be. Please feel free to work on it with your loved one. It makes for a great time reminiscing over photos and things they have accomplished in their life. If you would like us to put it together please provide the materials you would like us to use and give it to anyone of our activity staff we would be happy to help.